

Department for Children and Families
Woodside Juvenile Rehabilitation Center
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Woodside Juvenile Rehabilitation Center Wellness Philosophy

Woodside Juvenile Rehabilitation Center is committed to providing a residential and school environment that promotes and protects participant health, well-being and learning by supporting healthy eating, physical activity and mental health. The wellness philosophy was developed with guidance from the Agency of Education, DCF Licensing, the Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy, Hunger-Free Kids Act of 2010. The philosophy has 5 sections:

- I. Nutrition
- II. Physical Activity
- III. Mental Health and Well-being
- IV. Implementation
- V. Reporting to the Community

Section I: Nutrition

- A. Nutritious food choices:** All meals served at Woodside feature nutrient-dense foods. Nutritious foods include: whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish and beans.
- B. Woodside food service program:** Menu plans for the National School Lunch and School Breakfast Programs meet the dietary guidelines and nutrient standards supplied by the Child Nutrition Program.
- C. Promoting Healthy Eating Behaviors:** To the greatest extent possible, program participants have adequate space to eat meals in pleasant surroundings. Nutrition is incorporated into life skills and science curriculums. Food is never used as a reward or punishment.

Section II: Physical Activity

- A. Presidents' Physical Fitness Testing:** Incoming residents are screened using the Presidents' Physical Fitness Test, with ongoing additional testing, to promote overall fitness development.
- B. Daily Recreation and Gross Motor Activity:** All program participants are scheduled and encouraged to engage in at least one 30-minute gross motor activity daily. Opportunities for added physical activities include weight-lifting, cardio, yoga, team games (volleyball, kickball, football, basketball, etc.), calisthenics, seasonal gardening and outdoor games.
- C. Woodside Facilities and Access:** Woodside maintains an indoor fitness room with weights and several cardio machines, a full-sized gym with materials for a number of team activities and space for fitness groups, and an outdoor recreation yard within a secure perimeter. The outdoor space includes a student garden, which is accessed seasonally during non-winter months, and basketball courts, grassy fields and other space for fresh air.

Selected program participants, who demonstrate low risk and are accompanied by staff, access extensive hiking paths outside the secure perimeter.

Section III: Mental Health and Well-being

- A. Therapeutic Treatment:** Woodside provides round-the-clock therapeutic treatment with access to medical and clinical staff trained to meet the unique needs of youth in a juvenile justice setting.
- B. Safety:** Safety is the highest priority, and staff maintain a program dedicated to ensuring the physical, emotional and social well-being of all individuals through systems designed to promote absolute security.

Section IV: Implementation

- Woodside will convene a coordinated school health team (CSHT) with an identified coordinator to meet regularly to update and monitor the wellness philosophy.
- The CSHT will conduct periodic assessments of the wellness philosophy to identify and prioritize needs.
- The wellness philosophy will be featured on Woodside's website to provide access to families and the community.
- The CSHT will develop a summary report of compliance annually, which will be shared with stakeholders.

Section V: Reporting to the Community

Woodside will provide confidential data indicating student participation in the areas of physical fitness, health education and mental well-being.