



Harkins House Wellness Policy:

Revised 01/2025

As a participant in the National School Lunch Program, Harkins House is required to develop a local Wellness Policy that promotes the health of students (residents) through a comprehensive set of nutrition elements and physical activities.

Harkins House has adopted a wellness program that will model healthy habits and provide opportunities and education to help facilitate a healthy and balanced lifestyle.

Nutrition education: The goal is to provide nutrition education that will assist youth to identify and build healthy eating behaviors and habits.

Harkins House provides the following:

-Residents receive consistent nutritional messages from staff who model well balanced nutritional habits.

-Meals will be provided in a clean, safe and comfortable environment, with adequate time to provided for residents to finish meals.

- Rules for safe behavior are enforced
- Meal areas are cleaned between meal periods
- Staff supervision is provided during meal periods

- Cooking opportunities, where staff assists youth in making a well-balanced meal. Youth can participate in both meal planning and grocery purchasing.

-Youth are encouraged to educate themselves to obtain a food handler's card.

- Staff serves meals based upon ODE requirements which reinforce the meal component, so youth begin to see the pattern of what makes a healthy meal.

- Youth have the opportunity to participate in the Culinary Arts Program.

- Youth have the opportunity to participate in the Farm and Garden Program which includes outings to a local farm to learn how to seed, plant and grow food and care for small animals.

Physical education and activity:

The goal is to educate residents regarding the benefits of a physically fit lifestyle.

Harkins House provides the following:

-Organized recreational opportunities are offered on a regular basis.

- Unlimited access to Hidden Creek Community Center.
- Weekend activities to various locations allowing youth to actively experience the outdoors (beach, hiking, etc.) and indoors (OMSI)
- Youth participate in a Mindfulness group on a weekly basis.

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- Youth participate in one-hour structured recreational activity every day.
- Youth participate with Latino Network Mentors and attend several off-site community activities and outings
- Harkins House basketball opens in December and gives youth the opportunity to play recreational basketball against other recreational programs

Harkins House has a variety of equipment that can be used to facilitate fitness activities.

Health

As requested, youth can attend the teen clinic for personal health check ups.

Health assessments are conducted upon the youth's arrival into the facility. Medical, dental and vision appointments are scheduled if needed.

Throughout the year, a trained staff member from the Washington County Health Clinic provides Health Education to Harkins House youth in a group format.

Nutritional guidelines:

Harkins House meets the nutritional guidelines for the USDA school nutrition programs.

Communication with parents:

Harkins House Wellness Policy can be found on Harkins House website and fliers are hung in kitchen and beside main entrance in Community Resource Display.

Program Goals:

- All youth are required to receive 1 hour of on-site/off-site recreation per week, unless injured
- Hours of recreation will be tracked every day.
- Exclusions include offsite school youth, youth ineligible due to medical issue and youth either arriving or departing during the week.
- Weekly reports are reviewed and verified for program goal requirements by Harkins House Supervisor.
- Reports can be made available to show the number of youths achieving the goal.