


<p style="text-align: center;">STATE OF ALASKA DEPARTMENT OF MILITARY AND VETERANS AFFAIRS</p> <p style="text-align: center;">ALASKA MILITARY YOUTH ACADEMY STANDARD OPERATING PROCEDURES</p>	<p>NO <b>HQ 022</b></p>	<p>PAGE 1 OF 6</p>
<p><b>SUBJECT: Local School Wellness Policy</b></p>	<p>ISSUED: 1 AUG 2018 REVIEW DATE: 5 AUG 2019</p>	<p>EFFECTIVE UPON ISSUANCE</p>
	<p>APPROVED BY:  Bob Roses Division Director</p>	

**PURPOSE:** To promote the Alaska Military Youth Academy (AMYA) Wellness Policy for the benefit of the participants enrolled in the Residential Phase of the Program and staff assigned to intervene in their lives.

**DISTRIBUTION**

All AMYA Staff Personnel

**AUTHORITY:**

AMYA's SOP augments but does not replace any pre-existing State of Alaska statutes or regulations, the requirements of the Alaska Administrative Manual or any other State of Alaska protocols or procedures.

**REFERENCES:**

1. Dietary Guidelines for Americans, 2010 - 2015
2. Title 7 CFR Subtitle B, Chapter II Subchapter A, Parts 210 and 220, National School Lunch Program and Breakfast Program
3. Federal Register/Vol. 78, No. 125, Nutritional Guidelines for All Foods Sold in Schools (aka *Smart Snacks at School*)
4. Alaska Statute (AS) 14.30.360

**POLICY:**

This policy and procedure applies to all Alaska Military Youth Academy (AMYA) program participants and personnel employed by the Challenge Program.

**GENERAL:**

At the AMYA, we promote student health and wellness while we strive to provide an environment that is conducive to learning and success. To do so, AMYA created a Wellness Committee made up of committed agency and community stakeholders to assess AMYA's needs and develop this Local School Wellness Policy (LSWP). This policy supports the operational demands and daily activities engaged by the students as they work toward their individual health and wellness goals.

## **PROCEDURES:**

### **A. Goals for Nutrition Promotion and Education**

- i. Practicing good nutrition while maintaining proper body weight is vital to the prevention of many health risks such as Type 2 diabetes, depression, low self-esteem, and obesity. Obesity increases the risk factors associated with cardiovascular health problems such as high blood pressure and cholesterol.
- ii. Proper nutrition plays a vital role in health and development, and helps people to do well in school. Numerous studies have proved the link between nutrition and academic performance as measured by test scores, attendance rates, tardiness, and discipline. Effective school nutritional policies can help individuals learn to make healthy choices in their selection of foods. (Source: New York City Department of Education)
- iii. It is recognized that students need proper nutrition for growth, good health, and to control body weight. It is the policy of AMYA to provide nutritious meals, educate its students in the importance of maintaining proper weight control practices, and to continue to provide a physical fitness program that will aid in maintaining proper health and body weight.
- iv. The AMYA will provide adequate resources to implement the Local School Wellness Policy and all employees will support its implementation. All food available to students during the Residential Phase will meet or exceed nutritional standards established by the "Dietary Guidelines for Americans, 2010 - 2015." Healthy food choices such as fresh fruits and vegetables, whole grains, dairy products, etc. will be promoted in school activities involving staff, students, and the community. High sugar and fat products will be limited.
- v. Cadets will be given at least 15 minutes to consume the breakfast meal; 15 minutes to consume the lunch meal.
- vi. Students will receive basic nutrition counseling to include weight management, healthy choice eating, and will learn the importance of establishing an exercise program to assist in maintaining proper weight control. Cadet will learn the recommended servings per day from all food groups and will continue to participate in supervised daily physical conditioning activities designed to maintain proper body weight.

### **B. Physical Education**

- i. During the recruitment of applicants for each Residential Phase, Candidates will be informed of the physical demands required of all participants. They must be medically cleared to participate in physical training. Candidates will receive an introduction to the required components and standards of the NGYCP Physical Fitness Program.
- ii. Throughout the Program, Cadets will be correctly taught exercises and engage in activities that will improve overall health and wellness. The fitness goal is for each Cadet

to improve in each of the components from the initial assessment score showcasing active participation.

### **C. Physical Activity**

The following considerations will be given when planning physical activities for AMYA students:

- i. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.
- ii. Engage in at least 60 minutes of physical activity on most, preferably all, days of the week while not exceeding caloric intake requirements. (Dietary Guidelines 2010 - 2015)
- iii. The Alaska Military Youth Academy models its physical fitness program in accordance with guidelines outlined in the Youth Challenge Fitness Program Guidelines through a policy memo dated 1 April 2018.

### **D. Other Physical Activities That Promote Wellness**

- i. The AMYA is a physically demanding program that uses a holistic approach to help cadets engage in transformational change. Weekend activities may include full pack hikes up to seven miles, drown proofing, hikes along the local nature trails, seasonal participation in running events, paintball competitions, rappel tower, obstacle course and other activities within the Wilderness Recreation curricula.
- ii. Each activity is designed to promote healthy heart activity and provide opportunities for cadets to enjoy experiences they might not otherwise encounter in their communities.

### **E. Nutrition Guidelines**

- i. Foods available in the Shelden Hall Dining Facility shall be offered to students with the consideration for promoting the health of an active population. During meal planning for cadets, staff, and guests of AMYA, the following things will be taken into considerations:
  - a. Fats – Reduce fat intake with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. (Dietary Guidelines 2015 - 2020)
  - b. Carbohydrates – Offer fiber-rich fruits, vegetables, and whole grains often. Choose and prepare foods and beverages with little added sugars or caloric sweeteners. (Dietary Guidelines 2015 - 2020)
  - c. Sodium and Potassium – Consume less than 2300 mg (approximately 1 tsp. of salt) of sodium per day. Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables. (Dietary Guidelines 2015 - 2020)

- d. Dairy and Whole Grains – Consume 3 cups per day of low fat or non-fat milk or equivalent milk products. Consume whole-grain products often; at least half the grains should be whole grains. (Dietary Guidelines 2010 - 2015)
- e. Students requiring special meal accommodations will submit their request during the application process or when a medically directed nutritional change occurs.
- f. Foods and beverages will not be offered as a reward for students' performance or behavior.
- g. AMYA will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.
- h. When practicable, Alaska farm and fish products will be utilized in meals and snacks.
- i. AMYA will encourage all students to participate in federal school meal programs and protect the identity of students who eat free and reduced priced meals.
- j. AMYA will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent practicable, involve students in menu planning.
- k. AMYA will place fruits and vegetables where they are easy to access (such as near the cafeteria cashier). Schools are encouraged to utilize other behavioral economic strategies such as the USDA Smarter Lunchroom techniques to improve consumption of healthier foods and discourage waste.
- l. To the extent practicable, AMYA schedules lunch as close to the middle of the school day as possible. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

## **F. Nutritional Education**

- i. AMYA will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting.
- ii. This nutrition education teaches the skills needed to adopt lifelong healthy eating behaviors and incorporates resources and materials from the USDA, Food and Nutrition Services, Team Nutrition
- iii. Classroom nutrition education shall be reinforced in the dining facility setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers.
- iv. Nutrition education is taught by a certified/licensed registered dietician (RD) or certified dietary manager (CDM). The instruction is a task under the Health and Hygiene core component and date of this task will be entered into the data management system.

## **G. Plan for Measuring Implementation**

- i. The Deputy Director will ensure compliance with this policy and accompanying administrative regulations. During the development of the cycle break schedule, and to promote healthy, active lifestyles, each section leader is responsible for including aerobic and non-aerobic activity in the training regimen of at least 45 minutes per session, for a minimum of three days per week
- ii. During the Residential Phase, employees are encouraged to participate in physical fitness activities with the cadets or request time to exercise through their supervisors. The Alaska Employee Health Benefit Plans also offer memberships in several local fitness centers and health clubs.

## **H. Designation of Compliance Monitor**

- i. As it relates to the success of this Wellness Policy, the School Wellness Committee will consist of section leaders within AMYA - AMYA Commandant, Medical, RPM, Food Service, HQ Support Service Supervisors, Principal/Lead Instructor, the Division Director and Deputy Director,- will make periodic visits to the Dining Facility to confirm that the operation meets regulatory guidelines.
- ii. The Commissioner, Department of Military and Veterans Affairs, may also designate opportunities for members of the National Guard or organizations within the community to support the well-being of the cadets by participating in physical activity during the Residential Phase.
- iii. The Food Service Supervisor is primarily responsible for leading the Dining Facility Staff with preparing wholesome meals that comply with the National School Lunch and After School Snack Programs.

## **I. Record Keeping**

- i. AMYA will retain basic records demonstrating compliance with Alaska's Local Wellness Policy for three (3) years including the current year, with the following documentation:
  - a. Meal counting and claiming documentation.
  - b. Documentation of individual child's attendance on a daily basis.
  - c. Menus, recipes, and production records related to the service of a reimbursable meal.
  - d. List of Local School Wellness Committee members,
  - e. Copies of annual progress reports under the agency's LSWP.

f. The website address where the wellness policy is located, Wellness Committee meeting information, and;

g. How interested parties can get involved with the Wellness Committee at AMYA.