

Alaska Military Youth Academy Wellness Policy

Here at Alaska Military Youth Academy (AMYA), we value student health and wellness. We strive to provide an environment that is conducive to learning and allows residents to succeed. To do so, we have created a Wellness Committee made up of committed agency and community stakeholders to assess cadet's needs and develop this Local Wellness Policy (LWP) to meet the operational realities of daily activities and work toward improving health and wellness outcomes for our residents. The Wellness Committee will meet a minimum of twice a year to review and update the LWP as needs change, goals are met, new information emerges, and the annual review is completed. The wellness Coordinator will act as the leader of the Wellness Committee. The Coordinator is appointed by the Director and will be responsible for oversight of the Local Wellness Policy. AMYA will inform Alaska Child Nutrition Programs (CNP) with change in leadership within 60 days of the change occurring.

AMYA will retain basic records demonstrating compliance with Alaska's Local Wellness Policy including the following documentation: List of Wellness Committee members, copies of annual progress reports for each site under the agency's LWP, the website address where the wellness policy is located, Wellness Committee meeting information, and how interested parties can get involved with the Wellness Committee at AMYA.

All foods and beverages available for sale or given away to students on campus during the school day (as defined by USDA) outside of reimbursable meals, must meet the Smart Snacks Nutrition Standards. Records of all food items available on campus outside of reimbursable meals must be retained by kept on file during each school year.

The only beverages offered on campus during the school day will be water (no restriction on size), Low-fat or non-fat milk (no more than 8 oz.), and juice (no more than 6 oz.). All beverages available on campus must be caffeine-free.

All incentives or rewards must be non-food based. All marketing and advertising of foods or beverages on school property must meet the Smart Snacks Nutrition Standards.

AMYA's meal schedule will allow each student adequate time to eat their meals, time spent acquiring the meal is not included in the time to consume the meal.

Each student shall have at a minimum:

15 minutes for each student to consume the breakfast meal; and

20 minutes for each student to consume the lunch meal.

Youth entering the program during non-meal times are given a full meal upon request regardless of the time of day.

AMYA's physical activity goal is for students to develop the knowledge to maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of the physically active and healthy lifestyle. The physical activity program will encompass a variety of opportunities for students to be physically active including: outdoor games, health education that includes preventive maintenance for sustaining a healthy lifestyle, indoor activities, and breaks for stress release when requested.

Youth will be given the opportunity to engage in 30 minutes per day of physical activity.

Teachers, agency personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

AMYA Food Service Staff plays a role in helping students make healthy food choices. They will serve reimbursable meals that meet the USDA meal pattern requirements. AMYA's nutrition promotion and education goal is to ensure youth be taught the basic nutrition standards for healthy eating including "MyPlate" and Dietary Guidelines for Americans.

AMYA's other wellness activities to promote student wellness goals include: Educate/train staff to become knowledgeable in the area of nutrition or ongoing professional development for teaching nutrition, provide physical activities and/or nutrition services or programs designed to benefit staff health, encourage staff to participate in all activities with youth, and have an annual health fair for the youth and staff members where we will invite local healthy-based community groups to participate.

AMYA will adhere to this policy and all requirements as directed by USDA and Alaska CNP. Our policy is intended to create a health environment for students and staff and this policy will be updated as new information is released.

Definitions:

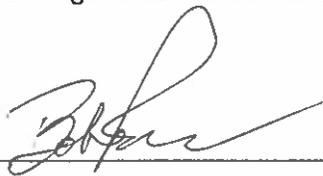
Local Wellness Policy- statewide wellness policy updated to meet Healthy Hunger-free Kids Act of 2010 requirements, adopted July 1, 2014 affecting all National School Lunch Program sponsors across Alaska.

School Day- the period from the midnight before, to 30 minutes after the end of the official school day.

Campus- all areas of the property under the jurisdiction of the institution that are accessible to residents.

Smart Snack Nutrition Standards- a part of the Healthy Hunger-free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages sold to students on campus during the school day.

Superintendent/Executive Director/etc. Signature



Date

10/29/18