



Appalachian Challenge Academy Wellness Policy

The policies outlined within this document are intended to create an environment that protects and promotes the health of our cadets. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. Nutrition Education and Promotion

Cadets will receive consistent nutrition messages throughout the academy, classrooms, DFAC, and school media:

- Teachers will integrate nutrition education into the core component Health and Hygiene; for example cadets are taught how to grow container gardens;
- Nutrition promotion will include participatory activities such as experience working in academy raised bed gardens which are utilized as a teaching tool;
- The nutrition education program will be linked to school meal programs, school gardens, and cafeteria nutrition promotion; there is signage in the dining facilities serving line to help educate on My Daily Plate and encourage eating fruits and vegetables;
- There is no corporate sponsored marketing of food or food products allowed on site;
- Nutrition education will be offered in the DFAC as well as the classroom, with instruction by the food service director; topics may include how to properly wash fresh produce or have someone from the County Extension office come present a class

- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Staff members responsible for nutrition education will regularly participate in relevant professional development;
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Nutrition education will be provided to families via newsletters and postings on the website, Facebook, or Twitter page;
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of cadets/sharing food with cadets during regular class time, outside of activities related to the nutrition education curriculum;
- The Academy will not expose students to food marketing of any kinds. All marketing materials are approved by our Director prior to publication or broadcasting;
- All advertising of food and beverages that cannot be served to students during the school day are prohibited.
- Cadets will be taught how proper nutrition can impact their mental and physical health as part of an intense learning session on holistic health and wellness with our contract counselors, Daysprings Counseling Services
- As part of the cadets service to community they learn to prepare nutrition meals at Christ's Hands; this includes how to measure ingredients and read nutrition labels.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;

- Nutrition themes including, but not limited to USDA's MY Plate, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

II. Nutrition Standards for All Food and Beverages Served on School Grounds

A. USDA School Meals

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. The Academy shall participate in the USDA school breakfast, school lunch, and after school snack programs.

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by a team that will include the Harlan County Schools food service team, Appalachian Challenge Academy food service director, and kitchen manager.
- All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety; and are SNA Level 1 Certified;
- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade level served, as specifies in 7 CEB 210.10 or 220.8, as applicable.
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting under appropriate supervision. Rules for safe behavior will be consistently enforced;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;

- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff/cadre will remind students to make use of them;
- School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria. Currently locally sources apples are served regularly.
- Information on the nutritional content and ingredients of meals will be found on menus;
- Participation in school meal programs will be mandatory as cadets are housed on site and outside food is not permissible;
- Families are provided information about determining eligibility for free/reduced meals on our website, www.challengeACA.com

B. Competitive Foods and Beverages

- Sale of foods and beverages on Academy grounds to cadets is prohibited as cadets are not permitted to be in possession of money while attending. The Academy does not have vending machines on the property and no food or beverages are sold to cadets as fundraisers or for any other purpose;
- There are no caffeinated beverages available for purchase on site.

Access to Drinking Water

- Cadets and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the DFAC if water fountains are not functioning or in the event of a boil water advisory.
- Cadets are required to have water in their canteens and carry their canteens on their person at all times
- Water will be promoted as a substitute for sugar-sweetened beverages;
- School staff will be encouraged to model drinking water consumption;

- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, and other methods for delivering drinking water are maintained.

Food Used as Reward or Punishment

Research clearly indicated that the use of food to reward/reinforce desirable behavior and academic performance, etc. has a negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

III. Physical Activity

- Cadets participate in a program of physical fitness training, which encourages a lifelong commitment to physical, mental and emotional well-being;
- Activities include, but are not limited to: military style PT, running and organized sports;
- Cadets must show improvement during the 22-week residential program. The Appalachian Challenge Academy uses the Army Physical Fitness Test (APFT). The test is administered in accordance with the procedures detailed in Chapter 14 of [Army Field Manual 21-20](#). There are three events which are measured: push-ups, sit-ups, and a timed one-mile run. Cadets are required to score a minimum of 60 points on each event;
- Cadets are given three physical training test per cycle, and initial test, a mid-cycle test, and a final test. To complete the core component required for graduation, each cadet must improve their scores in each category.
- One hour of physical training time occurs each day for all cadets after class instruction, including weekend days for a total of 420 minutes of required physical activity per week. Cadets are also given recreational time in which many choose to do additional physical activities such as sports.
- Any cadet who has an injury and is unable to participate in daily physical training exercises will be given modification to meet their needs.

- Physical activity is viewed as a reward and not a punishment at the Academy, such rewards may be extra recreational time, day trips for hiking or additional time for organized sports.
- Cadets will participate in a mid-day exercise to practice for the Commandants Cup while learning new skills that are outside of the Army Field Manual exercises, such activities include tug-of-war, jump roping, basketball or other similar activities;
- The Academy has shared-use agreements with school in the Harlan County School District that they may have access to our gymnasium for athletic practices; inversely they extend the use of their ball fields to the Academy cadets;
- Activity programs are available for staff in an effort to encourage them to model healthy lifestyles to Cadets such as the availability to participate in one hour of physical training each work day, as their work flow allows, and encouraged participation in an annual health and wellness assessment

IV. Evaluation and Enforcement

This wellness policy was developed by the Academy Wellness Committee. This group is comprised of the food service director, deputy director, member of nursing staff, two Community Resource Committee members (this is a committee made up of outside community members), and a current cadet (student). Meetings are advertised on the Academy Facebook page and open to the public. The Committee will meet annually to review and revise, if needed, policy content and to design and evaluate implementation plans for the academy. Once every three years, the Wellness Committee will conduct a quantitative assessment of policy implementation using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. The triennial progress report will be posted on the Academy website, www.ChallengeACA.com. The Report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA.

It is the responsibility of the Food Service Director to ensure that the Wellness Policy is implemented. The Commandant will ensure that the physical activity guidelines outlined in the wellness policy are followed and will measure the progress of the cadet's physical improvement.

