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| <p style="text-align: center;">STATE OF ALASKA</p> <p style="text-align: center;">DEPARTMENT OF HEALTH & SOCIAL SERVICES</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><u>DIVISION OF JUVENILE JUSTICE</u></p> <p style="text-align: center;">LOCAL POLICY & PROCEDURES</p> | <p>SECTION: Food Service</p> | <p>NUMBER: I-200MSYF</p> | <p>PAGE: 1 of 3</p> |
| <p>ATTACHMENTS/FORMS:</p> | <p>TITLE: Wellness Policy</p> | | |
| | <p>APPROVED: </p> | | <p>DATE: <i>3/15/2019</i></p> |
| | <p>ORIGINALLY APPROVED: 3/15/2019</p> | | |
| | <p>REVISED: 3/15/2019</p> | <p>NEXT REVISION DUE: 3/15/2021</p> | |
| | <p>AUTHORITY: AS 14.30.360</p> | | |

POLICY:

It is Mat-Su Youth Facility (MSYF) policy to promote healthy lifestyle choices by residents that can affect their lifelong wellness. To provide environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

- I. To provide nutrition promotion and education, physical education, and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs.

PLANNING AND PERIODIC REVIEW BY STAKEHOLDERS:

- I. The Superintendent, or designee, will create a Wellness Committee made up of committed staff from MSYF, to assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. MSYF will promote opportunities to participate in the Committee at least once a year through parent, staff, resident and stakeholder communication, which may include: local-postings, parent communication, etc.
- II. Goals will be based on available scientific evidence for improving school nutrition and physical activity programs from agencies such as the Centers for Disease Control (CDC), U.S. Department of Agriculture (USDA), Society for Health and Physical Educators (SHAPE) and National Association for Sport and Physical Education (NASPE). Goals of the policy and a description of the plan for measuring the implementation of this policy,

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will be reviewed starting within six (6) months of the passage of this policy and continuing annually/biannually/triennially thereafter.

NUTRITIONAL:

- I. All foods available during the school day shall be offered to residents with consideration for promoting resident health and reducing childhood obesity.
- II. All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of the National School Lunch Act (7 C.F.R. Parts 210 and 220). To the extent practicable, MSYF will participate in available federal school meal programs.
- III. All other foods and beverages made available during the school day, between the hours of 08:30 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act and Smart Snacks (Federal Register/Vol. 78, No. 125).
- IV. MSYF will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of the residents; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the resident body in meal planning; will provide clean, safe and pleasant settings for residents to eat. MSYF will provide adequate time for residents to enjoy eating healthy foods with other residents; a minimum of 20 minutes of eating time, after being served, for lunch and 15 minutes for breakfast.
- V. Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes.
- VI. Foods and beverages will not be offered as a reward for residents' performance or behavior.
- VII. MSYF will provide free potable water where meals are served and elsewhere throughout the building.
- VIII. MSYF will place fruits and vegetables where they are easy to get to. 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.
- IX. MSYF will limit food and beverage marketing to the promotion of foods and beverages that meet the National School Lunch Act.
- X. MSYF will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of residents, is integrated into core subjects, and provides opportunities for residents to practice skills and apply knowledge both inside and outside the residential setting. To the extent practicable: residents will

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receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors and incorporates resources and materials from the USDA, Food and Nutrition Services, and Team Nutrition.

- XI. MSYF will strive to support an instructional garden within nutrition education and the core curriculum that provides residents with experiences in planting, harvesting, preparing, serving and tasting.

PHYSICAL:

- I. Physical education’s goal will be ensure that the residents thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.
- II. All residents shall be provided at least the NASPE recommended 225 minutes of physical education per school week (45 minutes per day).
- III. Accommodations will be made for those with medical, cultural, or religious considerations.
- IV. Physical education equipment shall be age- appropriate, inviting, and available in sufficient quantities for all students to be able to participate. Equipment shall be inspected regularly for safety and replaced when needed.
- V. Indoor and outdoor area shall be available so that physical activity is safe and not solely dependent on the weather.
- VI. Using physical activity as punishment or withholding physical activity/physical education time for behavior management shall be prohibited.

MONITORING, COMPLIANCE AND EVALUATION:

- I. The Superintendent, or designee, will ensure compliance with this policy and accompanying administrative regulations. A comprehensive assessment of implementation of the local wellness policy will be conducted, at a minimum, every three years.
- II. Administrative regulations may be developed to ensure that information will be gathered to assist MSYF in assessing the implementation of this policy and to ensure that necessary documentation is maintained in preparation for the triennial administrative review conducted by Child Nutrition Programs and Department of Education & Early Development. At a minimum, MSYF must retain records to document compliance with the local school wellness policy requirements, including: the written local school wellness policy; documentation of the triennial assessment of the local school wellness policy; and documentation to demonstrate compliance with the annual public notification requirements.

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III. When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards.