I. POLICY:

McLaughlin Youth Center (MYC) is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Food and beverages served at McLaughlin Youth Center, operating in accordance to the National School Lunch Program, will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. To the maximum extent practicable, MYC will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, and After School Snack Program. The MYC School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services

II. RESPONSIBILITY:

It is the responsibility of the Superintendent III to provide an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

III. PROCEDURE:

A. Planning and Periodic Review by Stakeholders:

The Operations Superintendent or designee will create a Wellness Policy Committee to include representatives from the MYC School, MYC nursing staff, MYC Food service, MYC detention and treatment staff, MYC Superintendant and chosen residents. The Wellness Policy Committee advisory group will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The committee will meet annually at the beginning of each school year. MYC will review the policy annually and inform potential stakeholders of their ability to participate through a memo to the MYC School principal and to the MYC Citizens Advisory Board (CAB). The CAB consists of members from UAA Justice Department, Anchorage School District, Probation Officers, Superintendents from McLaughlin Youth Center and Department of Corrections, Volunteers, and other employees. The Local Wellness Policy (LWP) and any policy updates will be posted on the MYC and MYC School Website.

B. Nutrition:

Residents will be provided with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, allergies to foods, and as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe and pleasant settings and adequate time for students to eat. All foods available at MYC during the school day shall be served to students with consideration for promoting student health and reducing childhood obesity.

Foods and beverages provided through the National School Lunch and School Breakfast Program at MYC must not be less restrictive than regulations and guidance issued by federal standards. To the maximum extent practicable, this facility will participate in available federal school meal programs.

Foods or beverages used as incentives (treats) for academic performance or good behavior must meet the nutrition standards established by this administrative regulation. Food or beverages will not be withheld as a punishment. Traditional and cultural foods may be exempted from the food standards described below for educational and/or special school events.

The MYC school will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines. MYC must encourage all students to make age appropriate healthy selections of foods and beverages, including those issued outside the reimbursable school meal programs, such as fundraising events and resident commissary. The MYC school will provide educational information and encourage healthy eating and physical activity for families. Family members will be engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition concepts will be reinforced by all school and MYC personnel.

C. Physical Activity:

McLaughlin Youth Center will give residents the opportunity for moderate physical activity each day during and after school. Sport activities and structured exercises will be encouraged as a way to promote physical activity. Extended periods of inactivity will be discouraged.

1. The MYC school will provide opportunities for students to get 20-30 minutes of physical activity every day, whether as part of an organized P.E. class or through other before during or after school opportunities.

2. Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during the school day.

3. The school and facility will provide indoor and outdoor physical activities at the facility.

D. Policy Monitoring, Review and Notification:

The superintendent or designee will ensure compliance with the nutrition and physical activity requirements of the LWP. MYC food service staff will monitor compliance with nutrition policies within the school food service areas and will report on this matter to the Superintendent I or designee. The MYC Superintendent or designee will conduct an annual assessment of the LWP to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review MYC will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements and revise as necessary.

McLaughlin Youth Center will notify parents, school staff, and facility staff and other stakeholders in any of the following ways, regarding the facility LWP including updates or summary reviews:

- Posted on each Unit and in the MYC School
- Anchorage School District McLaughlin School and McLaughlin Youth Center Website
- EED State Website
- Parent Letter and Orientation Handbook

APPROVED BY: Dennis H. Weston, Superintendent III	
EFFECTIVE DATE: October 21, 2013	