

Mountaineer Challenge Local Wellness Policy

At Mountaineer Challenge Academy we value student health and wellness. We recognize that good nutrition and regular physical activity affect the health and well-being of all youth. We strive to provide an environment that is conducive to learning and that allows students to succeed. This policy outlines MCA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

Wellness Committee

The Wellness Committee consists of committed school and community stakeholders including parents, students, representatives of the school food authority, teachers of physical education, health professionals, the school board school and school administrators and any other community members interested in development, implementation, and annual review of the local wellness policy. The Wellness Committee will meet at least two times a year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review, and update of the Mountaineer Challenge Academy Wellness Policy. The Deputy Director will convene the Wellness Committee and facilitate development and updates to the wellness policy and ensure compliance.

Wellness Committee includes:

1. Deputy Director
2. Assistant Commandant of Cadets
3. Counselor
4. Dining Facility Manager
5. Cadet Platoon Leaders (Platoon leaders are chosen each class. There are 2 classes per year)

REFERENCES:

1. The Child Nutrition and WIC Reauthorization Act of 2004, final rule adopted September 2, 2009.
2. U.S. Department of Agriculture Food and Nutrition Service Food Buying Guide for Child Nutrition Programs

Nutrition Promotion

RESPONSIBILITY: MCA Staff

PROCEDURES:

1. Support the National Guard Youth Challenge Program's core components of Physical Training and Health and Hygiene.
2. Create an environment for the Staff and Students that will:
 - A. Improve the status of personal health
 - B. Increase opportunities for healthy choices
 - C. Provide opportunities for physical activity
 - D. Help curb obesity
 - E. Serve more healthy food and beverages
 - F. Comply with the Dietary Guidelines for Americans
3. Create a team of Staff and Students to develop and evaluate the Local Wellness Policy. All Departments will contribute to the implementation of policy goals. Various chosen random cadets have an opportunity, each meal, to evaluate the food that was served. This survey is a Chow Report. First, the cadet fills out what was on the serving line. Then he/she is asked a series of questions:
 - *Was there enough food?
 - *Did the Chow hall run out before everyone was served?
 - *Was there enough for seconds?
 - *Did the Chow Hall appear clean?
 - *What was offered on the Salad Bar?Finally, the cadet is asked for his/her comments on their overall opinion of the meal. This process is repeated for every meal by a different cadet each time. This Chow Report is turned in by a Cadre on that shift and the report is reviewed by the Wellness Team. An extremely negative Chow Report is brought to the attention of the Dining Facility Manager for discussion and resolution.
4. The Local Wellness Policy Team includes by title:
 - A. Deputy Director
 - B. Assistant Commandant of Cadets
 - C. Counselor
 - D. Dining Facility Manager
 - E. Cadet Platoon Leaders (Platoon leaders are chosen each class. There are 2 classes per year.
5. The Dining Facility will undergo a series of evaluations including:
 - A. A thorough biannual inspection of the Dining Facility which includes, the equipment, the refrigeration units, and the food storage room.
 - B. A triennial assessment reviewing our current Wellness Policy to ensure it is up to standards. State agencies will assess compliance with the Wellness Policy as part of the 3 year administrative review.

- C. An Administrative Review performed by Child Nutrition every 5 years. This in-depth review ensures full compliance with The Child Nutrition Program as established by the Department of Agriculture.

Nutrition Education

1. Focus Wellness activities will include:
 - A. Nutrition Education
 - 1) Include Nutrition Education in Curriculum and on the Progress Report to develop knowledge, skills, and attitudes.
 - 2) Integrate Nutrition Education into all subject areas by Teachers, Counselors, and Cadre.
 - 3) Nutrition Topics will be available in the Library for individual reading.
 - 4) Monthly Nutrition Education displayed in the cafeteria to enhance knowledge.
 - 5) Include Nutrition Education as part of staff training semi-annually.

Physical Education and Activity

- B. Physical Activity
 - 1) Develop the knowledge and skills for a variety of physical activities.
 - 2) Develop understanding of the relationship between physical activity and good health.
 - 3) Include all Students in the President's Council of Physical Fitness Test weekly.
 - 4) Individually monitor physical fitness, conditioning, and weight weekly.
 - 5) Participate in daily physical activity.

Guidelines for All Foods and Beverages Available During the School Day

The Mountaineer Challenge Academy shall operate and provide food service in accordance with USDA's National School Lunch Program NSLP standards.

1. Breakfast will provide at least, but not limited to, 2 oz of protein, * 2 oz of whole grain cereal, 8 fl oz of milk, and ½ cup of fruit.
2. Lunch consists of 4 oz of protein, 4 oz of vegetables, and a complete salad bar with romaine lettuce and 8 different selections of chopped vegetables to choose from up to 8 oz. Cadets are allowed up to 8 fl oz of milk for lunch and 1 cup of fruit.

*Whole grains are not required for every meal however there is a minimum of 15 grains to be served per week

3. Snack at MCA is our supper. It consists of 8 fl oz of milk, 2 servings of fruit and or vegetables 4 oz each, 2 slices of bread or 1 cup cooked cereal or pasta, and at least 2 oz of meat (normally 5-6 oz).
4. Food and beverages shall not be offered as a reward and/or used as a means of punishment or disciplinary action for any student during the school day.

Mountaineer Challenge Academy is a quasi-military Academy, our students live at the facility. Parental and outside visitation is restricted. Outside food is prohibited. There are *no vending machines on the facility. Packed meals are provided by our cafeteria whenever activities like "Service to the Community" are provided.

These packed meals include a sandwich with 4 oz of protein, a piece of fruit or a cup of fruit, 4 oz of fresh chopped vegetables, a snack; such as crackers or a whole grain cookie and a carton of milk.

Standards for all foods and beverages provided, but not sold (Competitive Foods)

- A. A filtered water dispenser is accessible and permitted at every meal and is situated right on the serving line.
- B. Cadets are also commissioned a canteen that they are permitted to fill and keep with them at all times.
- C. A list of food allergies are submitted by each cadet's physician at the beginning of the school year. This list is posted in 3 places in the dining facility. One is posted in the office of the manager and kept for ordering purposes. One is posted in the back of the kitchen where the food is prepared so that the cooks can monitor what foods need substitutions and to whom. The third list is posted at the serving line in order to confirm the names of the cadets as they come to identify themselves and their food allergy.
- D. All cadets with allergies are required to identify themselves and their particular allergy to the cooks on the serving line at every meal with no exceptions.
- E. Special diets are addressed and accommodated at every meal. An alternative meal is provided containing all the required nutritional values as set forth by the Department of Agriculture, Child Nutrition.
- F. Each Student shall be allowed a minimum of 10 minutes for breakfast and 20 minutes for lunch after the student received the meal.
- G. To the maximum extent possible, all sites in MCA will participate in available school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.

Evaluation and Measurement of the Implementation of the Wellness Policy

MCA's Wellness Committee will update and make modifications to the Wellness Policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerge and new federal or state guidance or standards are issued.

* Since we do not have vending machines in our facility, no food and/or beverage marketing and advertising is needed.

Triennial Assessment

The Wellness Policy will be assessed at least every three years, at a minimum, by conducting an assessment. This assessment will measure the implementation of the local school Wellness Policy, and include:

- Compliance with the Wellness Policy,
- How the Wellness Policy compares to model wellness policies, and
- Progress made in attaining the goals of the Wellness Policy

Informing the Public

MCA will ensure that the Wellness Policy and most recent triennial assessment are always available to the public on our website: www.wvchallenge.org on an annual basis about any updates made to the Wellness Policy and the availability of the triennial assessment results, as well as provide information to the community about the RCCI nutrition environment.