

Youth Advocates of Sitka, Inc.

announcements, web-postings, parent communication, etc.

YAS will provide the advisory group with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies and nutrition and physical activity goals. Goals will be based on the available scientific evidence for improving RCCI 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 will be presented to the Board starting with the presentation of goals within six (6) months of the passage of this policy and continuing annually/biannually/triennially thereafter.

2. Nutrition

All foods available in RCCI during the Breakfast, lunch and snack periods shall be offered to the clients with consideration for promoting client health and reducing childhood obesity.

All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of National School Lunch Act. (7 C.F.R. Parts 210 and 220) To the extent practicable, all RCCIs in YAS will participate in available federal school meal programs.

All other foods and beverages made available on campus (including, but not limited to vending, franchise vendors, concessions, a la carte, student stores, Program parties and fundraising) during the school day, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (Federal Register/Vol. 78, No. 125).

If selling foods or beverages that do not meet the Smart Snacks criteria (more than 30 minutes after the end of the program day), the sale price of those items will be higher than those meeting the Smart Snacks criteria. For the purpose of this policy, the RCCI campus is defined as all property under the jurisdiction of YAS that is accessible to the clients during the program day.

RCCIs will provide clients with access to a variety of affordable (free), nutritious and appealing foods that meet the health and nutrition needs of clients; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the client body in meal planning; and will provide clean, safe and pleasant settings for the clients to eat. RCCIs will provide adequate time for the clients to enjoy eating healthy foods with friends in the RCCI; a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast.

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Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered for sale or as a part of the school breakfast or lunch program must meet nutritional requirements.

RCCIs will provide free potable water in the place where meals are served and elsewhere throughout the all YAS buildings.

When practicable, Alaska farm and fish products will be utilized in meals and snacks.

RCCIs will encourage all clients to participate in federal school meal programs and protect the identity of the clients who eat free and reduced priced meals.

RCCIs will encourage all clients to eat healthy and nutritious meals within the RCCI dining environment and will, to the extent practicable, involve clients in menu planning.

RCCIs will place fruits and vegetables where they are easy to access (such as near the on the main dining counter or table). RCCIs are encouraged to utilize other behavioral economic strategies such as the USDA Smarter Lunchroom techniques to improve consumption of healthier foods and discourage waste.

To the extent practicable, RCCIs will schedule lunch as close to noon as possible. RCCIs are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

RCCIs will limit food and beverage marketing on campus to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools. This includes, but is not limited to, the promotion or marketing of non-compliant food and beverage products on the exterior of vending machines, through posters, menu boards, food display racks, other food service equipment, cups used for beverage dispensing, coolers, trash cans, scoreboards, and RCCI publications. RCCIs are not required to immediately replace these items, but will demonstrate progress towards removing, covering, or replacing non compliant advertising. This requirement does not apply to materials used for educational purposes in the classroom, such as teachers' or skills trainers' use of soda advertisements as a media education tool; or when implementing a health or nutrition education curriculum.

RCCIs will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for clients to practice skills and apply knowledge both inside and outside the RCCI setting. YAS will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education. To the extent practicable:

(a) Clients in grades pre-K-12 shall receive nutrition education that teaches the life skills needed to adopt lifelong healthy eating behaviors and incorporates resources and

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materials from the USDA, Food and Nutrition Services, Team Nutrition. (b) Program nutrition education shall be reinforced in the RCCI dining room or cafeteria setting as well as in the program in environment in general, with coordination among the nutrition service staff, administrators and skills trainers. (c) Clients shall receive consistent nutrition messages from RCCIs and YAS. This includes in living environments, dining areas, outreach programs and other program-based activities. (d) Nutrition education shall be taught by an NSLP Director of appointee(s) chosen by the NSLP Director. (e) RCCIs will strive to establish or support an instructional garden within nutrition education and the core curriculum that provides clients with experiences in planting, harvesting, preparing, serving and tasting; (f) RCCIs will make available to the clients information on the caloric, sodium and other nutritional content (such as fat, nutrients, and sugars) of foods and beverages available for purchase at RCCI.

3. Physical Education

Physical education will be closely coordinated with the overall RCCI health program, especially health education, so that the clients thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

To the extent practicable, all RCCIs will provide daily physical education opportunities for all students.

All elementary students/clients will be provided at least

Option 1: the National Association for Sport and Physical Education (NASPE) recommendation of 150 minutes of physical education per week (30 minutes per day), for the entire program year.

Option 2: ___ minutes (determined by district capacity) of physical education per week (____ minutes per day), for the entire program year. If left blank, the NASPE recommended times are assumed intent.

Middle and high school students/clients shall be provided at least

Option 1: the National Association for Sport and Physical Education (NASPE) recommendation of 225 minutes of physical education per week (45 minutes per day), for the entire program year.

Option 2: ___ minutes (determined by district capacity) of physical education per week (____ minutes per day), for the entire program year. If left blank, the NASPE recommended times are assumed intent.

All clients in grades kindergarten through eight will be required to participate in physical education for the duration of enrollment in the RCCI. All high school clients shall be required to participate in physical education for the duration of enrollment in the RCCI.

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Physical education shall be exclusive of health education and shall be available for the duration of the clients time enrollment in the RCCI.

At least 50% of physical education class/activity time should be spent in moderate to vigorous physical activity.

YAS will adopt a physical education curriculum that aligns with the Alaska State Standards for Physical Education for grades K-12, with grade level benchmarks. The curriculum shall be reviewed in accordance with the regular curriculum review and adoption schedule of YAS.

The client's achievement shall be assessed based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of Yas, i.e. YAS Daily Expectations Log. A fitness assessment shall be performed using a valid and reliable tool and used to track client progress. Physical education activities shall have a pupil-skills trainer ratio comparable to that in the the State guidelines, 6:1. Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.

To the extent practicable, physical education shall be taught by a certified/endorsed physical education teacher/skills trainer. Physical education teachers/skills trainers shall receive annual professional development specific to physical education content.

Physical education equipment shall be age- appropriate, inviting, and available in sufficient quantities for all clients to be able to participate. Equipment shall be inspected regularly for safety and replaced when needed.

4. Physical Activity

All clients in grades kindergarten through eight shall be provided opportunities for at least 90 percent of the Centers for Disease Control and Prevention recommended minutes of daily physical activity, or 54 minutes per day, for each full program day. Physical activity minutes may be accumulated throughout the school day and may include minutes spent in moderate to vigorous activity in physical education activities, individual free time (30 minute walk/run times and weekend sign outs), and Program based physical activity.

Whenever possible, all clients shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Elementary age clients must be provided at least 20 minutes each day of recess (to include walk/run time and sign out time). When practicable, recess shall be scheduled before lunch periods, take place outdoors, and include structured, active recess options.

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Program activity based physical activity is encouraged and counts toward the 54 minute requirement as long as it does not replace recess.

Administrative regulations shall be developed to ensure that physical activity opportunities are provided in accordance with Alaska State Law 14.30.360 (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools').

Indoor and outdoor facilities shall be available so that physical activity is safe and not solely dependent on the weather. Physical activity equipment shall be age- appropriate, inviting, and available in sufficient quantities for all clients to be active. Equipment shall be inspected regularly (at least weekly) for safety and replaced when needed.

Using physical activity as punishment or withholding physical activity/physical education time for behavior management shall be prohibited.

YAS/RCCIs will promote strategies/events designed to generate interest in and support active transport to school (walking school busses, 'bicycle trains', Walk/Bike to School Day, Safe Routes to School Programs and YAS Program).

RCCIs are encouraged to negotiate mutually acceptable and fiscally responsible arrangements with community agencies and organizations to keep Program spaces and facilities available to the clients, staff, and community members before, during, and after the Program day, on weekends, and during school vacations.

5. Communication with guardians

YAS will regularly, at least annually, inform and update the public, including the clients, guardians, and the community, about the content of this policy. guardians will be actively notified through email or other notification processes and provided access to this policy and all subsequent reports and updates as well as the position title and contact information of the designated YAS official(s) coordinating the school wellness policy committee(s) or advisory group(s).

YAS/RCCIs will support the efforts of guardians to provide a healthy diet and daily physical activity for their children. RCCIs will encourage guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards. YAS will provide guardians and the public with information on healthy foods that meet the requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (USDA) standards and ideas for policy compliant foods for vending, concessions, a la carte, student/client stores, program parties and fundraising activities (Federal Register/Vol. 78, No. 125). RCCIs will make available to families information on the caloric, sodium and other nutritional content (such as fat, nutrients, sugars) of foods and beverages available for purchase at RCCI.

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YAS/RCCIs will provide information about physical education and other program-based physical activity opportunities before, during and after the program day; and support the efforts of guardians to provide their children with opportunities to be physically active outside of the program. Such supports will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

6. Monitoring, Compliance and Evaluation

The NSLP Director or designee(s) as indicated in the annual policy notification 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. Administrative regulations may be developed to ensure that information will be gathered to assist the YAS Board and YAS management 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, Department of Education & Early Development. At a minimum, YAS must retain records to document compliance with the local school wellness policy requirements including the written local school wellness policy; documentation demonstrating compliance with community involvement requirements (see Section 1 of policy); documentation of the triennial assessment of the local school wellness policy; and documentation to demonstrate compliance with the annual public notification requirements.

The NSLP Director or designee will designate one or more persons to be responsible for ensuring that each RCCI within YAS complies with this policy, and that program activities, including fundraisers and celebrations, are consistent with YASs' nutrition and physical activity goals.

The YAS Board will receive an annual/biennial/triennial summary report on all RCCI-wide compliance with the established nutrition and physical activity policies, and the progress made in attaining YAS nutrition and physical activity goals, based on input from the RCCIs within YAS. The report will also be distributed to advisory councils, guardian/teacher organizations, RCCI coordinator, and YAS Program health services personnel, and will be made available to the public. When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards.

Legal Reference:

ALASKA STATUTES 03.20.100 Farm-to-school program 14.30.360 Curriculum

UNITED STATES CODE Richard B. Russell National School Lunch Act, 42 U.S.C. 1751-1769j Child Nutrition Act of 1996, 42 U.S.C. 1771-1793

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CODE OF FEDERAL REGULATIONS 7 C.F.R. Parts 210 and 220, National School Lunch Program and Breakfast Program

FEDERAL REGISTER Vol. 78, No. 125, Part II, Department of Agriculture