

**VOLUNTEERS OF AMERICA OF ALASKA
MCKINLEY HEIGHTS SCHOOL
WELLNESS POLICY**

School Wellness

McKinley Heights School believes that the intellectual, social, emotional and physical development of each student is enhanced by healthy nutrition and physical activity. McKinley Heights is committed to promoting and protecting student's health, well-being, and ability to learn by encouraging lifelong habits of healthy eating and physical activity. To do so, we have created a Wellness Committee made up of committed agency and community stakeholders to assess student's needs. The Wellness Committee will meet a minimum of twice a year to review and update the Local Wellness Policy (LWP) as needs change, goals are met, new information emerges, and the annual review is completed. The Food Services Manager will act as the leader of the Wellness Committee. The Program Coordinator will inform Alaska Child Nutrition Programs with change in leadership within 60 days of the change occurring.

The Food Services Manager will be responsible for implementing the school wellness policy; retaining basic records demonstrating compliance with Alaska's Local Wellness Policy and reporting on its status to the Program Coordinator. McKinley Heights School plays a role in helping students make healthy food choices. They will serve reimbursable meals that meet the USDA meal pattern requirements. McKinley Heights nutrition promotion and education goal is to ensure youth be taught the basic nutrition standards for healthy eating including "My Plate" and Dietary Guidelines for Americans. The Program Coordinator has made it a part of the training module for all staff upon hire.

Physical Activity

All students in grades 9-12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

McKinley Heights will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity.

School personnel will encourage students' to participate in 30 minutes per day in physical activity on a daily basis.

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Nutrition Education

Nutrition education will emphasize the relationship of a balanced diet and regular exercise to good health, and will stress the importance of adopting a healthy lifestyle.

Ongoing professional development will be provided to inform teachers about current nutrition information. School personnel will strive to model good nutrition. Nutrition information will be shared with parents upon admission of their student's as well as at Volunteers of America's Community Night presentations which are held by-monthly on "Feeling Good, Being Healthy" for both parents and students. Students also attend a weekly group which is called SCROUP which is facilitated by our Mental Health Therapist on healthy lifestyles.

Nutrition Education will be integrated across the curriculum and include healthy cooking methods, consumer awareness and media literacy. Only items which meet the healthy food and beverage guidelines may be advertised at McKinley Heights School.

Food and Beverage Provided by McKinley Heights School

Student nutrition services and all other food and beverage venues will offer a variety of affordable, nutritious food and beverages that meet the health and nutrition needs of students.

Food and beverage provided by the school during the school day will meet healthy food and beverage guidelines as defined by administrative regulation. The regulation may include a timeline for phasing in implementation and will address specific issues such as dehydration, Vitamin D deficiency in winter and special dietary needs.

McKinley Heights School breakfast and lunch program will continue to meet or exceed the nutritional criteria of the School Meals Initiative.

McKinley Heights School will provide a clean and safe eating environment, as well as adequate time and space to eat breakfast and lunch. Each student shall have at a minimum: 15 minutes for each student to consume the breakfast meal; and 20 minutes for each student to consume the lunch meal. Drinking water and hand-washing facilities will be conveniently available at all times. All incentives or rewards must be non-food based. A list of healthy classroom snacks will be disseminated to parents and teachers.

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Other School-Based Activities

McKinley Heights School will actively develop and support the engagement of students, families and community partners in providing and participating in healthy school-based activities for students.

McKinley Heights School will actively promote healthy eating choices and physical activity through websites and posters at school. The school will provide information to families on how students can be safe and healthy in outdoor environments, including winter survival information.

McKinley Heights School will encourage involvement by students traditionally under-represented in student activities and will solicit and honor student input whenever possible.

McKinley Heights School will offer a range of activities that meet the needs, interests and abilities of all students including a diverse selection of competitive and non-competitive, structured and non-structured activities.

McKinley Heights will adhere to this policy and all requirements by USDA and Alaska CNP. Our policy is intended to create a healthy environment for students and staff and this policy will be updated as new information is released.

Definitions:

Local Wellness Policy – statewide wellness policy updated to meet Healthy Hunger-free Kids Act of 2010 requirements, adopted July 1, 2014 affecting all National Lunch Program sponsors across Alaska.

School Day – the period from the midnight before, to 30 minutes after the end of the official school day.

Campus – all areas of the property under the jurisdiction of the institution are accessible to residents.

Smart Snack Nutrition Standards – a part of the Healthy Hunger-free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages served to students on campus during the school day.

Food Services Manager Signature _____ Date _____

Program Coordinator Signature _____ Date _____

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Stakeholders:

McKinley Heights School Teachers: J.T Lindholm and Lori Paajanen

Nurse Practitioner: Lois Rockcastle

CEO: Sherrie Hinshaw

Director of Treatment Services: Katlyn McClelland

Counselor for Community Night: Shannon Schreck

Food Services Manager: Kevin Horstmann

Program Coordinator: Michele Friars

Clinical Director: Heidi Quimby

Assistant Clinical Director: Kristin Stadskev

Office Manager: Bridgette Lewis

Students' families

Referral sources such as Department of Juvenile Justice, Office of Children Services

Volunteers

Policy adopted: 04/18/2006; Reviewed: 09/2013; Reviewed and updated 09/2014; Reviewed and updated 04/2017; Reviewed and updated 04/2018