



Department of Military Affairs
Kentucky National Guard Youth ChalleNGe Division
Bluegrass ChalleNGe Academy
114 Conroy Ave.
Fort Knox, Kentucky 40121
1-877-599-6884
1-502-624-1300 (fax)
www.bcachallenge.com



19 June 2018

Kentucky Youth Challenge Wellness Policy

This policy is prepared in accordance with Public Law 108-265, June 30, 2004

Kentucky Youth ChalleNGe is a residential program for Kentucky's at risk youth, who are between the ages of 16 and 18 and have left the traditional school environment, are not in any serious legal trouble, are physically and mentally capable to complete the rigors of the program and drug free. Kentucky's Youth ChalleNGe program was established by Executive Order 98-1397 on 19 October 1998. The National Youth ChalleNGe effort began in 1993 and became a permanent program under USC 32, Section 509 in 1998.

Youth ChalleNGe emphasizes personal growth toward becoming a caring and contributing citizen of our Commonwealth. The program is designed around eight Core Components, including; Leadership/Followership, Service to Community, Job Skills, Academic Excellence, Responsible Citizenship, Life Coping Skills, Health, Sex Education and Nutrition and Physical Education. The residential phase of the program is 22 weeks in length, followed by a 12-month post residential phase. Two residential cycles are conducted each year. Current operations are conducted on Fort Knox, and a sister program at the Appalachian ChalleNGe Academy in Harlan, Kentucky.

Program physical fitness is measured using the Presidents Challenge Physical Fitness Test. Earned awards are presented at graduation. The National goal is for individual improvement from the initial test to the final test. A Kentucky Youth ChalleNGe goal measures collective improvement and sets the collective goal at 145% improvement for major groupings.

Program dining operations are contracted through Commonwealth of Kentucky advertising and award procedures. The primary factor in the contract is the requirement for all meals to meet all federal and state School Lunch Program requirements. The current contractor for meals preparation is Fort Knox Community District Food Service, 281 Fayette Avenue, Fort Knox, Kentucky 40121-2572. We are fortunate to have a Kentucky School program as our contract vendor.

- Meals prepared for Cadets attending Kentucky Youth ChalleNGe programs will equal or exceed the nutrition requirements:
- **School Meal Nutrition Standards:**
 - a. Program Requirements: During each school day the Child Nutrition Program shall offer breakfast and lunch and After school snack under the nutritional guidelines of the USDA's National School Lunch Programs.
 - b. Child Nutrition Program shall operate in accordance with updated requirements as outlined in the Healthy, Hunger-Free Kids act of 2010(HHKA) to include:

- More fruits and vegetables every day, to include a variety of vegetables served throughout the week, to include, red, orange and dark green vegetables.
- More Whole Grain Foods
- Only Low-Fat(1%) and Fat Free Milk are offered.
- Less Saturated Fat
- Less Sodium
- More Water: Water available at all meals
- Water is available to fill canteens 24 hours a day
- New Portion Sizes: School meals to meet children's calorie needs based on their age.

Smart Snacks in School Nutrition Standards. Snacks during the school day, including lunchroom a la carte snacks, vending machines snack, break or recess snack sales, etc. must meet requirements of **Smart Snacks in School** nutrition standards. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Nonfood celebrations will be promoted and a list of ideas is available to staff and family members. Marketing or advertisement on campus in areas where students have access will be limited to foods that meet all of the nutritional standards stated in this policy. All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the District standards as established below: Any food sold in schools must:

- Be a "whole grain-rich product, or
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food or
- Be a combination food that contains at least X cup of fruit and/or vegetable, **or AND meet several nutrient requirements**
- Calorie limit: 200 calories or less
- Sodium limit: 230 mg or less
- Fat limit: Total fat: 35% or less of total calories
- Saturated Fat: Less than 10% of total calories
- Trans fat: zero

Fundraisers involving Food:

No Fundraisers involving food are allowed at the Bluegrass Challenge Academy.

Goals for Nutrition Education and Promotion

Nutrition Education is provided through Smartboards and signage in the DFAC area. Nutrition Promotion is provided as Summer Feed Posters being posted in DFAC area.

ASSESSMENTS: Assessments will be completed Triennially with the Board of Directors of the Bluegrass Challenge Academy to ensure all area are updated with current Policies and Procedures within our SFA. The Board will consist of an additional person outside of the regular Staff of BCA, for input in the developing processes for Wellness. In addition, the FSA website will be monitored annually for updates to any and all financial and program updates in order to keep parents informed of changes.

Eating Environment Standards:

- Adequate Time: Students will be provided an adequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch.

- Dining Areas: Dining areas are to be clean, attractive and safe. Teachers are encouraged to monitor student's behavior while in the lunchroom.
- Drinking Water: Drinking water is available for students at meals, either through water fountains or cups of water.
- Reward/Punishment: Food will not be used as a reward or punishment for student behaviors.

Child Nutrition Program Operating Standards:

- Food Safety: HACCP Policies and Principles are followed in each lunchroom setting. Only those foods and beverages that meet the Smart Snack in School nutrition standards will be advertised or marketed within the schools.

Food Services Staff Training

- Qualified nutrition professionals will administer the school meal program. Staff development programs will include appropriate training programs for all staff according to their level of responsibility.

Physical Fitness is performed each day. The requirements of the National curriculum exceed the requirements specified in Public Law 108-265. Physical fitness is not usually performed as a part of the school day; however, special events, such as the Commandant's Cup competition, may be an all day event on a school day. Selected Cadets participate in teams to travel to other National programs as a part of Youth ChalleNGe Invitational. Additionally, Cadets will complete required elements of the core component study and testing effort in the educational portions of Health, Hygiene and Sex Education training.

The Director of the Kentucky Youth ChalleNGe, is the responsible agent for wellness policy in the absence of a School Board, Site Based Support Team and other decision making body. The Director is assisted by the Menu Advisory Board, Academic Instructor, Commandant and contractor to execute the intent of the Health and Wellness provisions of public law. Copies of curriculum and information documents are attached as samples of local efforts to promote student health, wellness and reduce childhood obesity.

Encl
As stated

Mr. Charles Jones
Director
Bluegrass ChalleNGe Academy