



## **Idaho Youth Challenge Academy Wellness Policy**

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*[Note: This “Basic” district-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program “Bronze”-level recognition criteria, and minimum best practice standards accepted in the education and public health fields. Where appropriate, the template includes optional policy language school districts can use to establish a stronger policy that meets the Healthy Schools Program “Silver” or “Gold” levels. School districts should choose policy language that meets their current needs and also supports growth over time.]*

## Preamble

The IDYCA is committed to the optimal development of every cadet. The academy believes that in order for cadets to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines the academy’s approach to ensuring environments and opportunities for all cadets to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Idaho Youth Challenge Academy cadets have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the academy campus—in accordance with Federal and state nutrition standards;
- Cadets receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Cadets have opportunities to be physically active before, during, and after school;
- Cadets engage in nutrition and physical activity promotion and other activities that promote student wellness;
- Cadre staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community and the parents are engaged in supporting the work of the academy in creating continuity between academy and other settings for cadets and staff to practice lifelong healthy habits; and
- The IDYCA establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

This policy applies to all cadets and staff.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

The Idaho Youth Challenge Academy Program shall establish a Wellness Policy Committee to be composed of at least six members. The Advisory Committee may be composed of teachers, administrators, parents of cadets, health care professionals and business community representatives who have the authority and responsibility to ensure the program site complies with this policy. The committee will meet once a cycle or during cycle break or twice a year.

#### **Wellness Policy Committee**

DFAC Manager-Sarah Larson [slarson@idyouthchallenge.com](mailto:slarson@idyouthchallenge.com)

Health Services-Betsy Stemrich [estemrich@idyouthchallenge.com](mailto:estemrich@idyouthchallenge.com)

Gems Counselor-Ruth Godwin [rgodwin@idyouthchallenge.com](mailto:rgodwin@idyouthchallenge.com)

Education Representative-Angela Anderson [aanderson@idyouthchallenge.com](mailto:aanderson@idyouthchallenge.com)

Commandant-Brandon Binder [bbinder@idyouthchallenge.com](mailto:bbinder@idyouthchallenge.com)

Training Coordinator-Carmen Syed [csyed@idyouthchallenge.com](mailto:csyed@idyouthchallenge.com)

## **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The IDYCA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the academy campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

### ***Annual Progress Reports***

The IDYCA publish an updated Wellness Policy, which will be available on the IDYCA website.

### ***Triennial Progress Assessments***

At least once every three years, evaluation compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the IDYCA follows the wellness policy;
- The extent to which the IDYCA's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the academy's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is DFAC Manager Sarah Larson 208-464-1459.

IDYCA will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The committee will update or modify the wellness policy based on the results of the triennial assessments, and/or as academy priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach, and Communications***

The IDYCA is committed to being responsive to community input, which begins with awareness of the wellness policy. The academy will actively communicate ways in which representatives of the committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the academy. The academy will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The academy will use electronic mechanisms, such as email or displaying notices on the academy's website, as well as non-electronic mechanisms, such as presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The IDYCA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the academy is communicating other important school information with parents.

The academy will notify the public through the academy's website about the content of or any updates to the wellness policy annually, at a minimum. The academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **II. Nutrition**

### ***School Meals***

The IDYCA is committed to serving healthy meals to cadets, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

IDYCA participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Smart Snacks Program. IDYCA is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all cadets;
- Are appealing and attractive to cadets;
- Are served in clean and pleasant settings

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using [Smarter Lunchroom techniques](#).
- Only water, milk and 100% juice is provided to cadets.

No cadet pays for their meals, however Free and Reduced Lunch Applications are taken to help the academy offset the cost of the meals. The cadet's privacy is protected at all cost. No money is received for the cadet's food from the parents. Everyone is provided food, regardless of the their free, reduced or paid status. Free and reduced applications are taken when the day the cadets arrive at the academy.

### ***Staff Qualifications and Professional Development***

All school nutrition program personnel and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all cadets throughout the school day. The IDYCA will make drinking water available in the living quarters, education building and during all meal times. In addition, cadets will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The IDYCA is committed to ensuring that all foods and beverages available to students on the school campus during the school day to support healthy eating. Smart Snacks will aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all snacks and beverages will meet or exceed the USDA Smart Snacks nutrition standards.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

- Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Cadets and staff will receive consistent nutrition messages throughout campus, classrooms, and

DFAC. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to cadets and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff and teachers, parents, cadets, and the community.

The IDYCA will promote healthy food and beverage choices for all cadets throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).


### ***Nutrition Education***

The IDYCA aims to teach, model, encourage, and support healthy eating by students. The academy will provide nutrition education and engage in nutrition promotion that will help meet USDA standards for Child Nutrition and federal standards under Healthy, Hunger-Free Kids Act of 2010.

### ***Essential Healthy Eating Topics in Health Education***

The IDYCA will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior



Nutrition education is integrated into the broader curriculum and daily lives of the cadets. Nutrition education is incorporated into the cooking classes in each cycle. The science class has built a green house which grows plants that has been used in cooking incentives and to teach about nutrition

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### ***Food and Beverage Marketing in Schools***

The IDYCA is committed to providing a school environment that ensures opportunities for all cadets to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The IDYCA strives to teach cadets how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if cadets are subjected to advertising on IDYCA property that contains messages inconsistent with the health information the academy is imparting through nutrition education and health promotion efforts. It is the intent of the academy to protect and promote cadet's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the IDYCA's wellness policy.

Any foods and beverages marketed or promoted to cadets on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

All Vending machines on the premises are not available to cadets at any time. The academy does not expose cadets to food marketing of any kind. No advertising happens at the academy.

The Academy does not have food related fundraisers during school hours.

## **III. Physical Activity**


Due to our residential nature IDYCA cadets should participate in 1-3 hours of physical activity every day. A substantial percentage of cadets' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of-school time activities and the academy is committed to providing these opportunities

### ***Physical Education***

The IDYCA will provide cadets with physical education, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help cadet develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All cadets will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All cadets are required to take the equivalent of one academic year of physical education.



The academy's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

### ***Essential Physical Activity Topics in Health Education***

The IDYCA will include in the health education curriculum the following essential topics on physical activity during the school days.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

### ***Physical Activity Breaks***

Throughout the school day there are multiple opportunities to be physically active. At moments during class students can conduct non-distracting exercises. Due to our residential nature physical exercise is conducted frequently prior to and following school day.

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.





### ***Before and After School Activities***

The academy offers opportunities for cadets to participate in physical activity either before and/or after the school day (or both) through a variety of methods such as sport events, stretching exercises, etc.

## **IV. Other Activities that Promote Student Wellness**

The IDYCA will integrate wellness activities across the entire school setting, not just in the DFAC and physical activity facilities. The academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting cadet well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Wellness Committee.


All academy-sponsored events will adhere to the wellness policy. All academy-sponsored wellness events will include physical activity opportunities.

### ***Community Health Promotion and Engagement***

The IDYCA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The academy promotes staff member participation in health promotion programs that the state of Idaho provides at <https://healthmatters.idaho.gov/>. IDYCA will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.



Created July 12,2020 by Sarah Larson  
Revised June 24, 2021 by Sarah Larson.  
Revised June 28, 2022 by Sarah Larson  
Revised April 19, 2023 by Sarah Larson  
Revised February 20, 2024 by Sarah Larson  
Revised March 19,2025 by Sarah Larson