



Alaska Military Youth Academy Wellness Policy

ALASKA MILITARY YOUTH ACADEMY

Preamble

Here at, Alaska Military Youth Academy (AMYA), we value student health and wellness. We strive to provide an environment that is conducive to learning and allows residents to succeed. To do so, we have created a Wellness Committee made up of committed agency and community stakeholders to assess cadet's needs and develop this local Wellness Policy (IWP) to meet the operational realities of daily activities and work toward improving health and wellness outcomes for our residents. The Wellness Committee will meet a minimum of twice a year to review and update the IWP as needs change, goals are met, new information emerges, and the annual review is completed. The wellness Coordinator will act as the leader of the Wellness Committee. The Coordinator is appointed by the Director and will be responsible for oversight of the local Wellness Policy. AMYA will inform Alaska Child Nutrition Programs (CNP) with change in leadership within 60 days of any the change occurring.

The Alaska Military Youth Academy is committed to the optimal development of every cadet. The academy believes that 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 academy year.

Research shows that two components, good nutrition and physical activity before, during, and after the academy day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) Academy Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from academy, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

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 academy day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Alaska Military Youth Academy cadets; have access to healthy foods throughout the academy day—both through reimbursable academy 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 academy;
- 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 academy;

- 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 objectives.

This policy applies to all cadets; and staff.

II. Academy Wellness Committee

Committee Role and Membership

AMYA will convene a wellness committee that meets at least three times per year to establish goals for and oversee academy health and safety policies and programs, including development, implementation, and periodic review and update wellness policy.

The Wellness Committee membership will consist of the Program Officer; parents; cadets; cadre; representatives of the academy nutrition program (ex., nurse/medical assistant; lead cook; teachers).

Leadership

The Food service supervisor will convene the Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email address	Role
Kenneth Hutchinson	Food service Supervisor	ken.hutchinson@alaska.gov	Chairman
Jessica Wheelhouse	Nurse II	jessica.wheelhouse@alaska.gov	Co-Chairman
Dr. Rudy Taylor	Counselor	ruddy.taylor@alaska.gov	Member
Vacant			Member at Large
Vacant			Member at Large

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If you believe you have been discriminated against in any program, activity, or facility please write:

- Alaska Department of Administration, Personnel and Labor Relations,
Equal Employment Opportunity Program,
619 E. Ship Creek Ave., Suite 309, Anchorage, Alaska 99501
Phone: 907.375.7700
Fax: 907.375.7719
- Office of Equal Opportunity, U.S. Department of the Interior,
1849 C Street NW MS 5230, Washington DC 20240