



TEXAS CHALLENGE ACADEMY Wellness Policy

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, the Texas ChalleNGe Academy (TCA) Wellness Policy was developed by the Texas ChalleNGe Academy in collaboration with the National Guard Bureau's (NGB) Cadet Performance Measurement Guide (CPMG) for the eight core components of the youth challenge model. This document may be modified to reflect changes in TCA or NGB policy and procedure.

The Texas ChalleNGe Academy is a voluntary residential 22-week program for disengaged 16 – 18 year olds that are at-risk of or that have dropped out of high school. The program operates two classes annually with a target registration of 150 with a target graduation of 100 per class. The students that are accepted into the program enter into a quasi-military training environment that is based upon mastery of eight core components. Nutrition is a standard driven module of the Health and Hygiene component. Physical Fitness is a stand alone component that is based upon the President's Physical Fitness Test and a general knowledge of physical fitness concepts.

The Texas ChalleNGe Academy recognizes and acknowledges, through its Memorandum of Understanding with the State of Texas and the National Guard Bureau, that, this program cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy. The TCA believes that this residential facility should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Wellness Policy is provided to assist TCA program leadership in the implementation of these wellness policies. This document may be modified to reflect changes in TCA or NGB policy and procedure.

Wellness Policy for the Texas Challenge Academy

The TCA is committed to creating a healthy environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Every class, all students, shall receive nutrition education that is aligned with the Cadet Performance Measurement Guide. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The TCA shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The TCA shall encourage students to make nutritious food choices.

The TCA shall monitor all food and beverages served to students, including those available outside the federally regulated child nutrition programs. The TCA shall consider nutrient density and portion size before permitting food and beverages to be served to students.

The TCA does not permit students to purchase vending products.

Physical Education and Physical Activity Opportunities

The TCA shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the performance standards established in the Cadet Performance Measurement Guide.

Every class, all students, will participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The TCA may implement other appropriate programs that help create a learning environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The TCA Program Director shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy. Input from instructors (including specialists in health and

physical education), staff medical personnel, students, and representatives of the program food service program shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The TCA Program Director shall report to the National Guard Bureau, as required by the MOU, on the program's success in student achievement of the Physical Fitness and Nutrition standards as established in the Cadet Performance Measurement Guide.

Administrative Rules Regarding the TCA Wellness Policy

The Program Director shall appoint a member of the administrative staff to organize the TCA Nutrition Committee. The TCA Nutrition Committee may include representatives from the following areas:

- Academics.
- Food services.
- Cadre.
- Medical.
- Students.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered to every class to all students of Texas ChalleNGe Academy. The TCA may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The TCA shall implement a quality nutrition education program that addresses the following:
Curriculum:

- A curriculum that is aligned with the Cadet Performance Measurement Guide.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition Standards

The TCA shall offer meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The TCA shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the program's policy of promoting a healthy school environment shall be discouraged.

The TCA dining facility shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The program shall monitor food service distributors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

The program will not use food as a reward or as a punishment.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every class to all students of the program. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The program shall implement a quality physical education program that addresses the following:
Curriculum.

- A curriculum that is aligned with the Cadet Performance Measurement Guide.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by instructors trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional or activity periods totaling a minimum of 4 hours per week.
- Provides facilities to implement the curriculum for the number of students served.

The program will offer daily opportunities for structured and unstructured physical activity. The program shall provide proper equipment and a safe area designated for supervised physical activity.

Other School-Based Activities Designed to Promote Student-Wellness

The program shall strive to create an environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- The program shall provide:
 - a clean, safe, enjoyable meal environment for students,
 - enough space and serving areas to ensure all students have access to meals with minimum wait time,
 - drinking fountains in all facilities, so that students can get water at meals and throughout the day,
 - encouragement to maximize student participation in meal programs, and

Time to Eat

- The program shall ensure:
 - adequate time for students to enjoy eating healthy foods,
 - that lunch time is scheduled as near to the middle of the school day as possible, and
 - that physical training is scheduled before lunch so that students will come to lunch less distracted and ready to eat.

Food or Physical Activity as a Reward or Punishment

- The program shall:
 - prohibit the use of food as a reward or punishment in schools, and
 - not deny student participation in physical activities as a form of discipline.

Consistent School Activities and Environment

- The program shall:
 - ensure that all program efforts support healthy eating and physical activity,
 - provide opportunities for on-going professional training and development for foodservice staff and instructors in the areas of nutrition and physical education,
 - provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians, and
 - implement physical activity across the curriculum throughout the school day or in all subject areas.