CALIENTE YOUTH CENTER –

SCHOOL WELLNESS POLICY

At Caliente Youth Center, we value student health and wellness. We strive to provide an environment that is conducive to learning that that allows students to succeed. To do so, we have created a diverse team called the Wellness Advisory Committee (WAC), made up of committed school and community stakeholders to assess Caliente Youth Center's needs and develop this wellness policy to meet the operational realities of daily activities and work toward improved health and wellness outcomes for our students. The WAC will meet a minimum of twice a year to review and update the local school wellness policy (LSWP), 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 WAC. The Coordinator is appointed by the Director and will be responsible for oversight of the school wellness policy. Caliente Youth Center will inform the Nevada Department of Agriculture (NDA) by September 30th of each school year the name and contact information for the Coordinator and if there is a change in leadership during the school year Caliente Youth Center will notify NDA within 60 days.

Caliente Youth Center will retain basic records demonstrating compliance with Nevada's School Wellness Policy including the following documentation: List of WAC members, copies of annual progress reports for each school under the jurisdiction, the website address of the wellness policy, WAC meeting information, and how interested parties can get involved with student wellness at Caliente Youth Center.

All foods and beverages given to students on campus during the school day (as defined by USDA) outside of reimbursable meals, must meet the Smart Snacks Nutrition Standards. For more information on the specific standards and a list of approved snacks, visit the NDA nutrition website (http://nutrition.nv.gov). Chewing Gum is not allowed on campus.

Records of all food items available on campus outside of reimbursable meals must be retained by the Food Service Director during each school year. All celebrations will occur outside of the regular school day. As this is a closed residential facility, there is no food or candy fundraisers allowed on campus or any revenue generated from the sale of food.

The only beverages offered on campus during the school day will be water (no restriction on size,) low-fat or non-fat milk (≤ 8 oz.), and juice (≤ 6 oz.) All beverages available on campus must be caffeine-free with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 oz. Soy milk alternative is also available for those youth that are lactose-intolerant.

All incentives or rewards must be non-food based. All marketing and advertising of foods or beverages on school property must meet the Smart Snacks Nutrition Standards.

Caliente Youth Center's meal schedule will allow each student adequate time to eat their meals, time spent acquiring the meal is not included in the time to consume the meal. Each student shall have at a minimum:

15 mins. for each student to consume the breakfast meal; and
20 mins. for each student to consume the lunch meal.

Youth entering the program during non-meal times are given a full meal upon request regardless of time of day.

Caliente Youth Center's physical activity goal is for students to develop the knowledge to maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. The physical activity program will encompass a variety of opportunities for students to be physically active including: outdoor games, health education that includes preventative maintenance for sustaining a healthy lifestyle, indoor activities, and breaks for stress release when requested.

Youth will be given the opportunity to engage in 30 minutes or more per day of physical activity.

Caliente Youth Center plays a role in helping students make heathy food choices. They will serve reimbursable meals that meet the USDA meal pattern requirements. Caliente Youth Center's nutrition promotion and education goal is to ensure youth be taught the basic nutrition standards for healthy eating including "MyPlate" and Dietary Guidelines for Americans. Materials are made available and informational posters concerning health and nutrition are displayed around campus.

Caliente Youth Center's other wellness activities to promote student wellness goals include: Educate/train staff to become knowledgeable in the area of nutrition or ongoing professional development for teaching nutrition, provide physical activities and/or nutrition services or programs designed to benefit staff health, encourage staff to participate in all activities with youth.

Caliente Youth Center will adhere to this policy and all requirements as directed by USDA and the NDA. 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:

Nevada's School Wellness Policy – statewide school wellness policy updated to meet Healthy Hunger-free Kids Act of 2010 requirements, adopted July 01, 2014, affecting all National School Lunch Program sponsors across Nevada.

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

School Property/Campus – all areas of the property under the jurisdiction of the institution that are accessible to students during the school day.

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 sold to students in school during the day.

School Wellness Policy Coordinator -

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