

NEVADA YOUTH TRAINING CENTER
Independence High School
WELLNESS POLICY

Date: May 2017

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Policy Items:

1. Advisory Group – The members of this group are: Gregory Thornton, Superintendent; Mikel Beardall, Principal; Arturo Martinez, Food Service Manager; and, Vern Harlow, Administrative Services Officer.
2. Wellness Policy Coordinator – The coordinator is Gregory Thornton.
3. Recordkeeping – The facility is an RCCI. Accordingly, public involvement and disclosures are not applicable. However, records are kept which demonstrate compliance with Advisory Group requirements, the triennial assessments and annual progress reports.
4. School Wellness Policy Goals – At least one of the following will be selected to identify, measure, and report progress on:
Nutrition promotion and education
Physical activity
Other school based activities

5. Incentives and Rewards – Food based incentives or rewards are not used.
6. Fundraising – Fundraising is not allowed at the facility.
7. Special Occasions – Foods that exceed established nutrient parameters are only allowed for the evening meal on Christmas, Thanksgiving, and the Fourth of July. Breakfasts and lunches on those days are consistent with established nutrient parameters for all other times. The sale of food is not allowed at the facility at any time or for any reason.
8. Revenue – As noted above, the sale of food is not allowed at the facility at any time or for any reason.
9. Meal Consumption – It is our practice to allow the youth a minimum of 15 minutes and 20 minutes to consume their breakfasts and lunches, respectively.
10. Physical Activity – Each youth who has not yet satisfied his PE requirement for high school graduation is required to take a PE class. All youth are encouraged to take a PE class. Our PE classes are 60 minutes in length and will result in at least 30 minutes of vigorous physical activity per day. All academically eligible youth participate in the school intermural sports program. Additionally, all the youth are required to participate in various forms of rigorous physical activity, in the gymnasium or on the facility fields, in connection with their dorms and our required periods of large muscle activity which is 1 hour per day at a minimum.
11. Recess Before Lunch – This is not applicable for our high school.
12. Marketing – No marketing of any kind or for any reason is allowed anywhere on the grounds of this facility.
13. Smart Snacks Nutrition Standards – No foods or beverages are available for sale or gift to the youth on the grounds of this facility.
14. Specific Nutrient Standards For Food – This facility will follow the general nutrient standards and guidelines for calories, fats, sodium, and sugar as per the National Student Breakfast and Lunch Programs meal patterns, including whole grain rich foods, major food groups, combination foods, and % daily nutrient requirements as per Dietary Guidelines for Americans.
15. Beverages - No beverages are available for sale or gift to the youth on the grounds of this facility. Youth are provided water without limit, non-fat milk (both flavored and unflavored) in 12 oz. or smaller containers, unflavored low-fat milk in 12 oz. or smaller containers, and 100% fruit and vegetable juices in 12 oz. or smaller containers.

16. Caffeine – Other than trace amounts of naturally-occurring caffeine in some substances (e.g., chocolate milk), all foods and beverages served are caffeine-free.
17. Chewing Gum – Chewing gum, of any kind, is neither sold to nor allowed for youth at the facility.