

# South Carolina Youth Challenge Academy Wellness Policy

The South Carolina Youth Challenge Academy (SCYCA) Wellness Committee recognizes that cadet wellness and proper nutrition are related to their physical well-being, growth, development, and readiness to learn. SCYCA is a quasi-military program with regular physical activity as part of the total learning experience. SCYCA does not sell food and there are no vending machines in any of the SCYCA buildings.

## WELLNESS LEADERSHIP

Mr. Ronnie Scott, Deputy Director Youth Challenge, is the Wellness Policy Leader and may designate an employee to be a “Lead Wellness Official” to oversee the development, implementation, and ongoing evaluation of the policy. The Wellness Policy will be in compliance with the requirements set forth in section 204 of the Healthy, Hunger- Free Kids Act of 2010. The Deputy Director or the designated official will provide a copy of this policy to the South Carolina Department of Education each time it is revised and upon request. Mr. Ronnie Scott, Deputy Director Youth Challenge, can be reached by email at [ScottR@scmd.sc.gov](mailto:ScottR@scmd.sc.gov) or 803-299-4871.

## WELLNESS COMMITTEE

SCYCA will maintain a Wellness Committee to address health and nutrition issues and update the Wellness Policy as needed. The committee will work in harmony with the Deputy Director and Lead Wellness Official. The Lead Wellness Official will manage the Wellness Committee records. The Wellness Committee will be composed of the Lead Wellness Official, a member from SCYCA’s medical team, SCYCA’s DFAC staff, students from SCYCA’s Youth Advisory Board, staff members, and a member from McCrady DFAC. Cadet parents/legal guardians are welcome to attend, and will be invited to participate in at least one Wellness Meeting per year. Committee members will provide information contributing to the physical education, wellness, health services, nutrition services, and relevant projects such as the greenhouse program to aid in developing, reviewing, evaluating, and updating the policy. In addition, staff will assist the Lead Wellness Official in creating an annual report that includes the minutes of the meetings, cadet’s physical activity, etc.

## NUTRITION PROMOTION AND EDUCATION

We believe in promoting cadet’s health and nutrition as part of the total learning experience. The goals are:

- (1) to provide appropriate instruction for behaviors that contribute to a healthy lifestyle
- (2) to teach, encourage and support healthy eating habits

Promoting nutrition education may go beyond the boundaries of the school environment by providing opportunities for special projects related to nutrition. DFAC staff will promote consistent nutrition messages throughout the academy:

- School menus will be available to staff and posted in the dining facility
- Cadets will have opportunities to give feedback on menu and snack items at the Committee meeting

- Cadets are served foods that are low in saturated fats, trans fats, sodium and added sugar
- Staff will strive to provide a pleasant eating experience by holding to the following practices by: (a) managing adequate time to eat (b) providing supervision to ensure no adverse instances occur and properly deescalating such behaviors.

**NUTRITION STANDARDS AND GUIDELINES  
FOR ALL FOOD AND BEVERAGES AVAILABLE AT THE ACADEMY**

South Carolina Youth Challenge Academy is committed to ensuring cadets are eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats for a healthy diet. All served meals, available during the school day, help promote cadet's health, reduce childhood obesity, provide a variety of nutritional meals and promote lifelong healthy eating habits. Foods provided through the National School Lunch and School Breakfast programs must comply with federal and state nutrition standards. The Lead Wellness Official will ensure that the South Carolina Challenge Academy guidelines for reimbursable meals are not less restrictive than the regulations and guidelines issued for the schools established under the Healthy Hunger-free Kids Act of 2010. The foods and beverages offered, but not sold, does not have to meet the USDA Smart Snacks in School nutrition standards but healthy items are encouraged. Smart Snacks aim to improve cadet's health and well-being, increase consumption of healthful foods and create an environment that reinforces the development of healthy eating habits.

**PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

- Goals for Physical Education

The goal of the physical education program is to promote lifelong healthy habits of physical activity and provide the knowledge to ensure cadets remain physically fit. Physical education also provides cadets with the knowledge that will address obesity, cardiovascular disease, and Type II diabetes.

- The Physical Education

The district will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Physical education promotes lifelong healthy habits and incorporates essential health education concepts. This is a shared responsibility lead by the DFAC staff and Medical staff and reinforced by teachers, operations, case managers, etc.

- Physical Activity Goals and Recommendations

The Commandant and Assistant Commandant ensure all cadets meet the 30 minutes of physical activity per day requirement. Cadets and staff have the opportunity to participate and engage in Physical Training (PT) six days a week. The Commandant and Assistant Commandant will periodically conduct a PT test and document the progress, which will be made available to the Deputy Director and Lead Wellness Official.

## **OTHER ACADEMY BASED PRACTICES AND ACTIVITIES TO PROMOTE WELLNESS**

These activities are designed to promote wellness:

- Academy provides a safe and clean meal environment
- Cadets are given adequate time to eat meals
- Drinking water will be available at all meals and throughout the day
- Food will not be used in the South Carolina Youth ChalleNGe Academy as awards or punishments
- Academy staff will be encouraged to participate and promote the cadet's wellness
- Recreational sports and Physical Training (PT) are great opportunities for the staff to promote and be role models to the cadets to promote physical activity

### **FOOD AND BEVERAGE MARKETING IN SCHOOLS**

It is the intent of the South Carolina Youth ChalleNGe Academy to support healthy eating by permitting advertising and marketing that adhere to the USDA Smart Snacks in School nutrition standards.

#### **FOOD PROVIDED BUT NOT SOLD**

(e.g., class parties, celebrations, class snacks)

The foods and beverages offered, but not sold, does not have to meet the USDA Smart Snacks in School nutrition standards but healthy items are encouraged.

### **IMPLEMENTATION AND REVIEW OF POLICY**

The Lead Wellness Official, under the leadership of the Deputy Director, shall oversee the implementation of this policy and monitor the program to ensure compliance and provide information to the Wellness Committee and the public.

#### **PUBLIC NOTIFICATION**

Annual Notification of Policy (Reporting)

South Carolina Youth ChalleNGe Academy will inform families of this policy, including its content, any updates, and implementation status. Our Wellness Policy will be available on the academy's website, free and accessible to the public, families, partners, etc.

### **TRIENNIAL ASSESSMENT**

South Carolina Youth ChalleNGe Academy will be evaluated for compliance on the Wellness Policy by SC Department of Education, no less than once every three years. The assessment will include the extent to which South Carolina Youth ChalleNGe Academy is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The Deputy Director or an appointed staff member, such as the Facilities Manager or Lead Wellness Official shall report the academy's compliance with the laws and policies. At minimum, the Deputy Director, Facilities Manager or the Lead Wellness Official shall measure the report by:

- The Academy's compliance with the wellness policy

- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

## **RECORDKEEPING**

The Lead Wellness Official will retain records to document compliance with the requirements of the Wellness Policy. Documentation will include but will not be limited to:

- A written copy of this policy and any updates
- Documentation demonstrating compliance with all required elements of this policy, including methods, annual progress reports, and triennial assessments
- Documentation of the minutes recorded from the committee meetings
- Documentation of annual policy progress reports
- Documentation of the triennial assessment

Legal References: Child Nutrition Healthy, Hunger – Free Kids Act of 2010, P.L. 111-296, National School Lunch Program and School Breakfast: Nutrition Standards for Goods sold in School, 7C.F.R. Parts 210 and 220(2016)

