

**HAWAII NATIONAL GUARD  
YOUTH CHALLENGE ACADEMY  
P. O. Box 75348  
Kapolei, Hawaii 96707  
(808) 685-7134**

**WELLNESS POLICY  
2016**

**PREAMBLE/STATEMENT OF RESPONSIBILITY**

The Hawaii National Guard Youth Challenge Academy believes in the holistic formation of a responsible lifelong learner, who values the integrated relationship between healthy living and a healthy diet. Dream. Believe. Achieve. This motto of the Academy speaks to the heart of how the Academy approaches its mission to form responsible lifelong learners.

Under the vision of the National Guard Bureau, the Hawaii National Guard Youth Challenge Academy lives and practices healthy living and healthy dieting within the context of its 8 Core Components, more specifically, Health and Hygiene, Life Coping Skills, Service to Community, and Physical Fitness.

In Health and Hygiene, the Cadet is taught to develop healthy habits including the awareness of developing nutritional meals and maintaining health conscious alcohol and drug free homes.

In Life Coping Skills, the Cadet is to develop life skills including managing the stress and emotions of daily living.

In Service to Community, the Cadet is to become a giving member of the Community serving as a model and a teacher of healthy living in immediate families and in their local community.

In Physical Fitness, the Cadet is to continue training in physical fitness skills to sustain, and further, maintain a health conscious mind and body.

These Core Components underscore the Hawaii National Guard Youth Challenge Academy's commitment to developing educated, emotionally sound, and giving and physically balanced lifelong learners.

Thus, all nutrition education, nutrition standards, mental, emotional, and physical health conscious activities will be implemented.

**NUTRITION AND HEALTH EDUCATION**

**HEALTH AND HYGIENE MODEL**

The objective approach is a holistic one to equip the Cadet with health oriented and conscious skills as one matures through various phases of the Academy.

Class Instruction is conducted by a team combination of an Academic Instructor, a Career Life Counselor Instructor and a Cadre Instructor, all comprehensively addressing particular Core Components.

A comprehensive curriculum that includes learning and promoting healthy eating habits, ranging from fruits to vegetables, from dairy to protein, and from fats to carbohydrates, are taught by the Academic Instructor.

Preparing the Cadet with life skills including eating right contributes to a well-balanced positive decision making life are taught by the Counselor Instructor. Issues ranging from budget-finances to anger management are taught to address how to deal with these issues and how these issues affect one's health.

From sunrise to sunset, from the barracks to the classrooms, the Cadet is consistently and persistently informed of the value of physical activity. The Cadre Instructor is primarily the model in linking a healthy physical life to a healthy emotional life.

Safety and Security. Vital to the implementation success of Health are issues of safety and security. From the right shoes to the right warm up exercises to the right forms in running to the right cool down are all issues that are addressed and taught in. Training to be aware of their surroundings during runs and having a partner to run with are issues of security.

Outside Resources, Peer Education, and Role Modeling. Following are Promising Practices that the Hawaii National Guard Youth Challenge Academy adopts in implementing and maintaining a successful Health conscious program.

Promising Practice #1. Integrate a Clinically Graphic Style of Instruction.

Using real world, fact based methods that "shock" cadets can often help break through disinterest and apathy to facilitate an interest in learning. This method of instruction has proven successful in subjects such as STDs and communicable diseases as well as drug and alcohol abuse. By using multimedia and guest speakers with personal stories and experience, cadets become more actively engaged in the lesson. Clinically graphic instruction should be fact-based and realistic, used as a catalyst to help cadets develop meaningful conclusions, opinions, and general concern for issues of health and hygiene. Clinically graphic instruction should always conclude with ample time for discussion or journal writing to ensure that cadets continue to process the information and relevantly apply it to their individual decisions and behaviors.

Promising Practice #2. Promote Peer Education.

Using peer education methods such as group work, class research presentations, tutoring, and peer educator clubs, enhances cadet involvement in the subject matter and provides them with more opportunities for personal enrichment. Summit participants that utilize this teaching method have observed an increase in the cadets' overall attention, interest, and levels of engagement within the learning process. By having peers teach one another, the instruction process often takes on a more informative and cooperative approach than achieved using normal styles of lecture. Also, cadets who act as instructors gain increased self-confidence and leadership experience, while those cadets on the receiving end of peer instruction may find the information more "credible" coming from their peers, rather than an instructor.

Promising Practice #3. Create a Timeline for Task Instruction.

Planning the health and hygiene curriculum to coincide with cadets' developmental processes and ChalleNge program phases/stages helps to ensure that cadets are mentally, emotionally, and physically ready to receive the instructional information. Though there is no one specific timeline that would work for every program, creating a timeline that fits the profile of your cadets and aligns with the programs milestones or significant events such as home pass, can help cadets to develop more significant learning opportunities. The Centers for Disease Control and Prevention has developed an eight component "coordinated school health program" model. The model affirms that "schools by themselves cannot and should not be expected to address the nation's most serious health and social problems." Because of this, the model addresses not only general health education and services, but also incorporates components such as "family/community involvement," "health promotion for staff," "a healthy school environment," and counseling, psychological and social services" in order to systematically involve community organizations, families, and health care workers in the quest to raise healthy youth. <http://www.cdc.gov/HealthyYouth/CSHP/>

Promising Practice #4. Role Modeling / Setting an Example.

Encouraging program staff to exemplify program standards of health and hygiene helps to reinforce classroom instruction. Summit participants found that when role modeling standards were enforced at their programs there was noticeable reduction in disciplinary problems between cadets and staff. As staff members, it is important to understand that, in order to establish credibility and trusting environments, behavior should reinforce, rather than contradict the expectations set forth for cadets.

Promising Practice #5. Include Multiple Departments in the Education Process.

Utilizing knowledge from various departments reinforces task instruction and provides cadets with a more comprehensive understanding of the subject matter. Providing cadets with opportunities to learn and practice tasks of health and hygiene instruction in learning opportunities outside of the traditional classroom environment helps to reinforce instruction. For instance, dining hall staff can incorporate food hygiene information into their interactions with cadets who are on KP duty. Also, cadre can discuss the importance of water and nutrition during their PT training with cadets.

Promising Practice #6. Partner With The Local Community, ASACS, Catholic Charities.

By leveraging outside resources such as subject matter experts and/or resource centers to supplement current curriculum, instructors can implement more up to date lesson plans and utilize more effective teaching methods. The biggest concern for programs is money and projected costs of innovative activities and instruction methods. Incorporating outside resources such as volunteers or lending libraries can often prove to be an inexpensive way to access tools and supplemental curriculum. Talk to local organizations and colleges for resource support or for help finding volunteer guest speakers.

These Promising Practices serve to project both the vision and direction in developing a more profound, relevant, and effective Health program.

## **PHYSICAL ACTIVITY**

The Hawaii National Guard Youth Challenge Academy adopts the U.S. President's Challenge as the backbone of its Core Component: Physical Fitness.

Promising to promote lifelong physical fitness skills through simple and consistent instructions – utilizing incentives to motivate cadets personal excellence, the Academy's Physical Fitness Training Program creates customize fitness programs to target individual cadet needs.

Upon arrival, passing a Medical Physical Exam, each Cadet are measured by height and weight, and also weighed monthly to evaluate and progress. Cadets are then instructed both in classroom and in the field with basic physical movements including warm ups and cool down exercises. With instruction, the Cadets develop a basic understanding of both their bodies and how their bodies react to certain physical training. An initial Diagnostic Physical Fitness Test is then executed to measure the Cadet's physical ability. Three other physical tests are administered throughout various stages of physical training. The initial data collected are then used to project a customized physical fitness training program for particular ability group of Cadets.

Each Cadet will engage in physical fitness activities at a minimum of 45 minutes per day. Exercises may include Side-Straddle Hop (Jumping Jacks), Front Leaning Rest Position (Push Ups), Sit-Ups, Running and Marches. Exercises may also vary including condition and circuit training. A Platoon-Group Physical Fitness Training weekly may include Conditioning Days, i.e., Running Mondays and Wednesdays with Tuesdays and Thursdays as circuit-muscle failure days. Fridays may include an Academy motivational run.

The Academy also integrates physical fitness training into the behavioral formation of the Cadet. With a zero-tolerance in punishment, the Academy uses physical exercises to correct a Cadet's actions, serving

also as a deterrent tool. Added as a motivational tool, physical exercises, in the forms of group marches and movements, coupled with powerful musical cadences, become a life coping managing outlet.

The Academy awards the Cadets growth in all areas of training including Physical Fitness Training. Strategically identified and trained by age and ability groups, the Academy celebrates the Cadet's growth at various stages of the training process.

Added to their physical activities are morale and welfare activities conducted on the weekends that include "Adopt A Highway", Confidence Course, Canoe Paddling, Leadership Reaction Course, and the Water Sports Day.

## **SCHOOL MEALS**

Youth Challenge Policy on Contract School Meals: All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.

Nippon Food & Catering provides Breakfast, Lunch and Dinner, Monday thru Sunday School Meals for Youth Challenge Academy:  
Contact, Benny or Mimi Noh, Owner, 420 Waikamilo Rd, Honolulu, HI 96817, 842-3456.

Nippon Food & Catering, in accordance with the contract agreement will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program.

Nippon Food & Catering gives the assurance that the school's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Hungry-Free Act of 2010 and the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1779) and the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 & 1766) as those regulations and guidance apply to the school.

Nippon Food & Catering will meet or exceed the nutrition standards established by the federal and state law and regulation for school meals, á la carte foods and beverages, and food served in the After School Snack Program.

Food and beverages served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans, such as: No more than 30 percent of total calories from fat, averaged over a week. No more than 10 percent of total calories from saturated fat, averaged over a week. Meals served through the Child Nutrition Programs will: Be appealing and attractive to cadets from age 16-18 and diverse backgrounds, Be served in clean, safe, and pleasant settings, Strive to offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, will be from local sources, Include only one percent fat and nonfat milk options, Offer whole grains whenever possible and introduce new whole grain products as they become available, Include food items selected by students and parents through taste testing, community meetings, and surveys.

Meals consumed by Cadets are free and at no cost to the cadets families.

Child Nutrition Programs are accessible to all Academy cadets. Cadets will be encouraged to start each day with a healthy breakfast. Nippon Food and Academy Personnel will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Academy Personnel will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Academy Personnel will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and after-school snack).

Nutrition Services will provide cadets with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of cadets; if practical, will accommodate the religious, ethnic and cultural diversity of the cadets in meal planning; if its the special dietary needs of cadets and will provide clean, safe and pleasant settings and adequate time for cadets to eat.

Minimum time allowance (eating time for each student after being served the meal) for student consumption of meals will be ten minutes for breakfast and twenty minutes for lunch.

The dining facility in building 19 will be conducive to eating in a safe, orderly and pleasant environment.

The dining facility will have adequate seating in a clean, safe, attractive, and comfortable environment; Promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal.

Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, adequate seating, enforcement of student conduct rules and adequate supervision.

## **NUTRITION STANDARDS**

The Hawaii National Guard Youth Challenge Academy will: Eliminate use of foods as rewards for Cadet Accomplishments.

Celebrations: The Hawaii National Guard Youth Challenge Academy encourages parents to send in healthy snacks for birthday celebrations. Examples might include: yogurt, fruit snacks, boxed raisings, frozen fruit bars, fruit, granola bars, etc. and 100% fruit juices instead of pop and cupcakes.

Notices will be sent to parents/guardians reminding them of the necessity of providing healthy treats for Cadets.

## **OTHER SCHOOL-BASED ACTIVITIES:**

The Academy Personnel serves as role models for cadets. They are key to the successful implementation of this Cadet Wellness Program. This includes the opportunity for all Academy Personnel to participate in workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases and foster exceptional role modeling.

All Academy Personnel will be encouraged to model healthful eating and physical habits to demonstrate support of healthy lifestyle habits to the cadets.

We promote staff wellness by having Academy Personnel participate in cadets physical activities. Besides those assigned the duties, other staff may participate in morning physical training activities with their assigned platoons on Monday-Thursday and join in the company run on Fridays.

The Academy's physical activities equipment is available to use during non-duty hours for Academy personnel.

### **After School Hours**

During after school hours or on non-academic days, organized intramural sports are available for all cadets to participate in.

To develop team building, physical health and life coping skills, sports tournaments are held to promote healthy competition. All Academy Personnel are encouraged to participate in these events.

After school alternative physical exercise is also available to further tone selected areas of the body promoting healthy minds and lifestyles. These exercises are not limited to cadets; all Academy Personnel are encouraged to participate.

Community and Family Involvement.

Provide all parents information on ways to promoting healthy life styles.

The Director will establish fitness activities involving families such as fun walks, runs, or fitness challenges.

Marketing of Food/Beverages and Good Food Practices

The Academy will promote healthy snack choices in vending machines if available, and encourage cadets to make nutritious food choices through accessibility and marketing of healthful foods.

The Academy shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

#### **MEASUREMENT AND EVALUATION:**

The Academy Wellness Committee will develop and implement administrative rules consistent with this policy. Input from Cadets, Academy Personnel, Parents/Guardians, Food service program, will be considered before implementing such rules.

The Academy will measure how well this policy is being implemented, managed, and enforced.

The Academy Wellness Committee will assist in the implementation and coordination of the Wellness Policy by:

- Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.
- Facilitating collaboration among administrative and instructional staff.
- Assisting the Administrative Staff with the integration, management, and supervision of the Wellness Policy.
- Providing or arranging for necessary technical assistance.
- Facilitating collaboration between agencies and organizations in the community who have an interest in the health and well-being of Cadets and their families.
- Evaluating the results of the Academy Wellness Policy with specific timelines to ensure accountability.

The Academy Wellness committee chairperson will conduct the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle assessment annually.

The tool will assess all eight components of a coordinated school health program on an annual basis.

An assessment of the Academy's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement.

As part of that review, the Academy Wellness Committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

**WELLNESS POLICY COMMITTEE  
2016**

Juan D. Williams Director/Chairperson	_____	1 September 2016
Mark Gleason Deputy Director	_____	1 September 2016
Dennis Agbisit NSLP Coordinator	_____	1 September 2016
John Cronin Program Coordinator	_____	1 September 2016
Pasila Taua Operations Chief	_____	1 September 2016
Margaret Tatum Mentor Coordinator	_____	1 September 2016
Penina McMoore Lead Counselor	_____	1 September 2016
Sinaitaaga Atanoa Lead Instructor	_____	1 September 2016
Tunu Tupuopla Commandant	_____	1 September 2016
Kamuela Woode Physical Fitness Coordinator	_____	1 September 2016
Faateleupu Ifopo Physical Fitness Coordinator	_____	1 September 2016
Philip Ganaban Corpsman	_____	1 September 2016