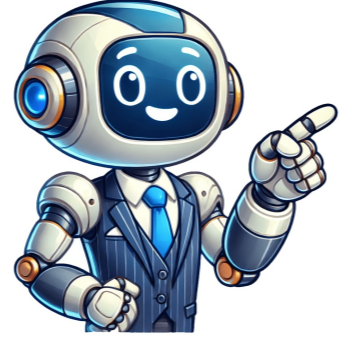


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## Hoosier youth challenge academy

Indiana's Hoosier Youth Challenge Academy, located in Knightstown, offers military-based training to unemployed/underemployed, crime-free and drug-free high-school dropouts 16-18 years of age. HYCA trains and mentors these youth to develop the values, skills, education and self-discipline to become successful young adults. The program is ideal for high-school-age youth who are not on a disciplined path to learn the skills they need to change the outcome of their current life situation and to graduate from high school. The free program is a 17.5 month commitment, including an in-depth screening process, two-week acclimation phase, five-month residential phase and a yearlong post-residential mentorship phase to help graduates with career and life goal achievements. There is NO MILITARY OBLIGATION for those who participate. Apply HYCA is part of the National Youth Challenge Program established in 1993 by the National Guard. There are 40 Youth Challenge Academies in the United States. Former Indiana Governor Mitch Daniels and former Indiana National Guard Maj. Gen. R. Martin Umbarger established the Hoosier Youth Challenge Academy in 2007. All Challenge participants attend daily academic classes that increase math and reading comprehension and prepare them for General Education Development (GED) credential testing, credit recovery, or a high school diploma. Evaluation of a cadet's grade level progress during the Residential Phase is measured using the Tests of Adult Basic Education (TABE) testing process. Cadets also explore the knowledge and skills required to pursue future educational opportunities. Cadets learn the value of a healthy, well-balanced lifestyle. Challenge offers a holistic approach that combines physical and mental well-being as cadets explore the effects of substance abuse and sexually transmitted diseases on their physical health and well-being. Cadets learn the physical and emotional benefits of proper nutrition through participation in classes and structured group discussions. Cadets prepare for long-term, gainful employment. Career exploration is accomplished through career assessment and interest inventories, job-specific skills orientation and awareness, and training in area vocational centers. Specific classroom activities focus on development of individual resumes, completing job applications, and preparation for and conduct of job interviews. Cadets learn skills designed to last a lifetime. Increased self-esteem and self-discipline are gained through a combination of classroom activities, group discussions, and a structured living environment. Cadets learn how to identify and self-regulate emotions, such as anger, grief, frustration, and stress and how to utilize conflict resolution strategies. Challenge provides the educational resources necessary to foster fiscal responsibility, helping cadets understand personal finance, basic banking, obtaining and managing good credit, and how to prepare and manage a personal budget. Cadets develop strong character while identifying and applying individual moral and ethical standards to perform various roles and responsibilities in a structured group environment. They learn to willingly comply with established rules, regulations, and procedures; perform basic military customs and courtesies; define and recognize leadership skills, traits, dimensions, and components; employ leadership skills while performing in a leadership position; maintain a personal living area; and function as an effective team member. Physical fitness becomes an integral part of cadet daily life. Cadets perform physical training based on the President's Challenge, a test battery based on data collected from a variety of sources including the 1985 President's Council on Physical Fitness and Sports National School Population Fitness Survey, the Amateur Athletic Union Physical Fitness Program, and the Canada Fitness Award Program. Cadets discover their role in the democratic process and learn their rights, privileges, and obligations as United States citizens. The U.S. Government structure and processes, along with individual rights and responsibilities at the local, state and national level, are addressed in the classroom environment, in the student government process, and through practical experiences within local communities. Those who are eligible register for selective service and to vote. Cadets realize the value and importance of giving back to the community while performing a minimum of 40 hours of service to the community and/or conservation project activities in groups and on an individual basis. These activities provide additional opportunities for career exploration as well as enhancing community-needs awareness in cadets. Cadets have the opportunity to pursue different education tracks through HYCA's local school partnership. Cadets may continue to progress toward earning their high-school diploma through credit-earning classes as they complete HYCA's eight core components. Cadets will take additional courses through New Castle School Corporation for credit. Alternatively, Cadets can attain their High School Equivalency Diploma through our partnership with Adult Basic Education, a program offered to Indiana residents 100% tuition free (no cost to parents or cadets). Cadets on this track are encouraged and assisted to continue their education at a college, trade or technical school, or military environment. These Cadets are given the opportunity to test for their HSE diploma while in the program, and receive additional assistance from a Mentor, including with their Post Resident Action Plan (PRAP), to create goals for when they leave the residential part of the program. Hoosier Youth Challenge Academy participates in the Indiana School Lunch Program. The Hoosier Youth Challenge Academy supports the health and well-being of our students by promoting nutrition and physical activity. In accordance with federal law, it is the policy of the Hoosier Youth Challenge Academy to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the Academy meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. An Academy Health Advisory Council will be formed and maintained to oversee these activities. The School Wellness Policy shall be made available to all students and families by means of our application, the student handbook, and the Academy's website. LEGAL REFERENCE: 42 U.S.C. 1758b7 CFR Part 2101.C. 20-59-9-18.5 I. Coordinated School Health Advisory Council The board will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy. A. In accordance with state and federal law, the Academy will form and maintain a Health Advisory Council that includes at the following: Deputy Director Registered Nurse 1SG Food Service Management Company Representative Hoosier Youth Foundation Board Member Options Charter School Instructor Adult Basic Education Instructor Parents/Guardians B. The Advisory Council shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the Academy year to discuss implementation activities and address barriers and challenges. C. The Advisory Council shall report annually to the Academy Director on the implementation of the wellness policy and include any recommended changes or revisions. D. The Director will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council. II. Nutrition Education and Nutrition Promotion III. Standards for USDA Nutrition Programs and School Meals The Academy will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning. Administrative Regulations Meals served through the National School Lunch and Breakfast Programs will: Be appealing and appetizing to children. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs. Contain 0 percent trans fats. Offer a variety of fruits and vegetables. 100 percent of the grains offered are whole grain-rich. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the Academy website, the Academy newsletter, and through any other appropriate means available to reach families. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food. The Academy will purchase or obtain fresh fruits and vegetables from local farmers when practical. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs. B. School Meal Participation The Academy will provide the USDA School Breakfast Program and Lunch Program to all students. C. Mealtimes and Scheduling Adequate time will be provided to students to eat lunch (at least 12 minutes after being served) and breakfast (at least 12 minutes after being served). Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced. School meals will be served in clean and pleasant settings. Students will have convenient access to hand-washing and sanitizing stations. Potable (drinking) water must be readily available at all mealtimes. IV. Nutrition Standards for Competitive and Other Foods and Beverages A. The Academy will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, school stores and concession stands. This also includes food and beverages brought into the Academy for such events as classroom celebrations. No fundraisers selling food items will be allowed at the Academy during the school day. B. The Academy will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds. Administrative Regulations A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007). Foods outside of school meals shall be: No more than 30 percent of total calories from fat, 100 percent of the grains offered are whole grain-rich. Less than 10 percent of total calories from saturated fats, 0 percent trans fats. No more than 35 percent of calories from total sugars. No more than 200 milligrams of sodium per portion as packaged. No more than 200 calories per package, and Beverages outside of school meals shall be limited to: Water without flavoring, additives, or carbonation. All beverages other than water, white milk or juice shall be no larger than 12 ounces. Low-fat and nonfat milk (in 8- to 12-ounce portions), 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and All beverages other than water, white milk or juice shall be no larger than 12 ounces. Vending machines are not to be accessible to students. Students and staff will have free, potable (drinking) water for consumption available throughout the school building. Food and beverages will not be sold in school stores. C. Classroom Celebrations Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food. Classroom celebrations that include food will be limited to one per month. Food items must comply with federal nutrition standards. D. Food as a Reward or Punishment Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate. Academy staff will not withhold food or drink at mealtimes as punishment. Fundraising is prohibited. F. Non-sold food and beverages: Non-sold food and beverages will comply with federal nutrition standards. Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks). V. Physical Activity and Physical Education The Academy supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; and before- and after-school activities. Administrative Regulations A. Physical Education All Academy students participate in physical education in order to meet the Physical Fitness requirements of the program. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students. VI. Other Activities that Promote Student Wellness VII. Evaluation Through Implementation and Enforcement of this Policy, the Academy will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the Academy will evaluate implementation efforts and their impact on students and staff at least every three years. The Academy Director will ensure compliance with this policy and its administrative regulations. The Director is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each three-year assessment and evaluation report and this wellness policy and plan. The Director will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the Academy's three-year assessment and evaluation. Administrative Regulations A. Implementation and Data Collection The Academy will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility. The Director and Deputy Director shall ensure compliance with the Academy's wellness policy every three years by assessing wellness implementation strategies. The Academy will retain triennial written reports contain the following information: the Academy's progress toward meeting the wellness goals over the previous three years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the Academy official coordinating the health advisory council or the wellness team; and information on how individuals and the public can get involved with the wellness team. The evaluation of the wellness policy and implementation will be directed by the Academy Health Advisory Council and will be responsible for the three-year assessment of compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent of compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed. The three-year assessment and evaluation report will be made available posting it on the Academy website. Parent Handbook The mission of the National Guard Youth Challenge Program is to intervene in the life of at-risk youth and produce a program graduate with the values, skills, education, and self-discipline necessary to succeed as an adult. The Hoosier Youth Challenge Program is a 17 1/2 months program that consists of a 5 1/2 months Residential Phase and 12 months Post Residential Phase. During a 5 1/2 months Residential Phase the Cadets work towards obtaining the HiSet (formerly GED) or they may choose to continue pursuing high school credits. Along with their educational choice, they will incorporate the program's 8 Core Components in a quasi-military environment. The components are used to develop personal values, self-discipline, academic success, and healthy lifestyles, as well as, to set goals and create a life plan. Upon graduation from the 5 1/2 months Residential Phase, a 12-months Post Residential Phase begins. During this Post, Residential Phase graduates return to their communities and implement their life plans while being guided, supported, and encouraged by a caring adult Mentor who serves as their role model. Apply Now Talk to Us We've detected that JavaScript is disabled in this browser. Please enable JavaScript or switch to a supported browser to continue using x.com. You can see a list of supported browsers in our Help Center. Help Center How can I call the Indiana National Guard? Call 317-247-3300, then dial the extension of the office or individual you are attempting to reach. How can I verify my employment with the Indiana National Guard? To verify employment with the Indiana National Guard: Army Active Guard Reserve (AGR), call 317-247-3300, Ext. 74013 Air Active Guard Reserve (AGR), call 317-247-3300, Ext. 73390 Federal Military Technicians (Title 32 Dual Status), call 317-247-3300, Ext. 73428 Traditional National Guard Soldiers, call 317-247-3300, Ext. 77048 Indiana National Guard Jobs How can I request my DD 214 or other military records? Requests for DD 214 and other military records from retirees/veterans may be directed to the DEERS/Rapids office at 317-964-7048. DEERS ID Cards As a service member or dependent, how do I obtain ID cards? ID Cards for service members and dependents may be obtained from the DEERS/Rapids office at Ext. 77183. DEERS ID Cards How can I obtain legal assistance from the Office of the Staff Judge Advocate? To contact OSJA (JAG), call 317-247-3449, or email: ng.in.inarnj.list.jag@army.mil. Can the Indiana National Guard release contact information for individual Guard members? Where can I report security concerns or other related items? How can I obtain information about funeral-related benefits and services? How can I rent an armory? The Indiana National Guard owns and manages 64 armories across the state. Armories are available to the public for rent, at a fair-market rate, for a variety of activities and events. Learn More How can I reach the Indiana Adjutant General? Call the Public Affairs Office at 317-247-3300, Ext. 73222, or email: ng.in.inarnj.list.pao@army.mil What is the number for Department of the Army (DA) photos? DA Photos can be reached at 317-247-3300, Ext. 77071. DA Photos How can I learn more about employment opportunities with the Indiana National Guard? Visit our Jobs page on this website to learn more about INNG employment opportunities. Indiana National Guard Jobs I am an Indiana soldier, airman or family member in need of financial assistance because of a mobilization or deployment. How can I apply for assistance? What kind of information and assistance is available from the Public Affairs Office?