

## **WELLNESS POLICY**

The Board recognizes that Coosa Valley Youth Services have an important role to play in the development of healthy children. CVYS is committed to providing a school environment that enhances learning development of lifelong wellness practices.

To accomplish this goal the CVYS Board authorizes the Executive Director to establish the guidelines of the wellness policy in accordance with State and Federal requirements.

### **Nutrition Education**

The objective of nutrition education is to encourage and promote lifelong nutritional awareness and healthy eating habits. Nutrition education will be used to ensure that all students gain information to develop positive attitudes and behaviors to make healthy choices that are both age and developmentally appropriate with the ability to apply lifelong responsible skills. CVYS staff and school faculty will be encouraged to be positive role models for good nutrition practices for students to follow. Students will be encouraged to start each day with a healthy breakfast. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutritional program.

### **Physical Activity**

All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.

### **Nutrition**

#### *Meals*

CVYS will serve breakfast and lunch meals in accordance with State and Federal guidelines for nutritional standards. Child Nutrition Program (CNP) staff will provide students with access to appealing and nutritious foods. The cafeteria includes enough serving areas so that students do not have lengthy wait times. A positive and

attractive climate will be maintained in the cafeteria. All students will have a minimum of 15-20 minutes to consume their meal once seated.

### *Water*

Drinking water is available for students at all times. For example, water dispensers, or cups of water are available inside the cafeteria at no cost. Water dispensers are available to students throughout the building.

### *Nutritional Information*

Coosa Valley Youth Services will ensure that meals meet the programs and nutritional standards meal pattern established by state and federal regulations (USDA/ALSDE Smart Snacks). Coosa Valley Youth Services will encourage students to make nutritious food choices and will monitor all food and beverages served to students, including those available outside federally regulated child nutrition programs. Coosa Valley Youth Services will consider nutrient density and portion size before permitting food and beverages to be served to students.

### *Food Allergies and Medical Conditions*

A registered and licensed nurse will make accommodations to menus for students with food allergies when a Diet Prescription for Meals at School form is received. The forms are updated annually. The Nurse will collaborate with the CNP staff for students with medical conditions that require diet changes, meal modifications, or specific nutritional information.

### *Competitive Food Sales*

CVYS does not allow for youth to purchase food from vending machines.

### *Child Nutrition Program Staff Qualifications*

All CNP staff will meet or exceed the annual training and educational requirements required by the State and Federal professional standards guidelines.

### *Fundraising*

CVYS does not allow the youth to take part in fundraisers

### *Food and Beverage Marketing*

CVYS does not participate in food and beverage marketing.

### *Other School Activities*

School administrators will determine ways to highlight seasonal events and birthdays. The activities will be designed to create a school environment that provides consistent wellness messages that promote healthy eating and physical activity.

### **Policy Compliance**

The CNP Director will ensure the compliance and implementation of this Wellness Policy throughout the facility.

The Child Nutrition Program Director shall be responsible for the nutritional component of this policy, ensure compliance with the CNP staff, and oversee the daily operations of the Child Nutrition Program.

### **Wellness Assessment**

CVYS Wellness Committee will meet at least one time every 3 years to update and review the Wellness Policy.

### **Wellness Policy Availability and Updates**

The Wellness Policy will be available on Coosa Valley Youth Services website. Updates will be included based on the results of each triennial assessment. The wellness committee will meet at least every three years and can meet more often if needed. Any and all feedback from staff, parents, and students can be directed to the CNP Director whose contact information will be found with the Wellness Policy. CVYS staff, parents, teachers, school health professional, board members and general public wishing to participate on the Wellness Policy Committee may email comments and suggestions to

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Suggestion will be discussed by the committee during a policy meeting.

SOURCE: Coosa Valley Youth Services  
ADOPTED: July 22, 2008  
Revised June 29th, 2017  
Revised August, 2025

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108.265; House Bill 319.

References: <https://www.usda.gov/about-food/nutrition-research-and-programs/nutrition-programs>

<https://www.alabamaachievers.org/cnp/>