

## **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 Education**

By encouraging physical education, lifelong physical wellness will be promoted. CVYS will get youth in the practice of integrating meaningful physical activities into their lives, outside of physical education classes. . All students will have opportunities, support, and encouragement to be physically active on a regular basis.

### **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*

Water is made available free of charge in the cafeteria.

### *Nutritional Information*

Menus.

### *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 link will be available at CVYS.net.

Scheduled meetings will be announced through email to all Wellness Policy Committee members.

CVYS staff wishing to participate on the Wellness Policy Committee may email comments and suggestions to [leisa@cvys.net](mailto:leisa@cvys.net)

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