



Developing Alabama Youth Foundation, Inc. Wellness Policy

Updated: December 17, 2025

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that promote the development of lifelong wellness habits, the Board endorses the following programs, practices, and activities: **Federal Requirements –**

The Developing Alabama Youth (DAY) Program will comply with the USDA nutrition standards. Students have no access to vending machines before or after school meals. All foods and beverages available provided by the school during the school day are compliant with and are a part of the school meal program, USDA regulations for the National School Lunch and School Breakfast programs.

The DAY Program staff and all relevant groups will participate by completing a minimum of 4 hours of training annually for USDA Professional Standards as determined by the supervisor in accordance with the relevancy to each staff member's role and position.

The DAY Program will implement the triennial assessment of the district's Local Wellness Policy (LWP), which involves evaluating policy compliance, measuring progress toward goals (nutrition, physical activity, wellness), and comparing it to model policies - using tools like WellsAT and WPAT to guide improvements and document actions for federal reviews, at least once every three years.

The triennial assessment shares results which include but are not limited to compliance with the wellness policy, a comparison to the wellness policy to model wellness policies, and the progression in attaining goals of the wellness policy. This information is made available to the public via online access through the school website with information informing the public they can be involved and serve on the Wellness Committee.

Updates will be made electronically to the local wellness policy by the district wellness coordinator and by the designated wellness assessment leader(s) after review(s) are made within the three-year window and based on the results of the triennial assessment.

Nutrition Environment and Services –

All meals are provided through Alabaster City Schools. Alabaster City Schools strictly follow the USDA health standards and guidelines. Marketing/advertising of USDA approved Smart Snacks (foods and beverages) guidelines will be visible through bulletin board postings, posters, and other various signage throughout the lunch area – depicting healthy, “better-for-you” foods and beverages, which include whole foods, whole grains, protein-rich foods, and the like. Policies for The DAY Program and USDA



health guidelines reinforce the restriction of caffeine intake to middle school students and limiting caffeine intake to high school students.

Nutrition Education and Standards –

The Child Nutrition Program (CNP), in conjunction with the Curriculum Department, will provide nutrition education, and nutrition promotion to foster lifelong habits of healthy eating. Both departments will establish links between health education and meal programs within the school and community. The district website will keep the public updated on the policy content and implementation status.

Middle and High School students at The DAY Program will receive sequential and comprehensive nutrition education through its curriculum – i.e. - linking to subjects such as science, history, and group activities with teachers, counselors and guest presenters.

Schools will participate in available school meal programs, including the National School Breakfast Program, National School Lunch Program, grants as received, and the Summer Food Service Program. Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods; will accommodate the ethnic and cultural diversity of the student body in meal planning; and will provide a clean, safe, and pleasant dining experience.

DAY students will have access to the cafeteria, gymnasium, and outdoor field space and will be encouraged to actively participate in healthy living habits during the school day through healthy eating, physical activity and recreation. The DAY Program will provide take-home materials/resources for families in order to support nutrition promotion and nutrition education at home.

All foods and beverages sold or served at school during the instructional day will meet or exceed the nutrition recommendations identified by USDA and the State of Alabama Board of Education. All students will have access to water throughout the day. Water is accessible during meals and throughout the day via two water fountains located at the front of the building. An accessible water dispenser is also available on the refrigerator in the student lunch area. The DAY Program will proactively comply with all federal and state nutrition regulations.

Physical Education and Physical Activity Opportunities –

Physically educated students are equipped with the knowledge, skills, and values necessary to maintain healthful, lifelong physical activity. The DAY Program will continue wellness activities through the promotion of physical activities (movement/dance and “brain breaks”) and the incorporation of mindfulness projects with community partners (yoga, dance, swim, basketball, and the like). All students will be provided the opportunity to participate regularly in supervised physical activities that are developmentally appropriate and intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.



Other School-Based Activities Designed to Promote Student Wellness –

The DAY Program is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. The DAY Program’s Wellness Committee will engage students, parents, teachers, food service professionals, health professionals, school representatives, board members, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. The school’s local wellness team coordinator will conduct these monitoring activities on a yearly basis. All students will have opportunities to be physically active on a regular basis during the school day and beyond.

Administrative Implementation: Integration and Coordination –

The Superintendent shall recommend for appointment the necessary personnel to initiate and maintain a quality child nutrition program. The accounting, financial planning, and reporting functions of the program shall be coordinated within the Developing Alabama Youth Foundation.

The Board, as the recognized food and nutrition services authority for the school district, shall annually approve a free and reduced-price meal program and/or will apply for the Community Eligibility Program. It is the Board’s expectation that the teachers shall support the food service program in every respect and encourage children to eat a well-balanced meal each day. Teachers should use the lunchroom as a laboratory to teach good nutrition and etiquette to students. Principals, teachers, and other support staff are strongly encouraged to eat in the school lunchroom with their students, which models good and healthy eating habits. Students will learn by the examples set by their leaders. Students need adequate time to eat their meals after sitting at the table. Students will have opportunities to discuss any concerns and suggestions with the School’s Child Nutrition Manager. Any concerns regarding the local school breakfast or lunch program should be reported to the school principal.

The Executive Director will establish an ongoing school building-level wellness committee. The Executive Director and her designated wellness committee representatives shall be responsible for operating an economically sound child nutrition program in accordance with state and federal laws and regulations while implementing, and monitoring policies for student and staff health. These policies will cover (but are not limited to) ongoing nutrition standards, physical activity, and overall well-being while ensuring a healthy learning environment and compliance with federal guidelines.

All sanitation standards required by law shall be strictly observed in The DAY Program’s child nutrition program. The CNP Director and Executive Director will share responsibility for the operation and supervision of The DAY Program’s child nutrition program.

Ref: P.L. 108.265, Part 210 and 220, and Section 204 Child Nutrition and WIC Reauthorization Act