

AltaPointe Health Systems

Child Nutrition Program Wellness Plan

Applicable Programs: BayPointe Hospital and Residential Services and West Mobile Academy

Effective Date: March 2024

Review Date: March 2026

Responsible Administrator: Nicolete Harvey

1. Purpose

AltaPointe Health Systems is committed to promoting the health, wellness, and educational success of all students served through BayPointe Hospital and Residential Services and West Mobile Academy. This wellness plan establishes guidelines for nutrition, physical activity, food safety, and school-based wellness practices in accordance with applicable Alabama State Department of Education Child Nutrition Program (ALSDE CNP) and United States Department of Agriculture (USDA) requirements.

This plan applies to the applicable school programs operated by AltaPointe Health Systems, including BayPointe Hospital and Residential Services and West Mobile Academy. Each program will implement the provisions of this plan in accordance with its operational needs and applicable Child Nutrition Program requirements.

2. Nutrition Education and Promotion

- Students will receive age-appropriate nutrition education to encourage healthy food choices and lifelong wellness.
- Nutrition education may be incorporated into classroom instruction, health education, life-skills activities, and group programming.
- Staff will promote healthy eating habits through positive role modeling and supportive, nonjudgmental language.
- Nutrition education will be appropriate to students' developmental, behavioral, and individual needs.

3. Nutrition Standards and Food Service

- **All reimbursable meals served through the Child Nutrition Program will meet current USDA and ALSDE meal-pattern requirements.**
- All meals and snacks will be served in a clean, safe, and supportive environment.

- Free, safe drinking water will be accessible to students throughout the school day and during meals.
- **No outside food or beverages will be sold to students** as part of the school program.
- Food and beverages provided outside the reimbursable meal program will be managed in accordance with applicable wellness policy, food safety, and nutrition requirements.
- **All dietary modifications requiring medical accommodation must be supported by a physician's order** and managed in accordance with applicable USDA, ALSDE, and disability accommodation requirements.
- Food will not be withheld as punishment or used as a behavioral reward or disciplinary consequence.
- Students will be provided adequate time to eat their meals.

4. Physical Activity

AltaPointe promotes physical activity as an important component of student wellness, emotional regulation, and overall health.

Physical activity opportunities are provided through:

- **Physical Education (PE):** Structured, developmentally appropriate physical education activities.
- **Recreation Therapy:** Therapeutic recreational activities designed to support physical wellness, social interaction, coping skills, and emotional well-being.
- **Free Play:** Supervised opportunities for students to participate in recreational activities and movement during designated periods.

Activities will be adapted as appropriate to students' physical abilities, medical needs, individualized treatment plans, and safety considerations. Physical activity will not be used as punishment.

5. Other School-Based Wellness Activities

- Staff will encourage healthy hydration, personal hygiene, stress management, and positive wellness habits.
- Students will be supported in developing practical life skills related to healthy food choices and personal wellness.

- Wellness activities will be coordinated with applicable educational, clinical, dietary, and behavioral support plans.

6. Food Safety and Healthy Environment

- Food preparation, storage, transportation, and service will comply with applicable food safety and sanitation requirements.
- Staff responsible for food service will complete required training and follow established food handling procedures.
- Food allergies, physician-ordered dietary modifications, and relevant emergency procedures will be communicated to appropriate personnel in accordance with privacy requirements.
- Students will be supervised appropriately during meals, and reasonable accommodations will be provided when necessary.

7. Wellness Committee and Stakeholder Involvement

AltaPointe will designate a wellness policy coordinator to oversee implementation and review of this plan. Stakeholder participation may include administration, education staff, Child Nutrition Program personnel, clinical services, nursing, parents or guardians, students when appropriate, and community representatives.

Stakeholders are welcome to review the wellness plan on the AltaPointe Health Systems website and provide feedback regarding its implementation and effectiveness. Opportunities for stakeholder participation will be communicated through appropriate channels.

8. Implementation and Monitoring

The designated wellness coordinator will monitor implementation of this plan in collaboration with appropriate program leadership and Child Nutrition Program personnel.

Monitoring activities may include:

- Reviewing menus and meal documentation to verify compliance with current USDA and ALSDE meal-pattern requirements.
- Reviewing food safety practices and required training records.
- Confirming access to drinking water.
- Reviewing nutrition education and physical activity opportunities, including PE, recreation therapy, and free play.

- Documenting concerns, corrective actions, and progress toward wellness goals.

9. Annual Review and Triennial Assessment

This wellness plan will be reviewed annually and revised as needed.

A formal triennial assessment will be completed every three years to evaluate implementation of the wellness policy, progress toward established goals, compliance with applicable requirements, and opportunities for improvement.

Assessment findings and any resulting policy revisions will be documented and made available to stakeholders and the public as required by applicable regulations.

10. Public Notification

The wellness plan and applicable triennial assessment results will be made available to stakeholders and the public through the AltaPointe Health Systems website or other appropriate communication channels. Stakeholders will be encouraged to review the plan and participate in wellness policy feedback and improvement efforts.

11. Approval

Administrator: Walter Heylisch
Title: Hospital Administrator
Signature: [Signature]
Date: 3-19-26

This wellness plan will be reviewed annually and revised as needed. A formal triennial assessment will be completed every three years, and appropriate updates will be made based on the assessment findings.