

Cristo Rey Kansas City (CRKC) recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive school wellness program. Therefore, Cristo Rey will provide developmentally appropriate nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

Cristo Rey Kansas City established a wellness committee that consists of at least one parent, one student, the school nurse, one school food service representative, one school administrator, one health educator, the school counselor, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. Meetings, records, and votes of the wellness committee are open.

CRKC designates the school nurse as the local wellness program coordinator. Wellness coordinators, in consultation with the local wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records, and votes of the wellness committee will be open.

Nutrition Guidelines

It is the policy of CRKC that all foods and beverages made available on campus during the school day/hours of operation are consistent with the Missouri Eat Smart nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The school will create procedures that address all foods available to students throughout the school day/hours of operation in the following areas:

- National School Lunch Program and School Breakfast Program meals
- A la carte offerings in the food service program
- Classroom parties, celebrations, fundraisers, rewards, and other school events
- Snacks served in the after-school program

Nutrition and Physical Education

CRKC will provide nutrition and physical education aligned with the Show-Me Standards, Missouri's Frameworks for Curriculum development in Health/Physical Education, and the National Physical Education Standards in all grades. The wellness program coordinator, in consultation with the local wellness committee, will develop procedures that address nutrition and physical education.

Evaluation

<http://www.cdc.gov/HealthyYouth/evaluation/index.htm>

CDC's Division of Adolescent and School Health (DASH) provides evaluation resources and tools.

<http://www.cdc.gov/HealthyYouth/index.htm>

The School Health Index is an assessment of the coordinated school health environment from CDC's DASH

<http://www.fns.usda.gov/tn/Healthy/changing.html> USDA's Changing the Scene: Improving the School Nutrition Environment tool kit offers a nutrition and physical activity checklist for schools.

<http://www.asfsa.org/keys>

Keys to Excellence in School Food and Nutrition Programs is a self-assessment tool for child nutrition programs.

<http://www.fns.usda.gov/tn/HealthierUS/index.htm>

The Healthier US School Challenge encourages schools to reach standards established by USDA's Food and Nutrition Service.

The primary goals of the Cristo Rey KC (CRKC) wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of CRKC wellness program.

NUTRITION GUIDELINES

Cristo Rey KC designates the following nutrition guidelines for 9th-12th grade, based on the Healthy Hunger Free Kids Act of 2010. Nutrition Standards for the National School Breakfast and Lunch Programs. (See Attached)

School Snacks (see attached)

A La Carte Beverage Items include the following:

Non caloric water

Only low fat (1% or ½%) and/or skim nonfat milk

100% juice

Other

Students are encouraged to have individual waters bottles in the classroom.

Classroom Rewards

- Decrease the use of foods or beverages as rewards and increase the use of nutritious foods or beverages and alternatives as rewards
- Foods and beverages will not be withheld as a form of punishment for academic performance or student behavior

Celebrations and Parties

Consideration of the following points is given for classroom parties and celebrations

- Types of foods and beverages available as stated in the HHFK smart snacks in schools.
- Scheduled after lunch period

Fundraisers and Intramural Activities:

Fundraising and intramural activities are supportive of physical activity and healthy eating

Nutrition Education

Cristo Rey Kansas City's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the core curriculum taught at every grade level in order to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, CRKC will:

1. Provide students at all grade levels with adequate nutritional knowledge including but not limited to:
 - Benefits of health eating
 - Essential nutrients
 - Nutritional deficiencies
 - Principles of healthy weight management
 - Use and misuse of dietary supplements
 - Safe food preparation, handling and storing
2. Provide students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals

- Understand and use food labels
 - Apply the principles of Dietary Guidelines for Americans and Food My pyramid
 - Critically evaluate nutrition information, misinformation, and commercial food advertising
 - Assess personal eating habits, nutrition goal setting and achievement
3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate, and enjoyable. Examples of activities include but are not limited to: food preparation, contests, promotions, taste testing, farm visits, and school gardens.
 4. Encourage school staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as, food banks, soup kitchens, or after-school programs.
 5. Ensure that school counselors and school health service staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders, and other nutrition-related health problems among students and staff as well as assure access to healthcare.
 6. Coordinate the food service program with nutrition instruction. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

Physical Activity

The Cristo Rey Kansas City physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, CRKC will:

- Provide 2 units of physical education for students in high school
 - Emphasize knowledge and skills for a lifetime of regular physical activity
 - Devote at least 70% of physical education class time to actual physical activity with at least 18 minutes of time spent in moderate to vigorous physical activity for target heart rate work.
 - Meet the needs of all students, especially those who are not athletically gifted or who have special needs
 - Provide a variety of activity choices, feature, cooperative as well as competitive activities, and account for gender and cultural differences in students' interest.
 - Provide exemptions for physical education courses on the basis of participation in an athletic team, community recreation program, marching band or other community activity.
 - Ensure appropriate class size so all students may have an opportunity to adequately participate in the activities
 - Be closely coordinated with the other components of the overall school health program.
2. Provide opportunities and encouragement for students to voluntarily participate in before and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:
 - Providing a diverse selection of competitive and noncompetitive as well as structured and unstructured activities to the extent that staffing and district/community facilities permit.
 - Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students
 - Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with CRKC policy and procedures.

3. Strive to provide joint school and community recreational activities by:

- Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
- Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out of school time.
- Negotiating mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school facilities open for use by students, staff, and community members during non-school hours and vacations.
- Working together with local public works, public safety, police departments, and/or other appropriate state and federal authorities in efforts to make it safer and easier for student to walk and bike to school.

4. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.

5. Discourage periods of inactivity that exceed two (2) or more hours. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.

6 .Provide and encourage—verbally and through the provision of space, equipment, and activities—daily periods of moderate to vigorous physical activity for all participants in afterschool enrichment programs sponsored by the schools.

7. Provide opportunities and encouragement for staff to be physically active by:

- Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.
- Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out of school time.

Other School-Based Activities

CRKC's goal for other school based activities is to ensure an integrated whole-school approach to the wellness program. CRKC will achieve this goal by addressing the areas itemized below.

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of CRKC.

The wellness program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Family Involvement

The school will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the school may implement to achieve family involvement may include, but are not limited to:

1. Providing nutrition information to parents/guardians in the forms of newsletters, handouts, presentation's, or other appropriate means.
2. Posting nutrition tips on school websites.
3. Providing nutrient analyses of school menus.
4. Providing parents/guardians a list of appropriate foods that meet the school's nutrition standards for snacks.
5. Providing parents/guardians with ideas for healthy celebrations, parties, rewards, and fundraising activities.
6. Providing opportunities for parents/guardians to share their healthy food practices with others in the school community.
7. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community
8. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
9. Providing information about physical education and other school based physical activity opportunities available to students before, during, and after the school day.
10. Sharing information about physical activity and physical education via the schools website, newsletter, other take-home materials, special events or physical education homework.
11. Assembling and distributing community based summer programs and camp information for age appropriate programs that offer physical activity or enrichment to health and nutrition education to families. Identifying scholarship or grant allocations to supplement program costs for families.
12. Working with families to provide consistent sun safety information that includes an overview of the schools sun safety program, an explanation of how parents can reinforce the program at home and how they can become involved with and support the school's program
13. Encouraging parents/guardians to volunteer time in the classroom, cafeteria, or at special events that promote student health.

14. Disseminating information about community programs that offer nutrition assistance to families.
If practical, the school will provide information in a language understandable to parents/guardians.

Marketing and Advertising

Marketing in the school's facilities will be consistent with the goals of the school's wellness program and comply with CRKC policy. The school will strive to promote the wellness program and educate parents regarding the quality of school foods.

Tobacco advertising is not permitted on school property, at school sponsored events, or in school sponsored publications. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards adopted by CRKC. Other examples of marketing and advertising the schools will include, but are not limited to: pricing strategies that promote healthy food choices, audiovisual programming, educational incentive programs, scoreboards, book covers, and vending machine displays.

Meal Times

Students are not permitted to leave school campus during the school day to purchase food or beverages. Meal times will comply with the following guidelines:

1. Meal times will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch
2. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. Drinking water facilities will be available to students during meals.
4. Students will have access to hand-washing facilities before they eat meals or snacks.
5. The schools will take reasonable steps to accommodate the tooth-brushing regimens of students.
6. Students will be allowed to converse during meals.
7. The cafeteria will be clean, orderly, and inviting.

Outdoor Air Quality

The principal of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities based on the following guidelines:

1. When the AQI is "code orange" (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one (1) hour of heavy exertion (ie, activities that involve high-intensity exercise such as basketball, soccer, and running) while outdoors.
3. When the AQI is "code purple" (very unhealthy) or "code maroon" (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training will include teaching strategies for behavior change and will focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff

responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Staff responsible for implementing the physical education program will be properly certified and regularly participate in area-specific professional development activities.

Qualified nutrition professionals will administer CRKC school meal programs and will receive ongoing area-specific professional development. The school will provide continuing professional development for all school nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Staff Wellness

CRKC highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school will offer staff wellness programs that include education on nutrition, healthy eating behaviors, and maintaining a healthy weight of optimal health. CRKC will establish and maintain a staff wellness committee composed of at least one (1): staff member, wellness committee member, registered dietician, school nurse, or other health professional; employee benefits specialist; and other appropriate personnel. The staff wellness committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, sun safety, and other elements of a healthy lifestyle.

Sun Safety

“Sun safety” describes a range of behaviors that include wearing appropriate clothing, applying sunscreen, and limiting sun exposure. The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with school policy, relevant administrative procedures, and law.

Oversight and Evaluation

The wellness program coordinator is responsible for monitoring implementation of the school wellness program by:

1. Assuming responsibility for assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of CRKC wellness policy and procedure.
4. Ensuring that CRKC meets the goals of the wellness policy and procedure.
5. Reporting to the Principal on compliance and progress annually.

Monitoring

The food service director will monitor food service areas for compliance with the CRKC nutrition guidelines and will report on this matter to the wellness program coordinators.

The program coordinators will develop an annual summary report regarding compliance with the CRKC wellness policies. The report will include a baseline of assessed indicators, impact of the policy change on this indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided by the Principal and made available on the school website or by other appropriate means.

Compliance Indicators

During initial development of CRKC's wellness-related policies and procedures, CRKC will conduct a baseline assessment of the school's existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition to the baseline information provided from the school, the committee will use no fewer than four (4) of the following indicators to measure the impact of the school wellness program.

1. School Health Index
2. Physical fitness reports
3. Physical activity levels of staff
4. Weight status or body mass index (BMI) of students
5. Fruit and vegetable intake of students and staff.
6. Number of discipline problems.
7. Achievement levels of students.
8. Student absenteeism.
9. Number of staff who participated in training and development related to student wellness.

Policy Review

The wellness program coordinator will provide policy revision recommendations based on the analysis of the compliance indicators as part of the annual report. CRKC will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.

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Wellness Policy Revision

Adopted by Wellness Committee 11/13/2014