



## **Cristo Rey Jesuit College Preparatory School of Houston Local Wellness Policy**

Cristo Rey Jesuit College Preparatory School of Houston (Cristo Rey Jesuit) is committed to the optimal academic and personal development of every student. In order to provide students the opportunity to achieve success, Cristo Rey Jesuit is committed to creating a positive, safe, and health-promoting environment.

Recognizing the high rate of obesity in the United States, and the proliferation of heart disease, diabetes, and other illnesses that result from poor nutrition, Cristo Rey Jesuit is committed to providing nutritious meals as well as educating our students on how to live a well-balanced life.

This Wellness Policy outlines Cristo Rey Jesuit's approach to advance student health, reduce childhood obesity, and promote the general wellness of students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. Cristo Rey Jesuit intends to honor this commitment by setting specific policy goals in the following areas:

- Students have access to healthy foods throughout the school day.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Students engage in nutrition and physical activity promotion and other activities that promote student, family, and staff wellness.
- The community is encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

### **I. Establishing Nutrition Standards for School Meals Available on Campus During the School Day**

Cristo Rey Jesuit nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day are designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when Cristo Rey Jesuit allows an exemption for allowable fundraising activities.

Cristo Rey Jesuit is committed to offering meals that conform to the nutritional guidelines required by the National School Lunch Program. As such, all food, snacks and beverages served on campus must conform to the standards of the National School Lunch Program. In order to achieve this:

- Cristo Rey Jesuit's food vendor strives to be fully compliant with the Texas Department of Agriculture nutritional guidelines, including serving all of the required meal components.
- The preferred beverage offered with the meal program is either 1% or Fat Free Milk. Students also have access to filtered water.



Student organizations are not allowed to sell food, snacks or beverages during the school day to avoid competing with the National School Lunch Program.

Meals served through the National School Lunch Program or any additional meal program will:

- Be served in clean and pleasant settings
- Meet or exceed USDA nutritional standards
- Offer a variety of fresh fruits and vegetables

**Breakfast:** Cristo Rey Jesuit offers breakfast in order to meet the nutritional needs of students and enhance their ability to learn. Breakfast is served daily in the school cafeteria from 6:50 am-7:20 am. All breakfast meals comply with the standards set forth by the National School Lunch Program.

**Mealtimes:** Cristo Rey Jesuit counts with at least two lunch periods to ensure that all children have meals with adequate and reasonable time to consume them. Lunch is served daily in the school cafeteria and also follows the nutritional guidelines set by the Texas Department of Agriculture. Sack lunches are available for students on their workday.

**Sharing of Foods and Beverages:** To ensure the health and safety of children with food allergies, intolerances, and special diets, Cristo Rey Jesuit prohibits students from sharing their foods or beverages with one another during meal or snack times.

## II. Setting Goals in the School Meals Program

Cristo Rey Jesuit is committed to providing a health-based meals program. To this end, Cristo Rey Jesuit maintains the following standards:

- Counts with qualified food service employees to ensure the safe handling of meals and efficient management of the lunch service.
- At least one Food Manager is on campus. The Food Manager is certified by the City of Houston, and such certification is displayed at all times in the cafeteria. The Food Manager is responsible for maintaining the quality of service and all meals provided on campus under the supervision of the Director. The Food Manager must maintain current certification in the area of Safe Food Handling.
- The Food Manager monitors the daily offerings by the food vendor to ensure that all required food components are served and that all standards of the program are being met. The Food Manager reviews food options and ensures compliance of the National School Lunch Program.
- Food Servers are certified as Safe Food Handlers.
- The Food Manager and Handlers collaborate to create an efficient line of service and ensure all students have the opportunity to receive meals.
- Students have at least thirty minutes in their lunch period. Teachers and staff are not allowed to withhold students from the opportunity of procuring meals in the lunch line. Ample time for all students to obtain and eat their meals must always be allowed.
- During the serving line, there is no distinction between the students that receive reimbursable meals and those who purchase their meals. Students enter their student ID



or their student ID card is scanned in order to receive their meal. This action provides efficiency and discretion.

- Students have the opportunity to view lunch options ahead of time through the published lunch menu. Lunch menus are shared via the Parent Newsletter (digital format) at the beginning of each month. Copies of the lunch menus are also available at the Front Desk.

### III. Nutritional Quality of Foods and Beverages Sold on Campus

**Smart Snacks:** To ensure that snacks make a positive contribution to children’s diets and health, Cristo Rey Jesuit will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage. All snacks sold must follow Smart Snacks rules and standards:

#### Foods

- Be a grain product that contains 50% or more whole grain; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Meet the nutrition standards for calories, sodium, fats, and sugar as indicated below:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g

**Total Sugars**      35% by weight or less      35% by weight or less

### **Beverages**

Plain water (with or without carbonation), unflavored low-fat milk, unflavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners are allowed.

- There is no portion size limit for plain water.
- May sell up to 12-ounce portions of milk and juice.

The Smart Snacks Calculator is used to confirm whether or not snacks meet Smart Snacks requirements. The calculator is found at:

<https://foodplanner.healthiergeneration.org/calculator/>

## **IV. Setting Physical Activity Opportunities**

To ensure that students receive the recommended amount of daily physical activity, Cristo Rey Jesuit requires:

- All students take 1 credit of Physical Education/Dance. The Physical Education/Dance courses introduce students to the fundamentals of a variety of sports, including but not limited to running, volleyball, soccer, baseball, and basketball. Besides sports, students are trained on various exercise equipment such as treadmills and weight lifting machines. Students are required to participate in the physical exercises unless excused by a physician's note.
- Cristo Rey Jesuit offers the following sports programs for students: volleyball, baseball, softball, boys and girls basketball, football, boys and girls soccer, cross country, and cheerleading. All students are allowed to try out for sports teams and participate unless restricted by their academic standing.

## **V. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

Cristo Rey Jesuit desires to promote a lifestyle of health and wellness by going beyond the lunch room and reaching out to its community. To further this goal, Cristo Rey Jesuit:

- School clinic in collaboration with CHRISTUS Health provides immunizations, spinal screenings, audio and visual screenings.
- The National Honor Society hosts an annual blood drive giving upperclassmen an opportunity to learn about the needs of our community and how to donate.



- The Emotional Health Department offers health agency publications to our students and parents.
- The Emotional Health Department and Student Council coordinate Drug Prevention Week to campaign against drug-abuse.
- Sports teams recognize Breast Cancer Awareness through "Pink Out" activities that involve the student body.

## **VI. Monitoring and Policy Review**

In order to ensure the implementation of the policies outlined in this Local Wellness Policy, Cristo Rey Jesuit will ensure the following monitoring measures:

- Cristo Rey Jesuit is committed to promoting a healthy environment for our students, and to spread the values of nutrition beyond what our students eat in the lunchroom to carry over to their families and community. Developing the policy with a wide range of input from our community will ensure an investment in the wellness of our student population.
- Cristo Rey Jesuit shall comply with federal requirements for evaluation of this Wellness Policy. Compliance with the Wellness Plan shall be assessed at least once every three years.