

## **DBCR Wellness Policy**

Don Bosco Cristo Rey High School  
of the Archdiocese of Washington  
1010 Larch Avenue  
Takoma Park, MD 20912

### Wellness Team Members

Deshauna Curry, Assistant Principal for Student Life

Omar Griffin, Athletic Director

Joanna Tice – School Wellness Coordinator

Stephen Ager – Senior Accountant and meals program director

Nina Waithe – Director of Counseling

Updated April 15, 2024

### Mission Statement

Don Bosco Cristo Rey High School's Wellness Committee was formed to provide hands-on nutrition, health and physical education knowledge and skills that promote the health, growth and development of our students.

### Components Covered in the Wellness Policy

- The school is an effective nutrition education resource for our students and their families, providing relevant information in the daily school setting as well as in parent meetings and on the school's website.
- Students receive consistent health and nutrition messages throughout the school.
- The staff members who provide nutrition and physical education have appropriate and ongoing training.

- Licensed counseling staff work with our students regarding their environmental issues, eating disorders, sex education, substance abuse, and other health issues that affect teens.
- Students are encouraged to make healthy breakfast, snack and lunch choices on the days when they are at their work study jobs rather than at the school.
- The wellness policy is displayed on the school's website with an open invitation to the public and all stakeholders to give input and suggestions for the improvement or implementation of the policy. A link to the Program Director's email will be provided for any input or suggestions.
- The Wellness Committee will periodically review and revise the wellness policy to reflect growth in the student body, stakeholder input and best practices.

### **Physical Education Guidelines**

- Physical Education classes are offered in the gymnasium and outdoor facilities.
- 9<sup>th</sup>-grade students are required to take two classes of instruction in physical education each week. Dance class is also offered as an elective to encourage physical activity.
- During Physical Education classes, students are engaged in the fundamentals of aerobic and anaerobic exercise.
- All students are encouraged to try out for at least one interscholastic sport each year. Sports are offered in three seasons of the year.
- The school maintains active intramural volleyball, flag football and soccer programs as well as a Latin Dance Club.
- The goal is for a minimum of 35-40% of the students to be involved in an interscholastic, intramural or club sport.
- Physical activity will not be given, or withheld, as a punishment at DBCR.

### **Health Education Guidelines**

- Students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Health education curriculum standards and guidelines include both nutrition and physical education.
- 10<sup>th</sup>-grade students are required to take two classes of health instruction per week.
- Students participate in Healthy Choice Week each year, which is a collaboration between the Student Government, the School Wellness Coordinator, and the Counseling Department. Staff, students and guest speakers present information and activities related to healthy living during this week.
- All students receive in-person OSHA training that covers workplace safety before they begin their work study job placements.
- The school wellness coordinator and counselors will monitor the student body for deficits or needs in health education and as needed, implement programs or interventions to address them.

### **Nutrition Guidelines**

- Lunch is served free of charge on a daily basis in compliance with the National School Meals guidelines.
- Snacks and beverages are currently sold during the school day from vending machines located in the cafeteria. All snacks offered comply with the Maryland Nutrition Standards for All Foods Sold in Schools.
- Only those foods and beverages that meet the Maryland Nutrition Standards for All Foods Sold in Schools and Smart Snacks guidelines will be advertised or marketed throughout the school during the school day.
- For all foods and beverages available, but not sold, on the school campus to students during the school day (i.e. classroom parties or other events or rewards), DBCR and the members of the Wellness Team will encourage all staff to provide foods and beverages that are consistent with the MD standards and Smart Snacks guidelines.
- Milk served at meals is a choice between 1% and skim white milk and fat free chocolate milk. Free drinking water is available during all meals.
- Fresh fruit is served every day at lunch.
- At least five qualified food components at every lunch.

### **Preventative Measures**

- DBCR will provide a vision and hearing screening test for all incoming ninth-grade students.
- A list of all students with food allergies (to include name, grade, and facial identification) will be provided to the food service provider.
- All incoming ninth-grade students will provide a full vaccination record and a physical. In subsequent years, all student athletes will provide documentation of an annual physical.

### **Measuring Implementation**

- The Wellness Team will meet, no less than once per year, with a combination of parents, students, faculty, staff, food service employees, board members, and other interested stakeholders to assess the implementation of these policies. Notification of the Wellness Team meeting(s) will be published annually in the Wolfpack Wire prior to the meeting date with an invitation to all stakeholders to attend or to comment on the Wellness Policy.
- The wellness plan will be periodically compared with other model wellness plans and programs.
- A report on the progress and success in implementing the plan will be produced following any assessment of the policy and/or program.
- The Assistant Principal for Student Life is designated to ensure that the school complies with the wellness policy.