

SCHOOL WELLNESS PROGRAM

School leadership recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive school wellness program.

Therefore, the school will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity.

Wellness Program Coordinators: The school designates the following individual(s) as wellness program coordinator(s): Jon Sornet/Kitchen Manager. Wellness coordinators, in consultation with the president, will be in charge of implementation and evaluation of this policy. Wellness program coordinators are responsible for ensuring that the school is in compliance with this policy.

Nutrition Guidelines: The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program. It is the policy of Cristo Rey that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers, unless an exemption applies. In addition, the Smart Snacks standards apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day. For the purposes of this policy, the school day is the time period from the midnight before to 30 minutes after the official school day.

Nutrition Promotion and Education: The district will provide nutrition education aligned with the Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education. In addition, the

district will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff and the community through a variety of media and methods. The wellness program coordinators, in consultation with the president, will develop procedures that address nutrition education and promotion.

Physical Activity and Education: The district will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades. The wellness program coordinators, in consultation with the president, will develop procedures that address physical education and physical activity.

Other School-Based Activities: The wellness program coordinators, in consultation with the president, are charged with developing procedures addressing other school-based activities to promote wellness.

Assessment: The local wellness program will be assessed at least once every three years. The assessment will measure the school's level of compliance with implementing the local wellness program; the extent to which the district's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. Wellness program coordinators will report the results of assessments to the president, and the results of each assessment will be made available to the public on the district's website and by other appropriate means. The wellness program coordinators will make recommendations for modifications to the wellness policy in accordance with these assessments, and the president will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.

The wellness program coordinators will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input; documentation of triennial assessments; and documentation that assessment findings were shared with the public.