

CRISTO REY ORLANDO HIGH SCHOOL WELLNESS POLICY



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Overview

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Cristo Rey Orlando High School (CRO) recognizes the vital role that good nutrition and regular physical activity play in the overall health and well-being of our students. Research consistently shows a positive correlation between a student's health and their ability to learn, underscoring the importance of supporting both physical and mental wellness. Additionally, schools have a unique opportunity to shape students' long-term health and nutrition habits.

By offering nutritious meals and snacks through our school meal programs, CRO encourages the development of healthy eating habits and promotes physical activity as an essential part of students' growth. This supports the connection between mind and body, emphasizing that each person is created in the image and likeness of God, and their body is a temple to be cared for and nourished. We are called to honor God with our bodies, which means taking care of our physical health, nurturing our minds, and living in gratitude for the gift of life.

Cristo Rey Orlando High School is committed to creating an environment that promotes and protects the overall well-being of all students and staff. Our bodies are a gift from God, and He has entrusted us with the responsibility to honor Him through our health and well-being. The following guidelines are designed to encourage a holistic approach to wellness, mindful of the needs of both individuals and our community as a whole.

Wellness Policy Leadership

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Cristo Rey Orlando High School will establish a representative wellness committee that will meet biannually to monitor the progress, establish goals for the development of school health and safety policies and programs, and for the implementation of its school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made. The CRO wellness team will include (to the extent possible), but not be limited to: parents and caregivers; students, physical education teachers, school health services staff, mental health and social services staff, school board members, and the general public. CRO, to the extent possible, will include representatives who reflect the diversity of the community.

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Cristo Rey Orlando High School staff and the Wellness Team will review and incorporate evidence-based strategies from the Centers for Disease Control and Prevention's School Health Index. CRO plans to use the [Healthy Schools Program online](#) tool to complete a school-level assessment in establishing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. CRO will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

School Meals

Cristo Rey Orlando High School is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving, and to meet the nutrition needs of students within their calorie requirements. CRO meal programs aim to improve the diet and health of their students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

Cristo Rey Orlando High School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). CRO is committed to programs such as these that:

- Are accessible to all students
- Are appealing and attractive to students
- Are served in clean and pleasant settings



Meet or exceed current USDA nutrition standard requirements established by local, state, and Federal statutes and regulations. Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom Techniques](#):

- Daily fruit options are displayed in a location in the line of sight and reach of students
- Menus will be posted on the school website
- Student taste testing opportunities are used to inform menu development, dining space decor and promotional ideas
- White/chocolate milk served at each meal
- All staff members, especially those serving, have been trained to encourage students to select healthy options of vegetables and fruits
- Students will be allowed 30 mins total to eat their meal. Students are served lunch at a reasonable time of the day.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to the [USDA's Professional Standards for School Nutrition website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the day and throughout the campus. Cristo Rey Orlando High School will make drinking water available where school meals are served during mealtimes. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water bottles, and hydration stations.

Competitive Foods and Beverages

No competitive foods and beverages will be allowed on Cristo Rey Orlando High School campus during school hours.

Celebrations and Rewards

All food offered on school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

Nutrition Promotion Goals

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Nutrition promotion and education can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear, consistent, and effective.

Complete the Smarter Lunchroom Scorecard triennially.

Increase access to nutrition information on campus by expanding the number of locations where students can find useful nutrition resources by 10 to 15 %. A key goal in achieving this is to establish a dedicated Wellness and Nutrition section in the campus library to support student health education.

Enhance student awareness of nutrition information through brochures, worksheets, handouts, and digital content, aiming for 20–25% increase in engagement. An essential component in promoting nutrition awareness is the development and accessibility of educational worksheets—such as MyPlate meal planners, nutrient scavenger hunts, healthy vs. unhealthy choice comparisons, and nutrition myth-busting activities—to support student learning and engagement.

Identify effective communication methods to share school wellness messages, focusing on healthy eating and active living. This may include newsletters, social media posts, and printed materials that highlight relevant wellness topics for students and parents.

Offer Wellness and Nutrition activities throughout the school day to engage students in healthy practices and behaviors on campus.

Nutrition and health education at CRO is integrated across various courses, including Science and Leadership, as well as during academic enrichment periods. Students engage in classroom lectures, interactive activities, and discussions that promote a deeper understanding of nutrition and its impact on overall well-being. Topics explored include mindful eating, balanced meals, interpreting nutrition labels, and understanding the journey of food from production to consumption, along with its health implications. Through this cross-curricular approach, students develop practical knowledge and critical thinking skills that support lifelong healthy habits.

The Wellness team members will lead the planning and execution of the nutrition education program, ensuring that staff are adequately prepared and regularly participate in professional development activities. These training sessions will provide foundational knowledge of nutrition along with instructional strategies designed to promote healthy eating habits. The nutrition benchmarks included in [Florida's education standards](#) will be taught through a structured and systematic approach, integrated into subject areas such as math and science, where there is a natural fit. Students will explore concepts like balanced nutrition, interpreting nutrition labels, and understanding the scientific and mathematical principles behind food consumption, energy balance, and health-related data analysis. This cross-curricular integration ensures that students receive accurate and meaningful nutrition education that supports lifelong healthy habits. Cristo Rey Orlando goals is to partner with community organizations and local agricultural entities to introduce students to various aspects of nutrition, food systems, cultivation, and planning, which will provide a well-rounded educational experience. This initiative will be enhanced through field trips to local farms, collaborative gardening projects, and hands-on agricultural activities in partnership with area ranches, offering students immersive, real-world learning opportunities.

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, and menu graphics.



Physical Activity

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Cristo Rey Orlando High School will ensure that physical activity is an essential element of each school's instructional program. The program will provide the opportunity for all students to develop the skills, knowledge, and attitudes to participate in a lifetime of physical activity. This will include options such as weight room access, physical education classes, and extracurricular activities.

Cristo Rey Orlando High School will provide the necessary space, equipment, and an environment conducive to safe and enjoyable activity. Cristo Rey Orlando is committed to providing a workout/weight room to encourage consistent physical activity.

Students will have an increase in both the number and variety of physical activity opportunities offered to them, both during enrichment, tutoring, and specific course lessons. We will incorporate short physical activity breaks such as stretching and jumping jacks into instructional lessons, ensuring students are engaged in movement at a minimum of biweekly.

Staff will be encouraged to participate in 75 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging) every week. Additionally, staff will be informed of the opportunity to participate in physical activity in after-school programs and community events. The key goal is to develop and implement a trackable activity program that encourages students' participation in physical activity, wellness, and nutrition opportunities, with a potential reward system to motivate engagement.

Staff will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly, as appropriate.

As applicable, Cristo Rey Orlando High School will take advantage of nearby facilities to provide expanded physical activity opportunities for students and staff.

Cristo Rey Orlando High School's counselor will assist in coordinating wellness "healthy" eating workshops that promote healthy eating habits to further support student well-being.



Other School-Based Activities

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Cristo Rey Orlando High School will integrate wellness activities throughout the entire school environment. These initiatives will encompass nutrition, physical activity, and other wellness components, ensuring that all align with common goals aimed at promoting student well-being, optimal development, and strong educational outcomes.

General Guidelines

CRO will incorporate the principles of the [Centers for Disease Control's Whole School Whole Community, Whole Child \(WSCC\)](#) model when developing school-based activities that promote wellness.

Cristo Rey Orlando High School will adhere to policies ensuring a drug-free, alcohol-free, and tobacco-free environment for all students and staff.



Eating Environment

Students will be provided an adequate amount of time to consume their meal within 20 minutes after receiving their food from the line.

Cristo Rey Orlando will provide nutritious and well-balanced meals.

Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

Cristo Rey Orlando High School will prioritize waste reduction by recycling, reusing, composting, and purchasing recycled products whenever possible.

Employee Wellness

Cristo Rey Orlando School Wellness Team will focus on staff wellness issues, identify and distribute [wellness resources](#) and perform other functions that support staff wellness in coordination with human resources staff.

All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible.

Health Services

A coordinated program of accessible health services will be provided to students and staff. This program will include, but is not limited to, violence prevention, safety measures, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills, and first aid/CPR training.

Behavior Management

Cristo Rey Orlando High School is committed to not using food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm). Physical activity will never be denied or required as a form of punishment.



Staff will not deny or require physical activity as a means of punishment.



Guidelines for All Foods and Beverages Available During the School Day

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Cristo Rey Orlando High School shall operate and provide food service in accordance with the USDA's National School Lunch Program (NSLP) [USDA's NSLP](#) standards, and applicable laws and regulations of the state of Florida. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Cristo Rey Orlando High School will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all students during each meal service.

Competitive Foods

No foods or beverages are currently sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food ([Smart Snacks in School](#)) standards found at 7 CFR 210.11.

Celebrations and Rewards

All food offered on the Cristo Rey Orlando High School campus will meet or exceed the USDA Smart Snacks in School nutrition standards [Smart Snacks](#)

- 1 Celebrations and parties: Cristo Rey Orlando High School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from [USD My Plate](#).
- 2 Classroom snacks brought by parents. Cristo Rey Orlando High School will provide parents a list of foods and beverages that meet Smart Snack nutrition standards.
- 3 Rewards and Incentives. Cristo Rey Orlando High School will provide teachers and other relevant school staff a [list of alternative ways to reward students](#). Food and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior. The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- 4 Only foods that meet the Smart Snacks in School nutrition standards can be served.

					
170 total calories	161 total calories	118 total calories	95 total calories	68 total calories	0 total calories
Peanuts (1 oz.)	Light Popcorn (snack bag)	Low-fat Tortilla Chips (1 oz.)	Granola Bar (oats, fruit, nuts) (1 bar - 8oz.)	Fruit Cup (w/100% juice) (snack cup - 4 oz.)	No-calorie Flavored Water (12 fl. oz.)

**USDA Smart Snacks in School nutrition standards*

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the Cristo Rey Orlando High School campus during the school day. Cristo Rey Orlando High School will make available to parents and teachers a list of healthy fundraising options. Cristo Rey Orlando High School will encourage non-food fundraisers and support those promoting physical activity (such as walk-a-thons, fun runs, etc.) No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period. Fundraising is to be conducted within the allowed 15 days maximum.

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

As applicable, Cristo Rey Orlando High School shall maintain records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with the rule found at FAC 5P-2.002.



Food and Beverage Marketing in Schools

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Cristo Rey Orlando High School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. CRO will strive to promote messages consistent with the health and well-being, nutrition education, and health promotion efforts. It is the intent of CRO to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on CRO campus, consistent with CRO wellness policy.

Any foods and beverages marketed or promoted to students on CRO campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to, the following:

- Cristo Rey Orlando High School will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include vending machine covers, promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- Cristo Rey Orlando High School will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals when available.
- Cristo Rey Orlando High School replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

Evaluation and Measurement of the Implementation of the Wellness Policy

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Revisions and Updating Policy

Cristo Rey Orlando High School wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as CRO priorities change, community needs change, wellness goals are met, new health information and technology emerges, and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Record Keeping

Records to document compliance with the requirements of the Cristo Rey Orlando High School wellness policy will include, but are not limited to, the following:

- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the Cristo Rey Orlando High School school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public.
- Documentation of the triennial assessment of the Cristo Rey Orlando High School school wellness policy

Annual Progress Reports

Cristo Rey Orlando High School will compile and publish an annual report to share information about the wellness policy and report on the progress of meeting the wellness goals. This annual report will be published around the same time each year at the beginning of the school year. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive access a copy of the wellness policy
- A description of CRO's progress in meeting the wellness policy goals
- A summary of events or activities related to wellness policy implementation
- The name, position title, and contact information of the designated CRO wellness policy leaders
- Information on how individuals and public can get involved with the School Wellness Team

Triennial Progress Assessments

Cristo Rey Orlando High School will assess the Cristo Rey Orlando High School school wellness policy to measure compliance at least once every three years. This assessment will measure the implementation of the Cristo Rey Orlando High School wellness policy, and include:

- The extent to which Cristo Rey Orlando High School is in compliance with the Wellness policy.
- The extent to which Cristo Rey Orlando High School wellness policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the Cristo Rey Orlando High School wellness policy.

Cristo Rey Orlando High School will actively notify households/families of the availability of the triennial progress report.

The School Wellness Team will monitor compliance with this wellness policy.



Cristo Rey Orlando High School will ensure that the wellness policy and the most recent triennial assessment are always available to the public. CRO will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

Cristo Rey Orlando High School will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.

Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts, CRO's website, articles, and/or newsletters, to ensure that the community is informed and that public input is encouraged.

As applicable, CRO will provide all parents/guardians with a complete copy of their wellness policy at the beginning of the school year.

Community Involvement

Cristo Rey Orlando High School is committed to being responsive to community input, which begins with awareness of the wellness policy. CRO will actively communicate ways in which parents/guardians, students, representatives of the school food authority, school health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the Cristo Rey Orlando High School school wellness policy through a variety of means appropriate for the school.

Cristo Rey Orlando High School will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys, and attention will be given to their comments.

Cristo Rey Orlando High School will use electronic mechanisms, such as email or displaying notices on CRO's website, as well as non-electronic mechanisms, such as newsletters, to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

Cristo Rey Orlando High School will invite the public and school community to participate in the Wellness Committee.

Cristo Rey Orlando High School is an equal opportunity provider.