



Nutrition and Wellness Policy

Purpose

CRJHS is committed to developing healthy learners through a school environment that promotes and protects students' physical, mental, emotional, and spiritual well-being. Rooted in the Jesuit value of cura personalis—care for the whole person—the school supports students' health, dignity, and ability to thrive as learners and people of purpose.

General Statement of Policy

By working towards the following goals, CRJHS supports the link between health, wellness, and improved educational outcomes for our students. In alignment with the Jesuit Grad value of being open to growth, CRJHS seeks not only adequate wellness outcomes but also the encouragement and support of each student to pursue and achieve growth in their personal health.

1. CRJHS will participate in the National School Lunch Program.
2. CRJHS students will have access to nutritious and appealing foods that meet their health and nutrition requirements.
3. Food and beverages served at the school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and Smart Snack Standards.
4. CRJHS will provide nutrition education, health education, and physical education to foster lifelong habits of healthy eating and physical activity.
5. CRJHS students have access to, support, and encouragement to be physically active on a regular basis, including access to open gym time at least once per day.
6. CRJHS has a Wellness Committee to promote healthy living, wellness of staff and students, who will assist in the reporting and monitoring requirements of this policy. This Committee is comprised of:
 - a. CRJHS Nutrition Manager
 - b. CRJHS Director of Human Resources and Ops
 - c. CRJHS Principal
 - d. CRJHS Phys Ed/Health Teacher
 - e. Vendor Rep (currently CKC Good Food)
 - f. Student representative(s)
 - g. CRJHS is an equal opportunity provider.

Nutrition and Food Environmental Guidelines During the School Day

A. Daily School Meal Service

1. The CRJHS nutrition program will reflect the Jesuit commitment to human dignity and justice, ensuring that all students—regardless of background—have equitable access to nourishing food.
2. The school will provide healthy and safe school breakfast and lunch programs that comply with all federal, state, and local statutes and regulations.
3. The school will accommodate the changing special nutrition needs of students and the cultural, ethnic, and religious diversity of our community.
4. Budget constraints will not take precedence over the nutritional needs of students.
5. Sufficient time will be allotted for breakfast and lunch periods to allow students to complete their meals.

6. Meals served through the National School Lunch and Breakfast program will:
 - a. Offer a variety of fruits and vegetables, with an emphasis on including a variety of fruits and vegetables on the monthly menu.
 - b. Serve primarily low-fat (1%) and fat-free milk.
 - c. Offer lactose-reduced milk when requested by student and/or parent/guardian.
 - d. Work towards ensuring that at least half of the grains served are whole grains.
 - e. Exclude deep-fried foods and strive to replace higher-fat items with lower-fat alternatives as appropriate.
 - f. Be served in portion sizes that meet National School Lunch Program and Breakfast Program requirements.
 - g. Meet current USDA nutrition requirements.

B. Nutritional Guidelines for Other Foods Available During the School Day

1. Consideration will be given to both healthy alternatives and portion control when food is provided outside of the regular meal programs. Such foods will be prepackaged or prepared on-site using appropriate school kitchen facilities.
2. Snacks served after school will make a positive contribution to children's diets and health. The school will work towards serving whole grains, fruits, vegetables and low-fat dairy as the primary snack items.
3. Any vending or sales of food by the school must include Smart Snack requirements.

C. Nutrition Education

1. The school will provide nutrition education as a part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health for a lifetime.
2. Nutrition education will also encourage reflection and responsible decision-making, helping students consider how their choices impact their own well-being, their communities, and the broader world.
3. The school will promote students' self-awareness and provide sufficient information to enable students to make healthier choices.
4. This program will be linked with school meal programs and other nutrition-related community services.

Community Collaboration

1. Communication with Parents/Guardians
 - a. In the Jesuit tradition of forming "men and women for and with others," CRJHS partners with families and the school community to promote holistic wellness.
 - b. CRJHS will support parents'/guardians' efforts to provide a healthy diet and physical activity for their children.
 - c. Upon request, CRJHS will provide information about physical education and other school-based physical activity opportunities during and after the school day, like open gym and athletics, and will support parents'/guardians' efforts to provide their children with opportunities to be physically active outside of school.
2. Opportunities After School
 - a. CRJHS encourages the participation of all students in activities such as clubs, extracurriculars, athletics and community and family activities that promote physical activity.
 - b. CRJHS will offer a range of physical activities that meet the needs, interests, and abilities of all students.

Curriculum

1. CRJHS will provide education to promote lifelong habits of healthy eating and physical activity. Linkages between health education, physical education, school meal programs, and related community services will be fostered.
2. Integrating nutrition education into instruction:
 - a. CRJHS will provide nutrition education and engage in nutrition promotion that:
 - i. Is offered at grade levels 9 and 12 to provide students with the knowledge and skills necessary to promote and protect their health;
 - ii. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing practices;
 - iii. Emphasizes caloric balance between food intake and energy expenditure, e.g. physical activity and exercise.

- iv. Links with the school meals program.
 - v. Includes training for teachers and other staff.
- b. Staff is encouraged to model good nutrition.
- 3. Physical Education
 - a. All students will be provided opportunities for physical education or physical activity as part of the CRJHS overall curriculum and school day.
 - b. Students will spend at least 75% of physical education class time participating in moderate to vigorous physical activity.
- 4. Integrating Physical Activity into the Classroom Setting Students need opportunities for physical activity beyond physical education class.
 - a. Classroom teachers are encouraged to develop opportunities for physical activity that can be incorporated into subject lessons and are encouraged to provide short, physical activity breaks during class.
 - b. Staff are encouraged to model physical activity.
- 5. Promoting a Healthy Lifestyle
 - a. Classroom instructions will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as “screen time,” e.g. phones/social media, gaming, television.
- 6. Rewards and Consequences
 - a. Staff will not withhold physical activity—e.g. open gym time, club participation—as a consequence, except when safety is a concern.
 - b. Food will not be used as a reward or punishment.

Monitoring and Policy Review

1. The CRJHS Nutrition Manager, Principal, and Director of Human Resources and Operations will ensure compliance with this Wellness Policy.
2. The Wellness Committee will suggest procedures to monitor compliance with the policy. The committee will meet as needed to gather compliance data, review the plan, and make any recommendations.
3. An overall Wellness Policy assessment will take place yearly by a committee established by the CRJHS Principal and Director of Human Resources and Operations. A summary report will be provided to the school community upon request.