Cristo Rey Philadelphia High School

SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED: May 8, 2013

REVISED: November 16, 2026

246. SCHOOL WELLNESS

1. Purpose

Cristo Rey Philadelphia High School (CRPHS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Senior Management Team (SMT) is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

2. Authority
SC 1422.1
42 U.S.C.
Sec. 1758b
7 CFR
Sec. 210.31

SMT adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.
To ensure the health and well-being of all students, SMT establishes that the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.

2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.

3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

4. Curriculum and programs for grades 9-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Head of Finance or designee shall be responsible for the implementation and oversight of this policy to ensure each of the school's programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.
7 CFR Sec. 210.31	SMT and the Director of Student Wellness review and set annual goals for other student wellness activities/physical and nutrition education. The current goal is to continue to build on our health and wellness academic offerings and suggest improvements for the upcoming school year.
	The Head of Finance shall annually report to the President regarding compliance in our school. Staff members responsible for programs related to school wellness shall report to the Head of Finance or designee regarding the status of such programs. {x} The Head of Finance or designee shall annually report to SMT on the school's compliance with law and policies related to school wellness. The report may include: {x} Assessment of school environment regarding school wellness issues. {x} Evaluation of food services program. {x} Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. {x} Listing of activities and programs conducted to promote nutrition and physical activity. {x} Recommendations for policy and/or program revisions. {x} Suggestions for improvement in specific areas.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	{x} Feedback received from staff, students, parents/guardians, community members and the Wellness Committee. The Head of Finance or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

	1. The extent to which the school is in compliance with law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies. 3. A description of the progress made by the school in attaining the goals of this policy.
7 CFR Sec. 210.31	At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	**Cristo Rey Philadelphia High School shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.**
4. Guidelines	<u>Recordkeeping</u>
7 CFR Sec. 210.15, 210.31	Cristo Rey Philadelphia High School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: 1. The written School Wellness policy. 2. Documentation demonstrating the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the

	assessment results to the public.
	Wellness Committee
42 U.S.C. Sec. 1758b	Cristo Rey Philadelphia High School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: school administrator, food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will reflect the diversity of the community. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Leadership Team for adoption.
7 CFR Sec. 210.31	The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.
	{x} Advisory Health Council
SC 1422	{x} An Advisory Health Council may be established by the President to study student health issues and to assist in organizing follow-up programs. {x} The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing SMT policies and administrative regulations, and raise awareness about student health issues. {x} The Advisory Health Council may make policy recommendations to SMT related to other health issues necessary to promote student wellness. {x} The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

	{x} The Advisory Health Council shall provide periodic reports to the President or designee regarding the status of its work, as required.
SC 1422	Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.
	<u>Nutrition Education</u>
SC 1513 Pol. 102, 105	Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences. {x} Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. {x} Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. {x} Nutrition education lessons and activities shall be age-appropriate. {x} Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness. {x} School food service and nutrition education classes shall cooperate to create a learning laboratory. {x} Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education. {x} Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
Pol. 808	{x} The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development. {x} Nutrition education shall extend beyond the school environment by engaging

	and involving families and the community. Nutrition Promotion Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. {x} Cristo Rey Philadelphia High School shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs. {x} Cristo Rey Philadelphia High School shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. {x} Cristo Rey Philadelphia High School personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste. {x} Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media. {x} Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students. {x} Cristo Rey Philadelphia High School shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

	Physical Activity {x} Cristo Rey Philadelphia High School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. {x} Cristo Rey Philadelphia High School shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. {x} Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits. {x} Age-appropriate physical activity opportunities such as clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education. {x} A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. {x} Extended periods of student inactivity, two (2) hours or more, shall be discouraged. {x} Physical activity breaks shall be provided for students during classroom hours. {x} Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children. {x} Cristo Rey Philadelphia High School shall partner with parents/guardians and community members and organizations, such as YMCAs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity. x} CRPHS will not use physical activity as a punishment, nor withold physical activity as a punishment. We encourage children to walk or bike to school when safe to do so, and we encourage students and families to use our physical activity facilities outside of school hours.

SC 1512.1 Pol. 102, 105	{x} Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. {x} Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity. {x} A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented. {x} A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. {x} Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards. {x} A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. {x} Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. {x} Safe and adequate equipment, facilities and resources shall be provided for physical education courses. {x} Physical education shall be taught by health and physical education teachers. {x} Appropriate professional development shall be provided for physical education staff. {x} Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction. {x} Physical activity shall not be used or withheld solely as a form of punishment. <u>Other School Based Activities</u> Drinking water shall be available and accessible to students, without restriction

	and at no cost to the student, at all meal periods and throughout the school day. Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations. {x} Cristo Rey Philadelphia High School shall provide adequate space, as defined by the school, for eating and serving school meals. {x} Students shall be provided a clean and safe meal environment. Students have access to hand sanitizing and/or hand washing before meals. Only authorized staff have access to the food service operation. {x} Cristo Rey Philadelphia High School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods. {x} Cristo Rey Philadelphia High School shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.
7 CFR Sec.210.10,220.8 42U.S. C. Sec. 1751 et seq, 1773	Nutrition Guidelines for All Foods/Beverages at School All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards. The nutrition content of school meals is provided to the community. Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.
7 CFR Sec. 210.11, 220.12a, 210.31	*Competitive Foods –* Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: school store and fundraisers.

	Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch. For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day. For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day. The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements. *Fundraiser Exemptions –* *Cristo Rey Philadelphia does not participate in fundraisers involving food.* Cristo Rey Philadelphia High School shall establish administrative regulations to implement fundraising activities in the school including procedures for requesting a fundraiser exemption. *Non-Sold Competitive Foods –* Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school. *Cristo Rey Philadelphia does not participate in Non-Sold Competitive Food activities*. If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply: 1. Rewards and Incentives: {x} Foods and beverages shall not be used as a reward or incentive in school.
42 U.S.C.	2. Classroom Parties and Celebrations: (CHOOSE ONE OR MORE OF THE

Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8	OPTIONS BELOW) a. {x} Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom. b. {x} Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
7 CFR Sec. 210.11, 220.12a, 210.31	c. {x} Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following: • Fresh fruits/vegetables; and Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk
7 CFR Sec. 210.11, 210.31	d. {x} Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.
7 CFR Sec. 210.11, 210.31 7 CFR Sec. 210.11	3. Shared Classroom Snacks: a. {x} Shared classroom snacks are not permitted in school.
Pol. 229 7 CFR Sec. 210.11	*Marketing/Contracting –* Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations. *Cristo Rey Philadelphia does not Market food or beverages to students.* Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions. <u>Management of Food Allergies in District Schools</u> Cristo Rey Philadelphia High School shall establish SMT policy and

	administrative regulations to address food allergy management in the school in order to: 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction 2. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. Safe Routes to School { } The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students. {X } The school shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school. {X } The school administrator shall seek and utilize available federal and state funding for safe routes to school, when appropriate.
7 CFR Sec. 210.11, 210.31 SC 504.1 Pol. 209.1	References: School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513 National School Lunch Program – 42 U.S.C. Sec. 1751 et seq. School Breakfast Program – 42 U.S.C. Sec. 1773 Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296 National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220 Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808

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