

Wellness Policy

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Overview

Schools have a unique opportunity to provide students with the skills and support they need to adopt health behaviors by promoting healthy eating and regular physical activity.

Overweight and obesity in students is increasing in the nation as a whole. Schools play an important role in educating students and in protecting their health.

Youths who are overweight and obese are at risk for illnesses including heart disease, diabetes, high blood pressure, gallbladder disease and osteoarthritis.

Schools need to provide the education to our students in order for them to learn to enjoy, select and prepare food for them that will help them reach the maximum potential for health and academic achievement.

Healthy eating habits are important in childhood health, growth and intellectual development and may prevent long term health problems.

Our mission should be to address obesity in schools and our students, and to remove junk food from our school. We should encourage participation in the National School Lunch Program and expand and improve opportunities for physical activities for students. We should also increase the amount of nutrition education offered to our students and families.

Food Service/ Child Nutrition Program

Nutritional Standards

1. All meals served and all individual items for sale shall meet the following standards:
 - a. Total calories from fat shall not exceed 35 percent per food item
 - b. Total calories from saturated fat shall not exceed 10 percent per food item
 - c. Total sugar by weight shall not exceed 35 percent per food item, excluding fruits or vegetables
 - d. Entrée items sold must not exceed 400 calories and not more than 4 grams of fat per 100 calories
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1a-c above
3. Ensure portion sizes of entrees and side dishes offered for sale meet National School Lunch and School Breakfast guidelines.
4. The approved list of beverages sold includes:
 - a. Water
 - b. Milk (not to exceed 1% fat)
 - c. Fruit & Vegetable Juice: (50%-100% strength fruit and/or vegetable juice, not to exceed 12 ounces per serving)
 - d. Electrolyte replacement beverages: (Not to exceed 35 grams of added sweetener, not to exceed 20-ounce servings)
 - e. Carbonated beverages are not allowed

Child Nutrition and Physical Activity Advisory Committee (Wellness Committee)

The members of the Child Nutrition and Physical Activity Advisory Committee may include, but need not be limited to, School executive team members, school administrators, food service directors, food service staff, other staff, parents/guardians, students, and physical community members.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following:

1. Implementing the nutritional standards set forth by the Child Nutrition and Physical Activity Advisory Committee
2. Encouraging fund-raisers that promote good health habits and discouraging fund-raisers that promote unhealthy foods
3. Ensuring that all students enrolled at Cristo Rey High School Sacramento will have access to school nutrition programs

4. Maintain nutritional standards
5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold
6. Ensuring, to the extent possible, that food served is fresh
7. Encouraging all students to participate in the school lunch program
8. Promoting nutrition and physical activity into the overall curriculum
9. Ensuring regular professional development for food service staff
10. Promoting that students have a minimum of 39 minutes to eat lunch and 20 minutes to eat breakfast, when provided
11. Ensuring students engage in healthy nutrition education
12. Promoting that students receive nutrition education
13. Promoting the quality of physical education curricula and increasing training of physical education teachers
14. Encouraging existing physical education requirements
15. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sales of unhealthy foods
16. Developing a financing plan to implement the policies
17. Promoting the availability of organic fruits and vegetables and school gardens
18. Collaborating with local farmers' markets
19. Surveying student preference in planning meals and snacks.
20. Ensuring student representation on the Child Nutrition and Physical Activity Advisory Committee

Wellness Policy

This Policy applies to Cristo Rey High School Sacramento (CRHSS). Comprehensive student wellness is a core value of CRHSS. CRHSS recognizes that social, emotional, and physical health are fundamental for each student to achieve his, her or their maximum potential. CRHSS has a commitment to creating a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical fitness. The CRHSS Wellness Committee shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the CRHSS Wellness Committee shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31) The approach to implementing the various elements of this wellness policy will be respectful of all communities and sensitive to risks associated with trying to control what people eat.

Nutrition Services

1. To maximize CRHSS's ability to provide nutritious meals and snacks, they shall participate in available federal school nutrition programs, including the National School Lunch Program, the School Breakfast Program and the Child and Adult Care Food Program.
2. CRHSS Health and Nutrition Services (HNS) shall offer school meal programs that aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.
3. HNS will ensure that all students who participate in school meal programs have access to the same high quality food and nutrition guidelines across all schools.
4. Hunger is such an extreme impediment to academic achievement that no student shall be denied a school meal because of an inability to pay.
5. Students will be allowed to eat or finish their breakfast in class at the beginning of the school day, and the CRHSS wellness committee shall partner with HNS to implement federal breakfast expansion models, for example, Breakfast in the Classroom and Second Chance Breakfast.
6. In partnership with Buildings & Grounds and Facilities, HNS will ensure that all school sites are in compliance with food safety codes and are capable of storing and serving fresh food that is locally prepared.
7. All school nutrition program staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

Nutrition Guidelines For all Foods and Beverages

CRHSS's nutrition guidelines shall meet or exceed the standards outlined in applicable federal, state, and local policies. For all foods and beverages available on campus during the school day, CRHSS shall adopt nutrition guidelines which meet or exceed the requirements of 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

1. CRHSS's nutrition guidelines shall be included in its current meals contract.
2. CRHSS's nutrition guidelines shall be publicly available.
3. CRHSS's nutrition guidelines shall keep current with nutritional science and will be updated as new information becomes available.
4. CRHSS's nutrition guidelines shall apply to all foods and beverages sold or served to students, staff and families on campus, including but not limited to: snacks; celebrations; school meals; a la carte service in the cafeteria; donated food; snack bars/concession stands; fundraisers on school grounds; classroom-based activities; staff and parent meetings; and after school programs.
5. CRHSS's nutrition guidelines shall apply to all foods and beverages sold or served to students, staff and families, regardless of funding source.
6. CRHSS's nutrition guidelines shall not impact culinary education programs' curriculum. However, to the extent that such programs are selling or serving food to students on campus during the school day the food must comply with CRHSS's nutrition guidelines.
7. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Students shall be provided access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.
8. Sweetened Beverages (i.e., any beverage that contains added caloric sweeteners, including sodas, energy drinks, sweetened iced teas, sports drinks, flavored water, sweetened juices, juice nectars, and fruit punches) and 100% and/or vegetable juice will not be sold or served to students, staff or families at any time on campus.

Nutrition Promotion

1. CRHSS will promote healthy food and beverage choices for all students throughout the school campus. Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what meal programs are available at their school.
2. HNS will embrace tools and strategies to create environments and food service venues that encourage students to make healthy nutrition choices; improve student participation in school meals; encourage the consumption of more whole grains, fruits, vegetables, and legumes; and decrease plate waste.
3. HNS will post the following information on the web: a description of the Federal Child Nutrition programs in which CRHSS participates as well as any unique school meal activities that are provided; a description of CRHSS's nutrition guidelines for school meals and all other foods available to students during the school day; the current menus; guidelines regarding food allergies; administrative regulations regarding competitive foods and beverages; and policies regarding the availability and locations of free drinking water throughout the school day, including during the meal service.
4. HNS will involve the CRHSS wellness committee in the selection of new food choices in the school meals programs.
5. CRHSS staff will not use food or beverages as a reward for students' academic performance, accomplishments, or classroom behavior. CRHSS will provide teachers and other relevant school staff with a playbook of alternative ways to encourage and reward children.

Nutrition Education

1. Nutrition education shall be provided as part of the comprehensive integrated health education program for all students. Nutrition education programs shall be culturally relevant and trauma-informed based on the most current research and focus on foods which meet the CRHSS Nutrition Guidelines.
2. Nutrition education curricula will align with California Health Education Standards
3. Nutrition education will be integrated in other academic subjects in the regular educational program, before and after school programs, summer learning programs, career education programs, and school garden programs.
4. Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

Food and Beverage Marketing

To reinforce CRHSS's nutrition education program, marketing and advertising of non-compliant foods and beverages is prohibited on the exterior of vending machines, through posters, menu boards, coolers, trashcans, food service equipment, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or any other means. These prohibitions are further reinforced by the Commercial Free Schools Act which forbids CRHSS from entering into an exclusive contract with a soda or snack food company. It also prohibits teachers from using curricula that includes unnecessary brand name advertising and requires the Board to approve all long-term corporate sponsorships.

All students shall receive appropriate class time for nutrition education that is aligned with the California Content Standards. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Students shall receive consistent nutrition messages throughout the school, classrooms, cafeteria, homes, community and media with coordination between the nutrition services staff and teachers.

Nutritional Standards on Campus

For all foods available on each campus during the school day, CRHSS shall adopt nutritional guidelines, which are at a minimum compliant with federal and state law and support the promotion of student health and reducing childhood obesity.

School Meals

The Board believes that foods and beverages available to students at CRHSS should support the health curriculum and content standards on nutrition, as well as promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by CRHSS for all foods and beverages sold to students, including foods and beverages provided through CRHSS's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

In order to maximize CRHSS's ability to provide nutritious meals and snacks, to the extent possible, CRHSS shall participate in available federal child nutrition programs, including the National School Lunch and School Breakfast Programs and expanded learning snack and supper programs.

Meals Served Through Child Nutrition Programs

1. On an ongoing basis, meals will meet all meal pattern requirements established by local, state and federal statutes and regulations including nutrient content and age-appropriate portion sizes.
2. Meals will reflect good menu planning principles, such as serving a variety of healthy foods that look good, taste good and appeal to the cultural sensitivities of the school and community populations.
3. Meals will emphasize fresh fruits and vegetables, whole grains, fat-free and low-fat milk and milk products, and foods that meet the dietary specifications set forth by USDA.
4. Foods containing trans-fat foods will not be sold or provided to pupils on PK-12 campuses in effect from midnight through one-half hour after the end of the standard school day.

The CRHSS Wellness Committee should engage students and parents, through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the CRHSS Wellness Committee will share information about the nutritional content of meals with parents and students. Such information may be made available on menus, a website, on cafeteria menu boards, placards or other materials.

To ensure that all children have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible:

1. Operate the School Breakfast Program
2. Utilize methods to serve school breakfasts that encourage participation, including promotion of “grab-and-go” breakfast.
3. Notify parents and students of the availability of the School Breakfast Program.
4. Encourage parents to provide healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or promote nontraditional methods for serving school meals.

Sharing of Foods and Beverages

Students are discouraged from sharing foods or beverages with one another during meal or snack times, given concerns regarding food allergies, disease transmission and restrictions on some children's diets. Any adult, or any child not enrolled in the school shall not eat from an enrolled child's plate.

Meals Outside of the Foodservice Area

For this purpose, the Foodservice area is defined as any place on campus where food is served, sold and/or consumed. Meals offered in the National School Lunch Program and School Breakfast Program are intended to be consumed at school in a designated foodservice area during the established meal service period. However, CRHSS recognizes that with time limited lunch periods and increased amount of fruits and vegetables offered as part of the meals, some students may be inclined to save some items for consumption at a later time. For food safety reasons, this practice should be limited to only food items that do not require cooling or heating, such as whole fruit, a bag of baby carrots, or pre-packaged grain-based items.

Meal Times and Scheduling

Students perform better academically when well-nourished, and an important part of that nourishment is having sufficient time to eat. Principals are encouraged to identify ways to successfully address the issue of adequate meal times for their students. The California Department of Education recommends that each student has no less than 10 minutes for breakfast and no less than 20 minutes for lunch after being served.

Schools, to the extent possible:

1. Should provide students with a minimum of 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch, regardless of scheduling before or after recess time.
2. Should schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10 a.m. and 2 p.m.
3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

Competitive Foods and Beverages

1. CRHSS shall not invite or contract with any entity and/or individual who wishes to sell, donate, or provide any kind of food or drinks to students, even those meeting the CRHSS's

nutrition guidelines, if it is in direct competition with any federally funded school meal programs.

2. Any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day must be pre-approved in writing by the CRHSS Wellness Committee and must keep their own records as proof of compliance.

3. Class parties or celebrations must adhere to the CRHSS's nutrition guidelines and may only be held after the lunch period.

4. Student-Run Fundraising on school campuses during the school day that involves food and/or beverages shall:

- a. not occur at the same time as federally funded school meal programs;
- b. meet CRHSS's nutrition guidelines;
- d. only be permitted by an organization consisting solely of pupils at the school; and
- e. comply with the California Code of Regulations, including those outlined below.

5. Student-Run Fundraising

- a. The sale must occur after the lunch period has ended.
- b. The food and/or beverages sold cannot be prepared on campus.
- c. The food and/or beverages sold cannot be the same item/s offered through the federally funded meal program at that school during the same school day.

6. Additional conditions for Student-Run Fundraising

- a. No more than one food or beverage item is permitted per sale.
- b. Each school is allowed a maximum of four sales per year.

7. Additional conditions for Student-Run Fundraising

- a. No more than three categories of foods or beverages may be sold each day (e.g. sandwich, fruit, milk, etc.)
- b. Only one student organization is allowed to sell each school day.
- c. In addition to one student organization sale each school day, any and all student organizations may sell on the same four designated school days per school year. School administration may set these four dates.

8. On-campus adult-run fundraisers involving food or beverages may only occur after the end of the school day through midnight or on weekends or holidays. Food and beverages must comply with the CRHSS's Nutrition Guidelines, with the following exceptions:

b. Though it is highly recommended that food meet the Nutrition Guidelines, parents/caregivers and staff may sell any food, any number of times with approval of an administrator. Beverages must meet the Nutrition Guidelines at all times.

9. It is recommended that all off-campus fundraising be with either non-food items, or items that meet the CRHSS's nutrition guidelines. Principals will decide whether to allow off-campus sales of foods and/or beverages that do not meet the nutrition guidelines, and if so, set and monitor a maximum frequency.

Physical Education

1. Physical education plays an integral role in the education of each student. Therefore, CRHSS shall provide access to a content rich and inclusive curriculum, high quality instruction, focused assessment of student learning, and supportive learning environments for each student.

2. CRHSS's physical education programs shall be based on the most current research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

3. CRHSS shall comply with state law, the CRHSS Wellness Committee Policy and CRHSS's Physical Education Master Plan. Resources and staffing will be provided to ensure compliance.

4. Professional development shall be regularly offered to physical education teachers, and other staff as appropriate to enhance their health knowledge and skills.

Physical Activity

1. All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and will also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

2. Students will be provided adequate time for recess at elementary levels and will be encouraged to engage in physical and kinesthetic activities throughout the day.

3. CRHSS shall prioritize the use of school fields and black tops for students' physical activities.

4. CRHSS staff shall use restorative approaches to support positive student behaviors and will not withhold recess or other physical activity or physical education as a form of punishment.

5. Extended day programs, out of school time (which includes before and after school programs), and after school programs on CRHSS facilities, will offer an array of physical activity opportunities that are inclusive and ensure all students are able to participate.
6. CRHSS may enter into a joint use agreement or memorandum of understanding to make CRHSS facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to provide as many opportunities as possible for children to get at least 60 minutes of moderate to vigorous physical activity during the course of a day.
7. CRHSS staff shall work with relevant City departments and local agencies to assess walking and biking conditions at each school and leverage opportunities to make it easier for students to walk or bike to school.
8. CRHSS shall participate in and actively promote physical activity programming from the county, city, state, and CRHSS events.

Staff Wellness

1. CRHSS cares about the well-being of staff members and understands the influence that staff actions have on student health behaviors.
2. CRHSS shall give all staff the opportunity to promote healthy school environments. All staff are encouraged to be positive role models for healthy behaviors on school property and at school-sponsored meetings and events where students are present, including only eating/drinking items that comply with CRHSS's nutrition guidelines.
3. CRHSS will promote work-site wellness programs and will provide opportunities for regular physical activity and healthy eating among employees. For example, CRHSS staff is encouraged to promote and encourage whole-school events, including but not limited to, healthy eating, physical activity, and mindfulness programming from the county, city and state.
4. CRHSS will promote initiatives designed to encourage a culture that improves the health, safety, and well-being of employees and family members.

Program Implementation and Evaluation

CRHSS and the CRHSS Wellness Committee shall establish indicators that will be used to measure the implementation and effectiveness of CRHSS activities related to student wellness. Such indicators may include, but are not limited to:

- Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
- Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
- Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
- A description of CRHSS's efforts to provide additional opportunities for physical activity outside of the physical education program

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of CRHSS data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates. In addition, the CRHSS Wellness Committee shall prepare and maintain the proper documentation and records needed for the administrative review of the CRHSS's wellness policy conducted by the California Department of Education (CDE) every three years. The assessment results of CRHSS evaluations shall be submitted to the CRHSS Wellness Committee for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus CRHSS resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

School Wellness Council

The CRHSS Wellness Committee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the CRHSS's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

The CRHSS Wellness Committee may make available to the public a list of the names, position titles, and contact information of the CRHSS Wellness Committee members.

The Wellness Committee shall advise CRHSS on health-related issues, activities, policies, and programs. At the discretion of the Wellness Committee, they may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Notifications

The CRHSS Wellness Committee shall inform the public about the content and implementation of CRHSS's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. They shall also inform the public of CRHSS's progress towards meeting the goals of the wellness policy, including the availability of the triennial CRHSS assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The CRHSS Wellness Committee shall distribute this information through the most effective methods of communication which may include, but is not limited to: school newsletters, handouts, parent/guardian meetings, the school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Records

The CRHSS Wellness Committee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or
Email: program.intake@usda.gov.

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** USDA Food and Nutrition Service, 1320 Braddock Place, Room 334 Alexandria, VA 22314; or
2. **Email:** FNSCIVILRIGHTSCOMPLAINTS@usda.gov.

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All Other Programs NDS

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

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