

# Cristo Rey Richmond High School

## School Wellness Policy

*September 2023*

### *Table of Contents*

Cristo Rey Richmond High School.....	1
School Wellness Policy (DRAFT).....	1
<b>Leadership .....</b>	<b>1</b>
<b>Public Involvement .....</b>	<b>2</b>
<b>Health &amp; Wellness Committee.....</b>	<b>2</b>
<b>School Meals .....</b>	<b>2</b>
<b>Foods Sold Outside of the School Meal Programs (Smart Snacks) .....</b>	<b>3</b>
<b>Foods Provided, Not Sold.....</b>	<b>3</b>
<b>Food and Beverage Marketing .....</b>	<b>4</b>
<b>School-Sponsored Fundraisers .....</b>	<b>4</b>
<b>Nutrition Education .....</b>	<b>5</b>
<b>Nutrition Promotion .....</b>	<b>5</b>
<b>Physical Education/Physical Activity .....</b>	<b>5</b>
<b>Triennial Assessment .....</b>	<b>7</b>
<b>Appendix A: Healthy Celebrations and Rewards.....</b>	<b>8</b>

#### **Leadership**

The Cristo Rey Richmond High School (the “School”) Director of Counseling & Wellness, with support from the School Health & Wellness Committee, shall implement and ensure compliance with this School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy.

### **Public Involvement**

The School will invite a diverse group of stakeholders including administrators and faculty, PE Teacher, School Nurse, Students, Parents, Board members and community members, to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through social media posts, the School website, and other modes of public notification for opportunities to participate.

### **Health & Wellness Committee**

The School will convene a representative Health & Wellness Committee (HWC) that meets at least twice per year to establish goals for and oversee school health policies and programs. This Committee assists with the development, implementation, and periodic review of the School Wellness Policy.

### **School Meals**

The School will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) beginning with the 2023-24 school year. Every student will be offered breakfast and lunch daily at no cost to the family. All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

The School is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs 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.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Though all students will receive meals for free, the School is required to follow all of the procedures for establishing household eligibility for free or reduced meals in order to maximize reimbursement for meals served and ensure the financial viability of the school meal program. Applications for free and reduced-price meals will be required from all families during the enrollment process prior to the start of each school year. The application is also made available on the School website. The School takes steps to protect the privacy of students who qualify for free or reduced-price meals. Students may not be overtly identified as receiving these benefits and the School has implemented plans to provide meals in a non-stigmatizing manner.

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

The School will accommodate students with special dietary needs and follow the USDA regulations to make reasonable modifications to accommodate children with disabilities. This includes providing special meals to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

The School recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. The School will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Students are allowed to carry clear water bottles throughout the school day filled with only water.

### **Foods Sold Outside of the School Meal Programs (Smart Snacks)**

The School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The school day is considered the period from midnight the night before to 30 minutes after the end of the instructional day. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. Beverages containing caffeine will not be sold on the School campus.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

### **Foods Provided, Not Sold**

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for

performance or behavior. The School encourages staff planning classroom activities or celebrations to ensure foods offered meet or exceed the USDA-FNS Smart Snacks rule including those provided by family members. Compliant products are available through the School Nutrition Department. Contact the school nutrition director for more information.

Refer to Appendix A for a list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule.

### **Food and Beverage Marketing**

The School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices. 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. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and
- fundraisers and corporate-incentives programs.

### **School-Sponsored Fundraisers**

The School will allow up to 30 school-sponsored fundraisers per school during the school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#) and School established guidelines. Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the limit on exempt school-sponsored fundraisers. The fundraiser designee for the School is the Dean of Student Life and a fundraiser-tracking document is kept on file in the School Office.

### **Nutrition Education**

The School will provide nutrition education and engage in nutrition promotion that includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, and farm visits. As part of the required Health/Physical Education course in the freshmen and sophomore curriculum, students will receive a 4-week unit in Nutrition (440 minutes of instruction/course) covering topics such as what comprises a healthy diet, how nutritional choices impact physical, social and mental health, the effects of advertising, and how to obtain accurate information about food, diets and supplement. The cafeteria environment will reinforce nutrition education provided in the classroom. Nutrition topics shall be integrated within the comprehensive health education curriculum. Academic coordinators and teachers shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.

### **Nutrition Promotion**

Nutrition education is provided to families on a quarterly basis via the school newsletter to promote healthy eating practices outside of school. The School will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment. The School may participate in nutrition promotion through farm to school activities, such as signage promoting local foods served in school meals and seasonal events tied to area agriculture and farming.

### **Physical Education/Physical Activity**

The School will provide every student with physical education that meets the Catholic Diocese of Richmond, Health and Physical Education Curriculum Framework, and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. Students will be moderately to vigorously active for at least 50 percent of class time during all physical education class sessions. Waivers, exemptions, or substitutions for physical education classes are not granted unless medically mandated.

All students will be provided an equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The School recognizes that students are more attentive and readier to learn if provided with periodic breaks when they can be physically active or stretch. Teachers will provide short (3-5 minute) physical activity breaks to students during and between classroom times or transitions.

Schools are encouraged to provide one physical activity break for every 60 minutes of instruction. When activities, such as mandatory school wide testing, make it necessary for students to remain sedentary for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. Extended periods of inactivity (periods of two hours or more) are discouraged. Teachers will incorporate active academics into core subject instruction, such as science, mathematics, language arts, and social studies and do their part to limit sedentary behavior during the school day.

The School will offer opportunities for students to participate in physical activity before and/or after the school day through a variety of methods. Physical activity clubs and intramural or varsity sports will be offered throughout the school year. Information on how to get involved will be distributed on the school website and through daily announcements and weekly newsletters. In addition, the School will support active transport to and from school for students and adults, such as walking or biking. Bike racks will be available for students and staff use.

### **Student/Staff Mental Health**

The School will seek to provide a school climate that measures and supports social and emotional wellbeing and promotes positive relationships among students, staff, parents, and community members. Using student wellness surveys, sense of belonging surveys, socio-emotional learning frameworks (such as CASEL) and other EQ trainings, plus group and individual counseling, the School will provide students with the psychoeducational interventions and counseling services to increase self-awareness, teach emotional regulation and coping skills, increase empathy, and social awareness, in order to enhance positive interpersonal skills, and engage in responsible decision-making. The school will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community. The School will implement training for faculty/staff, students, and parents on recognizing the signs of mental illness and emotional distress and strategies for addressing their needs via professional development (i.e., trauma informed instruction, mandated reporting, how to make a referral, and using a strategic year-long school-wide health and wellness promotion calendar, etc.) and providing parent/guardians with virtual meetings exploring mental health and wellness topics.

### **Other Activities That Promote Student Wellness**

The School will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located in the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Students may practice sustainable living by recycling; conserving materials, water, and energy; using biodegradable materials when possible; and disposing of wastes through compost or other

environmentally sound ways at school, in the cafeteria, in the school garden and kitchen classroom, and in all classroom-based activities. Sustainability practices may include:

- food waste from school meals being composted at least once per school year;
- share tables for students to share unwanted food items;
- recycling bins in the cafeteria for students to discard recyclable materials; and/or
- plate waste studies conducted at least once per school year.

The School will provide vision screening through a 3rd party that will also provide free glasses to students determined to need them through the screening process. In addition, sports physicals will be offered by the school nurses at the start of each school year. Staff members are encouraged to model healthy eating behaviors for students. The School implements staff wellness activities, such as:

- sugary beverages, such as sodas or sweet tea, are not regularly available to staff members in the cafeteria, workroom, or elsewhere at the school;
- staff members receive information regarding the importance of modeling healthy eating behaviors for students and/or
- staff members are offered opportunities to participate in an annual Wellness Benefit.

Community partnerships will be explored and developed to find strategies to address childhood nutrition issues within the School community. The School will cultivate and support relationships with community partners, such as the local health department, SNAP-Ed providers and coordinators, local hospitals, universities/colleges, and local businesses to find ways to support the implementation of the School Wellness Policy. Existing and new community partnerships and sponsorships will be evaluated yearly to ensure that they are consistent with the School's goals.

### **Triennial Assessment**

The HWC will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which the School is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment is the Director of Counseling and Wellness, who will complete the VDOE School Level Report Card or other assessment tool. The results of the report card/tool will be submitted to the HWC in order to analyze the findings and develop the triennial assessment. The results of the triennial assessment will be made available to stakeholders by posting on the School website in the weekly School Newsletter. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the School Wellness Policy.

## Appendix A: Healthy Celebrations and Rewards

### Healthy Snack and Beverage Ideas\*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

\*Work with the School Nutrition Director or food service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students' food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).





CRISTO REY  
RICHMOND HIGH SCHOOL