



CRISTO REY
SAN DIEGO HIGH SCHOOL

Cristo Rey San Diego High School Wellness Policy

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Policy Implementation and Evaluation

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Committee Role and Membership

The school will convene a representative school wellness committee (SWC) that meets at least once a year to establish goals for and oversee school health and safety policies and programs, including development, implementation, communication, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; counselors; school administrators; school board members. Members will be recruited by sending out an email to the school community and promoting the committee in school newsletters.

Implementation Plan

The school will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found on the school web site and posted in the cafeteria.

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including
 1. Efforts to actively solicit DWC membership from the required stakeholder groups; and
 2. These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction;
 1. Efforts to actively notify families about the availability of wellness policy.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

Nutrition Education

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Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the health education program in grades Pre-K through 12 and, as appropriate, shall be integrated into instruction in core academic subjects and offered through before and after-school programs.

The district's nutrition education program shall be based on research, consistent with the expectations established in the state's curriculum frameworks¹ and content standards², and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

District schools will assess learning of core health concepts by requiring students to demonstrate ways in which they can enhance and maintain their nutrition-related health and wellbeing, using skills such as nutrition literacy and menu planning.

Integration with the School Food Environment

Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering garden- and local farm-grown food whenever possible within the reimbursable federal meal program, a la carte sales, and after-school/extracurricular programs.

School Meals

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Cristo Rey San Diego High School participates in available federal school meal programs (including the School Breakfast Program, National School Lunch Program and Summer Food Service Program).

Meals served within federally reimbursable meal programs will be designed to feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible. We will provide substitutions for students with dietary restrictions, special dietary needs, or cultural or ethnic variations in food preferences to the greatest extent possible.

Nutrition Guidelines

All reimbursable school meals will meet or exceed current nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the school meal nutrition standards specified by the Department of Agriculture and the California Department of Education.^{[3](#)}^{[4](#)}

We shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing and convenient manner (e.g. water fountains designed to easily refill cups and reusable water bottles, 5-gallon water dispensers placed in central locations in the cafeteria, signage promoting water use, etc.).

We shall share information about the nutritional content and ingredients of meals with parents and students. Such information will be made available on the school website, cafeteria menus or menu boards, and by other means available to communicate with the school community.

School Breakfasts

We will communicate the importance of healthy breakfast to parents and will notify them of the availability of the School Breakfast Program.

Furthermore, we will, to the extent possible, encourage participation in school breakfasts by ensuring that meals are convenient and that students have adequate time to eat them. This will be accomplished by arranging bus schedules to allow students to obtain breakfast once they are on campus and have at least 10 minutes to eat it, as well as preparing "grab-and-go" breakfasts during morning break.

Free and Reduced-Price Meals

Applications for free/reduced price meals are sent home to all families upon registration.

In addition to encouraging participation in the free and reduced-price meal program, we 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 will utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" breakfast.

Summer Food Service Program

As part of our "Summer Success Academy" Cristo Rey San Diego High School will sponsor the Summer Food Service Program for at least three weeks between the last day of the academic school year and the first day of the following school year. All meals served as part of the Summer Food Service Program will also meet school meal nutrition standards established by the US Department of Agriculture.

Meal Times and Scheduling for Schools

We will schedule meal periods at appropriate times, i.e., lunch will be scheduled between 11 a.m. and 1 p.m.

Cristo Rey San Diego High School will provide students with at least 20 minutes to eat lunch after sitting down and at least 10 minutes to eat breakfast.

Meal Settings

Cristo Rey San Diego High School has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch. All students will be guaranteed a clean, safe, and pleasant lunch setting on campus in which there is adequate space and appropriate adult supervision.

In addition to providing a clean and safe environment, students and staff shall have access to hand-washing, preferably with soap and water. Hand sanitizers may be used only where sinks are not available.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all school nutrition professionals, in accordance with the USDA Professional Standards for State and Local Nutrition Programs.⁵

Staff development programs include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Food Safety & Sanitation

Food service equipment and facilities must meet applicable local and state standards for health, sanitation, and safety. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines⁶ shall be implemented to prevent foodborne illness in schools.

All food handlers must meet the food safety certification requirements established by the San Diego County Department of Environmental Health.

Competitive Foods

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All foods and beverages sold, served, or distributed to students through the district's food service program, student stores, vending machines, fundraisers, special events and/or celebrations, or other venues shall meet or exceed local, state, and federal nutrition standards. These standards will apply to foods and beverages provided during both the regular school day and the extended school day, as well as during before- and after-school programs taking place on school grounds.

The only foods that can be sold to students during the school day outside the school meal program are foods and beverages that meet California Smart Snack in Schools nutrition standards.⁷

Water

Availability and consumption of water is supported throughout the day. Students are allowed to bring drinking water into the classroom provided that the container is a capped, such as a recyclable or reusable bottle. These vessels are not to be shared among students.

Cristo Rey San Diego supports efforts by parents and student groups to purchase and install water stations that provide filtered, chilled water and can accommodate the filling of reusable water vessels.

Sharing of Food and Beverages

Cristo Rey San Diego High School strongly discourage students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

Physical Education

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As part of the graduation requirement all students at Cristo Rey San Diego High School will participate in physical education, with the expectations established in the state's curriculum framework⁸ and content standards.⁹

The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

Physical Activity

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In order for students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day), Cristo Rey San Diego will provide all of its students with a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, and athletics. All Cristo Rey San Diego High School students are encouraged to participate in athletics.

Health and Wellness Services

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Community Health Engagement

The district will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored physical activity programs and will receive information about health promotion efforts, including affordable health insurance plan enrollment.

Staff Training

The district shall offer annual first aid and cardiopulmonary resuscitation (CPR) training, which district teachers are required to attend.

School staff shall also be notified and trained (as allowed by law) in the use of any necessary medications that students are authorized to carry and/or use.

Behavioral Health

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The Governing Board recognizes that good physical and mental health is critical to a student's ability to learn and believes that all students should have access to comprehensive behavioral health services to support and encourage their own wellbeing.

The Board also recognizes that good physical and mental health is essential for teachers and other staff to be engaged, motivated, and effective and believes that all staff should also have access to comprehensive behavioral health services.

Counseling and school psychological services will promote social and emotional development, enhance resiliency, and provide protective buffers within the school community. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student well-being such as bullying, alienation, and disengagement.

Personal or Mental Health Counseling

A school counselor, school psychologist, or school social worker may provide individualized personal, mental health, or family counseling to students and staff in accordance with the specialization(s) authorized by his/her credentials. School counselors and student support staff use their skills and strategies to break down barriers to learning that affect attendance, behavior, or achievement. All students and staff shall have access to available counseling services, which may include, but are not limited to, support related to social and emotional development, behavior, substance abuse, mental health assessment, depression, or mental illness. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance.

Crisis Counseling

The Board recognizes the need for a prompt and effective response when students and staff are confronted with a traumatic incident. School counselors shall assist in the development of the comprehensive school safety plan, emergency and disaster preparedness plan and other prevention and intervention practices designed to assist all students, parents/guardians, and staff before, during, and after a crisis.

Early identification and intervention plans shall be developed to help identify those students who may be at risk for violence so that support may be provided before they engage in violent or disruptive behavior.

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1. <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>
2. <http://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf>
3. <http://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp>
4. <http://www.cde.ca.gov/ls/nu/he/newfbmplunch.asp>
5. <http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf>
6. <http://sop.nfsmi.org/HACCPBasedSOPs.php>
7. <http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc>
8. <http://www.cde.ca.gov/ci/pe/cf/documents/peframework2009.pdf>
9. <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>
10. <http://smarterlunchrooms.org/ideas>