



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

Wellness Policy

Cristo Rey Jesuit is committed to providing a school environment that enhances learning and development of lifelong wellness practices. It is committed to promoting wellness behaviors, good nutrition practices and regular physical activity for students. It is believed that these habits are essential for all students to achieve their full potential. The Board, administration, and staff, together with the Wellness Committee will strive to make the school a safe and healthy place for students and staff to learn and work. It also believed that the school has an important role in helping to prevent unnecessary injury, disease, and chronic health problems among students and staff.

The director of finance & operations or designee, school nurse, and school administrators will implement and ensure compliance with this policy by leading the review, update, and evaluation of the policy. The Wellness Committee will invite a diverse group of stakeholders from the school and community to participate in the development, implementation, review, and updates of this policy.

A. Nutrition Education Goals

- Establish a nutrition program that instills healthy dietary habits.
- Nutrition education shall be integrated into the curriculum such as math, science, and social studies.
- Promote that all foods and beverages served, sold and distributed to students in the school environment including food outside of the meal program shall meet or exceed the minimum nutritional guidelines established under the Healthy Hunger-Free Kids Act of 2010.
- Support a health education curriculum designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

B. Nutrition Guidelines

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Control plans and guidelines are implemented to prevent food illness in the school.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.
- The national school lunch, breakfast and milk program will be made accessible to all students.



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

- Cristo Rey shall not allow advertising that promotes food and beverage choices that do not meet the school's nutrition standards.
- Strategies will be applied to improve the selection and consumption of more nutritious choices.
- Food sales/distribution in direct conflict with school nutrition programs shall be prohibited.
- All fundraising activities require prior approval from administration.
- Students, staff and parents/guardians shall be informed and encouraged to consider fundraising strategies that include the sale of non-food items.
- Vending foods shall not be available at the school.
- Vending beverage sales will have only juice and water options.
- Foods and beverages offered or sold at school-sponsored events outside the school day must include healthy choices and adhere to the USDA Smart Snacks nutrition standards.
- Foods for classroom celebrations or snacks must include healthy choices.
- Non-food rewards and incentives are encouraged. Should teachers feel compelled to utilize food items as an incentive, they shall provide healthy choices.
- Foods served at meetings and events shall include healthy choices.
- Reduce or eliminate foods of minimal or low nutritional value that are sold on campus; limit access, portions, or hours of sale.

C. Physical Activity Goals

- To establish a program to help develop the understanding of the benefits of short- and long-term physical activity.
 - Activities implemented in SY
 - Yoga – 30-minute session
 - Taekwondo – 30-minute session
 -
- Physical activity should be encouraged throughout the day.
- Flex-time during the lunch period allows students to use the fitness center, gym or soccer field for physical activities.

D. Physical Activity Guidelines

- Adequate equipment is available for all students to participate in physical education.
- Physical activity facilities on school grounds will be safe.
- Information will be provided to families to help them incorporate physical activity, good nutrition, and wellness into their children's lives via newsletters or during parent meetings and conferences.
- A quality physical education program that is sequential, developmentally appropriate and comprehensive is necessary for all students to learn about and



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

participate in physical activity. It shall meet and strive to exceed the national and state of Wisconsin physical education standards. It shall also help students develop individual fitness plans that are based on their ability and incorporate physical activity into their daily life.

- Physical activity clubs (like Run Club) and interscholastic athletics are valuable ways to supplement a student's education and encourage physical activity. Participation by all interested students regardless of athletic ability should be encouraged.
- Physical activity or movement and topics relating to physical activity should be integrated into other curriculum throughout the day. Teachers may utilize "gallery walks" in lessons, take classes to the gym, or provide stretch breaks or energizers. The soccer field may also be utilized in nice weather.
- Sports: Cross Country, Dance, Cheer, Basketball, Volleyball, Soccer, and Track & Field.

E. Other School-Based Goals To Promote Wellness

- Ensure a school environment that is safe and physically, socially and psychologically healthful.
- Health-promoting behaviors of staff should be supported.
- Partnership with the 16th Street Clinic provides medical care for students when they need medical care at school.
- The nurses, student services/counseling program evaluates students' wellness habits including sleep, nutrition, and exercise. Counseling provides in-house resources, but may refer students for assessment or intervention for the students' health if needed.
- Promote community programs to families that will help them be engaged as active participants in their children's education and health.
- Promote family attendance in athletic competition and participation in school culture boosting activities.
- Partner with a dental provider to come to the school to provide free dental exams for students.
- We worked with Dr. Wagner's Southridge Optical to provide eye exams on site for 9th grade students in the past. The nurse will follow up with Dr. Wagner to find out if we can do it again or provide free exam vouchers for students that need an eye exam in the future.

F. Other School-Based Guidelines

- Cristo Rey is committed to maintaining a safe, comfortable, and pleasing environment.
- Lunch periods are scheduled as near to the middle of the school day as possible
- The school allows ample time and clean spaces for the students to eat their meals.



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

- Cristo Rey provides at least 20 minutes for breakfast and at least 25 minutes for lunch.
- Cafeteria includes two serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meal times.
- Food is not used as a reward or a punishment for student behaviors.
- Students will be encouraged to start each day with a healthy breakfast.
- The school may consider hosting blood drives, student-led wellness events, or wellness screenings by local clinics.
- The school held two Covid-19 vaccine clinics.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).
- Use peer-to-peer marketing strategies to promote healthier food choices.
- Provide taste testing opportunities to introduce new fruits & vegetables if funding becomes available.

The wellness committee of Cristo Rey Jesuit comprised of representatives of the school administration, nurse, teachers, and staff. We would like to include students, parents and a representative from the food service vendor in the future. Our goal is to implement and measure the effectiveness of the Wellness Policy. The committee will meet at least twice yearly. It will determine areas that need improvement and recommend policy revisions as necessary. At minimum, the committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which the School is in compliance with the policy and how the policy compares to a model policy, as established by the USDA. Additionally, the School will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Directors meetings.



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

Attachments



Examples of Alternative Fundraising Activities

Things to Sell

- Healthier food products (fresh fruit and vegetables, nuts, trail mix, popcorn, etc.)
- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Plants and flowers
- School spirit items

Things to Do (including some fundraising activities that also promote student physical activity)

- Car washes
- Fun runs
- Selling dress-down passes
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows
- Raffles for gift baskets, movie passes, theme bags, etc.
- Penny challenges

Examples of Non-Food Incentives For Students

Recognition

- Certificate in recognition of achievement
- Stickers, small prizes
- Recognizing a child's achievement during assembly (Shout-Outs)
- A phone call or email home commending student accomplishments
- A note or email from the teacher to the student commending their achievements

Privileges

- Sitting by friends
- Getting a dress-down pass
- Choosing a class activity
- Listening to music while working
- Designing a class or hall bulletin board



CRISTO REY

JESUIT HIGH SCHOOL
MILWAUKEE

Examples of Healthier Snacks for Class Treats/Concessions

- 100% fruit/vegetable juice, unsweetened tea
- Flavored/sparkling waters
- Fresh fruits and veggies
- Yogurt
- String cheese
- Cheese and crackers
- Popcorn
- Graham crackers
- Animal crackers
- Bagels/cream cheese
- Pretzels
- Granola bars
- Nuts/trail mix (if no one has allergies)

In general,

- Avoid added sugars, foods with many ingredients, foods that are processed
- Choose foods with whole, simple-to-pronounce ingredients