



Crossroads Charter Schools

# Wellness Policy

Crossroads Charter Schools (hereto referred to as “Crossroads” or “School”) prepare and inspire students to build a better tomorrow by providing an academically rigorous k-12 education in a creative, collaborative, community focused environment . Crossroads believes that for students to have the opportunity for authentic learning, access to creative culture and educational equity, we need to support a positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the School’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff in the School. Specific measureable goals and outcomes are identified within each section below.

## I. School Wellness Committee

### *Committee Role and Membership*

Crossroads will convene a School wellness committee (hereto referred to as the “WC”) or work within an existing school health committee that meets to or will meet to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this School’s wellness policy (heretofore referred as “Wellness Policy”).

The WC membership will be led by a School representative and may include but not be limited to: parents and



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caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP- Ed).

### *Leadership*

The Chief Operating Officer or designee(s) will convene the WC and facilitate development of and updates to the Wellness Policy, and will ensure compliance with the Wellness Policy.

#### **I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### IMPLEMENTATION PLAN

Crossroads will meet to develop a plan for implementation to manage and coordinate the execution of this Wellness Policy.

### RECORDKEEPING

Crossroads will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written Wellness Policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy, including an indication of who is involved in the update and methods the School uses to make stakeholders aware of their ability to participate;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the I Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

### ANNUAL NOTIFICATION OF WELLNESS POLICY

Crossroads will actively inform families and the public each year of basic information about Wellness Policy, including its content, any updates to the policy and implementation status. Crossroads will make this information available via the School's website and/or School-wide communications. Annually, Crossroads will also publicize the name and contact information of the official(s) leading and coordinating the committee, as well as information on how the public can get involved with the WC.



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### TRIENNIAL PROGRESS ASSESSMENTS

At least once every three (3) years, Crossroads will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which Crossroads is in compliance with the Wellness Policy;
- The extent to which Crossroads' Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Crossroads' Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is the School Nurse.

The WC will monitor the Schools' compliance with this Wellness Policy.

Crossroads will actively notify households/families of the availability of the triennial progress report.

### Revisions and Updates to the Wellness Policy

The WC will review and make recommendations to the Crossroads Board of Directors of updates or modifications to the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or 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. The Wellness Policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

### COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

Crossroads is committed to being responsive to community input, which begins with awareness of the wellness policy. Crossroads will actively communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means appropriate for the School. Crossroads will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. Crossroads will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. Crossroads will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School communicates important school information with parents.

Crossroads will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. Crossroads will also use these mechanisms to inform the community about the availability of the annual and triennial reports.



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### NUTRITION

#### School Meals

Crossroads Charter Schools is committed to serving healthy meals to children. 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.

Crossroads Charter Schools participates in USDA child nutrition programs, including the National School Lunch Program and is committed to offering school meals through nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations; (Crossroads Charter Schools offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Accommodate students with special dietary needs;
- Are served at a reasonable and appropriate time of day.

#### Water

Crossroads Charter Schools will promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Crossroads Charter Schools will make drinking water available where school meals are served during meal times. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

#### Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. Crossroads Charter Schools will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. Crossroads Charter Schools will provide to parents a [letter](#) including a [list of healthy foods and beverages that are recommended by the Alliance for a Healthy Generation](#) as well as [non-food celebration ideas](#).
3. Rewards and incentives. Crossroads Charter Schools will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

#### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based



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techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums.

### **Nutrition Education**

Crossroads Charter Schools aims to teach, model, encourage, and support healthy eating by students. Crossroads Charter Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teach media literacy with an emphasis on food and beverage marketing;

### **Essential Healthy Eating Topics in Health Education**

Crossroads Charter Schools will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior



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- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

## PHYSICAL ACTIVITY

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through the following: physical education, recess, classroom-based physical activity, walking to the library and recess, and out-of-school time activities.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, Crossroads Charter Schools will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

### Physical Education

Crossroads Charter Schools will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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.

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

### Essential Physical Activity Topics in Health Education

Crossroads Charter Schools will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids



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### **Physical Activity Breaks**

Crossroads Charter Schools recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Crossroads Charter Schools recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. Crossroads Charter Schools will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

### **Active Transport**

Crossroads Charter Schools will support active transport to and from school, such as walking or biking. Crossroads will encourage this behavior by engaging in the activities below; including but not limited to:

- Designation of safe or preferred routes to school
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Crosswalks exist on streets leading to schools

This wellness policy can be found on Google Drive > Health Services > Health Forms.