

Wellness Policy

Don Bosco Cristo Rey High School

of the Archdiocese of Washington

1010 Larch Avenue

Takoma Park, MD 20912

Wellness Team Members

Ana Chapa, Assistant Principal for Student Life

Ben Runyon, Business Manager

Chris Lesesne, Athletic Director

Guadalupe Solis, Student

Mission Statement

Don Bosco Cristo Rey High School's Wellness Committee was formed to provide hands-on nutrition, health and physical education knowledge and skills that promote the health, growth and development of our students.

Components Covered in the Wellness Policy

- The school is an effective nutrition education resource for our students and their families, providing relevant information in the daily school setting as well as in parent meetings and on the school's website.
- Students receive consistent health and nutrition messages throughout the school.
- The staff members who provide nutrition and physical education have appropriate and ongoing training.
- Licensed counseling staff work with our students regarding their environmental issues, eating disorders, sex education, substance abuse, and other health issues that affect teens.
- Students are encouraged to make healthy breakfast, snack and lunch choices on the days when they are at their work study jobs rather than at the school.
- The wellness policy is displayed on the school's website with an open invitation to the public and all stakeholders to give input and suggestions for the improvement or implementation of the policy.
- The Wellness Committee will periodically review and revise the wellness policy to reflect growth in the student body, stakeholder input and best practices.

Physical Education Guidelines

- Physical Education classes are offered in the gymnasium and outdoor facilities.
- Students are required to take a minimum of two hours of instruction in physical education each week.
- During Physical Education classes, students are engaged in the fundamentals of aerobic and anaerobic exercise.
- All students are encouraged to try out for at least one interscholastic sport each year. Sports are offered in three seasons of the year.
- The school maintains active intramural volleyball, flag football and soccer programs as well as a Latin Dance Club.
- The goal is for a minimum of 35-40% of the students to be involved in an interscholastic, intramural or club sport.

Health Education Guidelines

- Students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

- Health education curriculum standards and guidelines include both nutrition and physical education.
- Students are required to take a minimum of two hours of health instruction per week.
- Students participate in Healthy Choice Week each year, which is a collaboration between the Student Government and the Counseling Department. Staff, students and guest speakers present information and activities related to healthy living during this week.
- All freshmen receive OSHA training that covers workplace safety before they begin their work study job placements.
- All faculty and staff receive yearly training on OSHA health and safety guidelines in a school environment.

Nutrition Guidelines

- Snacks are offered to students, free of charge, for breakfast. These snacks include the following: granola bars, cereal bars, protein bars, Greek yogurt and cereal with skim or 1% milk.
- All snacks provided for breakfast consist of 6% fat grams or less per serving, no more than 40% sugar by weight, and less than 480 mg of sodium.
- No snacks are currently sold during the school day. There are no vending machines in the school.
- Milk served at lunches is a choice between 1% and skim milk.
- Fresh fruit is served every day at lunch.
- At least five qualified food components are offered at every lunch.

Measuring Implementation

- The wellness team will periodically meet with a combination of parents, students, and other interested stakeholders to assess the implementation of these policies.
- The wellness plan will be periodically compared with other model wellness plans and programs.
- A report on the progress and success in implementing the plan will be produced following any assessment of the policy and/or program.
- The Assistant Principal for Student Life is designated to ensure that the school complies with the wellness policy.