



SAINT MARTIN DE PORRES

CLEVELAND'S CRISTO REY HIGH SCHOOL

WELLNESS POLICY

I. INTRODUCTION

The risk for obesity and unhealthy behaviors among school age individuals is on the rise. The USDA believes schools should have a role in educating individuals on healthy behaviors to maintain a healthy lifestyle. Saint Martin De Porres has created a comprehensive wellness policy that will ensure the school prioritizes student health and well-being in their daily activities.

II. POLICY

In accordance with Ohio Revised Codes 3313.60 and 3313.6011, Saint Martin De Porres is committed to implementing procedures that will promote student wellness and aid in reducing childhood obesity rates.

a. Saint Martin will convene or require the FSMC to convene an advisory board (the "Wellness Committee") may comprise Faculty, Staff, Students and Family members to monitor and assess compliance with the Wellness Policy Guidelines, and if necessary, assist in menu planning. All meetings should be documented.

b. The Wellness Committee will meet on a semi-annual basis beginning Fall 2025. The Head of the Wellness Center will be responsible for convening the Wellness Committee and will report to the CFO on its progress. In addition, the Wellness Committee will produce periodic communication pieces to be presented in the school newsletter and social media posts that inform and educate members of the Saint Martin community and our families on opportunities and information aimed at improving wellness.

c. The Wellness Committee will produce an annual report of steps taken and outcomes produced from this policy and the actions of the Wellness Committee. Assessment instruments will be researched and implemented to determine efficacy.

III. PROCEDURES

1. Nutrition Standards

- a) Administrative staff will ensure that all students have a minimum of 30 minutes for breakfast and 30 minutes for lunch with at least 20 minutes to consume meals. Administrative staff will ensure the dining atmosphere is pleasant and conducive to appropriate food consumption and socialization.

b) In accordance with the USDA Public Law 111-296, Healthy Hunger-Free Kids Act of 2010, 7CFR, Parts 210 and 220, the Executive Director of Food and Child Nutrition Services will ensure that:

- i. When averaged over a school week, nutrition standards will be met for the Grades 9-12 grouping. A school week is considered a minimum of three consecutive days or a maximum of seven consecutive days.
 - a. Meals will contain 10 percent or less, calories from saturated fat, as a weekly average.
 - b. The minimum and maximum weekly caloric range for each food group is met:
 1. For lunch: Grades 9-12: 750-850Kcal
 2. For breakfast: Grades 9-12: 450-600Kcal.
 - c. Meals will meet gradual sodium reduction plan. Currently implementing sodium target 1; less than 1420mg working towards implementing sodium target 2; less than 1080.
 - d. Lunch meals will contain a variety of vegetable colors including minimum required amounts for red/orange, dark green, beans, starchy, and other.
 - e. Breakfast meals will contain, at minimum, a fruit, grain, and milk.
 - f. All meals will contain a minimum of 2 ounces protein at lunch.
 - g. All meals will contain a minimum of 2 ounces grain at lunch, 1 ounce grain at breakfast.
 - h. Students will be offered protein, grain, fruit, vegetables and milk at each lunch meal period and will be required to take three of those five components including a fruit or a vegetable.
- ii. The quality of prepared, purchased and delivered foods serviced meets all local health code standards.
- iii. Meals will at a minimum, meet Federal Regulations and be in accordance with the most recent Dietary Guidelines for Americans.
- iv. Any a la carte offerings will meet Ohio Senate Bill 210 Beverage and Snack Guidelines.
- v. The use of food as a punishment is prohibited. The U.S. Department of Agriculture prohibits the use of food as a form of reward or punishment.

2. Food On Campus OTHER than from Food Service Provider (AVI Food Services)

- a) Food available in Vending Machines:
 - i. Snack foods available should be low in sugar and saturated fats
 - ii. Beverages should not contain artificial sweeteners OR sugars (water, sparkling fruit waters without added sugar or artificial sweeteners are preferred)
- b) The food consumed as part of a class or school sponsored activity should follow nutritional guidelines for healthy breakfast and lunch, not depending on sugary, salty or high fat foods.

3. Physical Activity

- a) Students will participate in a required PE class in accordance with Ohio state law.
- b) Additionally, they will participate in a Health class that will include instruction on caloric intake and expenditure through movement – both cardio and strength training.
- c) Students will have multiple opportunities to participate in sports programs at every level – from beginner to expert. Saint Martin will continue to provide and encourage athletic participation for all students regardless of fitness or skill level at the start. Saint Martin offers men's and women's sports at the Varsity and JV levels throughout the school year.