

LOCAL WELLNESS POLICY

CRCS is committed to developing learners' skills and behaviors that promote lifelong health and wellness. This policy uses the CDC's Whole School, Whole Community, Whole Child (WSCC) model which has an underlying purpose of establishing greater alignment, integration, and collaboration between health and education across the school setting to improve each child's cognitive, physical, social, and emotional development. The Board recognizes that social-emotional well-being and academic performance are inextricably linked to the overall context in which students develop and the relationships they build over time. Practices that build relationships and create learning environments that support positive social and emotional growth for both learners and staff foster lifelong learning. CRCS is committed to providing an environment that supports learner and staff wellness, nutrient-rich food choices, nutrition education, physical education and regular physical activity, social and emotional wellness, and a safe school environment.

Staff Wellness

Our district recognizes that all employees are involved in setting the culture and tone of the education process. CRCS will support programs that engage staff in learning and practicing healthy lifestyle behaviors. CRCS supports the designation of 3.5 hours annually for staff development dedicated to Staff Wellness to be planned by the CRCS Wellness Committee. The goals for Staff Wellness are:

- Promote employee wellness awareness in order to demonstrate the importance of health attainment
- Encourage strategies to support staff in actively promoting and modeling healthy eating, physical activity, and emotional wellness
- When feasible, during professional development days, time will be built into the schedule to allow staff to participate in wellness activities and practice self-care
- Provide a reasonable amount of additional break time to accommodate an employee desiring to express breast milk for the employee's infant child. Reasonable efforts should be made to provide employees with the use of a room or other sanitary location so that the employee may express breast milk in private

NUTRITION

Nutrition Education

Learners shall receive nutrition education integrated within the comprehensive health education curriculum. Nutrition education will teach learners the skills necessary to make nutritious choices. This includes, but is not limited to teaching variety when making food choices, maximizing nutrient levels while minimizing empty calories, and balancing these principles with moderation. School staff will collaborate with other community agencies when possible to provide learners with further nutrition education.

In-School Meal Standards

CRCS's school lunch program promotes healthy eating habits that educate the children on the role of food in their lives and how to make healthy food choices. CRCS's goal is to provide a school lunch program that seeks input from learners and capitalizes on locally sourced food products and services whenever possible and feasible.

School personnel will assist learners in developing healthy meal hygiene practices. Learners will be provided adequate time to finish their meals and appropriate supervision shall be provided in the cafeteria with rules for safe behavior consistently enforced.

Nutrition Guidelines

School-based marketing will be consistent with nutrition education and health promotion. Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (USDA Smart Snacks in School rule). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Nutrition Standards for Consumption, Sale or Service of Food Outside of USDA School Meals

Learners and staff will have access to free, safe drinking water throughout the school day. Food items brought from home for a learner's personal consumption (not served or sold to others) are not required to follow federal or state guidelines and cannot be confiscated, nor can the learner be given disciplinary actions for such items.

Soda and candy will not be sold or served to CRCS learners during the school day. Personal soda consumption is discouraged and only water is recommended for all while in the classroom.

Food and beverages sold or served at CRCS evening and community events on school grounds, including athletic events, dances, and performances, will include healthy options.

CRCS employees are encouraged to model healthy eating, including snacks and beverages served at their own celebrations and events held within the school building.

Food and Beverage Advertising and Marketing

Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 12. For the purposes of this subsection, "advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds, or advertising on product packaging.

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating. School administrators, staff, parents, learners, and community members will be strongly encouraged to model healthy eating and physical activity as a

valuable part of daily life. The principal, or designee, will be responsible for health and wellness communication beyond required policy implementation reporting.

School Events/ Parties/ Fundraisers

CRCS encourages:

- Nutrient rich foods to be served at classroom parties, celebrations, and school-sponsored events (including booster clubs) and unhealthy choices will be limited.
- Parents to provide daily healthy snacks from home and food for classroom parties or events. Notices shall be sent to parents/guardians either separately or as part of a newsletters, reminding them of the necessity of providing healthy treats for learners and/or encouraging the use of non-food treats for celebrations and rewards.
- Alternatives to food as rewards.
- Administrators, staff, and visitors to model nutritious food choices and eating habits.
- Healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

PHYSICAL ACTIVITY

All CRCS staff will work together to learn new strategies to incorporate physical activity and movement breaks within the school day for all grade levels. This includes using physical activity as a reward. CRCS will encourage parents to support their children's participation in community physical activities through school-home communications

All learners shall have the opportunity to participate regularly in organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged. Learners shall have the opportunity for 60 minutes of daily physical activity, which may include recess, classroom activities, and/or physical education type activities.

Effort should be made to allow all learners to go outdoors for their daily recess time. If recess must be held indoors due to weather, facilitators should allow reasonable and appropriate physical activity in the classroom. CRCS shall have proper equipment and a safe area designated for supervised recess. Learners who remain inside due to health concerns must have a valid request from their primary care medical provider or a note from their parent/guardian if they are acutely injured and have not yet seen a physician. Children with asthma for whom cold air is a trigger, will stay in as directed by their School Asthma Health Plans. Exceptions to this rule for safety reasons may be made at the discretion of the principal or as described by an individual education program.

Other School-Based Wellness Activities

Each building, with prior approval of the Executive Director, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity. The schools are encouraged to collaborate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

SAFE SCHOOL ENVIRONMENT

CRCS shall provide an equitable, safe, and positive school environment, climate, and culture for all learners and families in collaboration with school staff. The goals for developing a Safe School

Environment are:

- Maintain school environments that promote and enhance physical and emotional safety for all students and staff
- Design physical school environments to facilitate and promote students' healthy behaviors.
- Emphasize strategies that promote student engagement and academic success toward building a positive school climate
- Identify strategies and resources to improve school members' sense of safety, value, respect, and engagement.
- Emphasize the importance of positive school climate by identifying data from school climate surveys.

SOCIAL EMOTIONAL WELLNESS:

Our district shall provide students and staff with resources to enhance social and emotional wellness. The goals for Social-Emotional Wellness are:

- Maintain school environments that promote students; development of resilience while enhancing and promoting the development of protective factors.
- Promote school policies that emphasize the importance of social-emotional learning as the process to acquire necessary skills for school success
- Enhance the knowledge of social and emotional learning competencies as defined by the Collaborative for Academic, Social and Emotional Learning (CASEL)
- Schools will have methods, strategies and supports to screen, identify early, and provide support to students with lagging skills.

IMPLEMENTATION AND MONITORING:

Building Principals or their designee shall be responsible for the implementation of the Local Wellness Policy at the building level, for monitoring efforts to ensure that the intent of the Wellness Policy is adhered to, and for reporting to the Executive Director, School Board and community. The wellness policy will be made available to the public on the school website.

The Executive Director shall appoint a district-wide Wellness Committee that will serve as an advisory committee to student and staff wellness. This committee shall be comprised of at least one of each of the following:

- Board Member
- School Administrator
- Food Services Director/Designee
- Learner Representatives
- Parent Representative
- Community Representative

The District Wellness Committee may also include:

- School Nurse
- Facilitators(s)
- Guidance Counselor
- Social Worker
- Community Organization or Agency Representative
- Other staff, as designated by the Board
- Other Persons, as designated by the Board

This policy shall be assessed triennially to determine compliance with this policy and progress on goal attainment.

Reports may include, but are not limited to:

- The status of the school environment in regard to learner wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- Summary [OR: List] of wellness programs and activities in the schools
- Feedback from learners, parents, staff, school administrators, and wellness committees
- Recommendations for policy, program, or curriculum revisions

District to conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the wellness policy;
- How the wellness policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy

Any person who observes practices inconsistent with the Local Wellness Policy should contact the school principal. If inconsistencies are still not adequately addressed, any person may contact the Executive Director.

Learners, facilitators, parents will be solicited for input in regards to CRCS' wellness programs. This can include but is not limited to surveys, promotions, parent meetings, open houses and other forms of communication to improve school wellness. The school will engage parents and the community through newsletters or handouts sent home, presentations focusing on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents. The school will communicate content/information to parents about the Wellness Policy, along with resources and lists of healthy snacks, celebration guidelines and opportunities for physical activity before and after school.

Legal Reference: 42 U.S.C 1751 (Healthy, Hunger-Free Kids Act of 2010)

Adopted: 9/12/2012
 Revised: 11/26/2018
 02/10/2020
 10/13/2021