



Wellness Policy Statements

Crossover Preparatory Academy (CPA) is an all-boys and all-girls private Christian school serving students in grades 6-12 with the mission of developing educated, godly young men and women who love north Tulsa.

CPA emphasizes a holistic education, partnering with students to fulfill their God-given potential in mind, body, and spirit. To that end, the following policies and practices to promote health and wellness are to be adopted.

Nutrition Education and Promotion:

CPA will strive to achieve the following goals:

- I) Provide students and parents with regular access to school menus for breakfast and lunch via our weekly newsletter
- II) Provide occasional nutrition and health tips for families via our weekly newsletter
- III) Keep students, staff, and families informed of any life-threatening or severe allergies in our school community and enforce any regulat

Physical Activity

CPA will strive to achieve the following goals:

- I) Course offerings
 - a. Offer physical education and/or interscholastic athletics every trimester as a middle school elective
 - b. Offer interscholastic athletics every trimester as a high school elective
 - c. 9th graders must complete a Wilderness Survival course, including first aid and CPR training, culminating in a 25-30 mile backpacking trip
 - i. 9th graders will have multiple qualifying checkpoints throughout the year, including timed walking/hiking/running activities (weighted and unweighted), with remedial practice opportunities for students who do not qualify
- II) Recess and extracurricular
 - a. Students will have recesses and free sport available during recess at least three times a week

Other School Based Activities

CPA will strive to achieve the following goals:

- I) Promote fitness and physical activity by offering interscholastic athletics
- II) Promote health and nutrition by offering after-school clubs as gardening club, running club, and/or cycling club

- III) Require students to participate in 1-2 activities (depending on grade level) per year, including sports
- IV) Promote nutrition by offering after-school snacks at study hall consistent with USDA guidelines for snacks

Nutrition Guidelines for All Foods on Campus

CPA will:

Offer school meal menus (lunch, breakfast, and snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Program

Follow the USDA Smart Snacks in School Standards for all foods sold in school.

There are currently no standards placed on food items given (not sold) to students. The wellness committee may adopt more stringent standards on all foods available to students at a later date.

Food and Beverage Marketing of Foods Sold on Campus

CPA will:

Ensure only foods meeting the Smart Snack standards will be marketed during the school day. Marketing of non-compliant food and beverages will not be permitted during the school day.

Implementation and Review

- I) **Mark Cruz, Operations Manager**, is responsible for ensuring the implementation of the school wellness policy as written here.
- II) The school wellness policy will be reviewed on an annual basis by the Safe, Healthy, and Fit Committee, which will compare CPA's policy to the model policy (the model local wellness policy can be found online here: <https://www.healthiergeneration.org/asset/wtqdwu/14-6372-ModelWellnessPolicy.do+++++c>). The Athletic Director, as a member of that committee, will report on the evaluation of the policy and progress toward goals.
- III) Links to the current policy and the most recent progress report are to be posted, at all times, on the school website, www.crossoverprep.org. A copy of the policy and implementation report will be made available to all who request it. Anyone interested in participating in the implementation and ongoing development of the wellness policy is encouraged to email Mark Cruz at mark.cruz@crossoverprep.org

Healthy, Safe, and Fit Committee:

Chair: John Lepine, Boys' School Principal

Members:

Joanna Shrewsbury, Girls' School Principal and parent
Mark Cruz, Operations Manager and parent
DeMarco Taylor, Academic Coach and teacher
Brittany Record, parent
Brayden Record, student
Bryce Record, student
Elizabeth Hasse, student
Theodore M. Hasse, student