



# 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**

**CPA will strive to achieve the following goals:**

- I) Offer free physicals to students including important information about pre-diabetes, allergic reactions, and other nutrition-related health literacy basics
- II) Provide occasional nutrition and health tips for families via our weekly newsletter

## **Nutrition 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 regulations pertaining thereto

## **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. 9<sup>th</sup> graders must complete a Wilderness Survival course, including first aid and CPR training, culminating in a 25-30 mile backpacking trip
    - i. 9<sup>th</sup> 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.

For beverages or food items given (not sold) to students, no item or combination of items in excess of 35 grams of sugar may be given to students within the scope of one school event/activity (e.g. class party, prize for winning a competition, etc.).

### **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 assessed 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 Committee Chairman will issue a report on the committee's assessment 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](http://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](mailto: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