



# **Health and Wellness Policy**

## C.B. Community Schools Health and Wellness Policy

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### Introduction

CB Community School (hereinafter “CBCS”) is committed to the optimal development of every student. CBCS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines CBCS’ approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in CBCS have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of CBCS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- CBCS establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all CBCS students, faculty, and staff. CBCS will coordinate the wellness policy with other aspects of school management as appropriate. Specific measurable goals and outcomes are identified within each section below.

### **I. School Wellness Committee**

#### ***Committee Role and Membership***

CBCS will convene a representative wellness committee (hereinafter referred to as the “WC”) that meets at least four times per year to establish goals for and oversee school health and safety

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policies and programs, including development, implementation and periodic review and update of this wellness policy.

Committee membership will represent all school levels and include (to the extent possible), but not be limited to: parents/caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff), school administrators health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the Committee will reflect the diversity of the community.

### **Leadership**

The CEO or designee(s) will convene the WC, facilitate development of and updates to the wellness policy, and ensure compliance with the policy.

The designated official for oversight is Megan McCrea, Director of Food Services.

The name(s), title(s), and contact information of the Wellness Committee members are:

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Sloan Carter	Student Services Coordinator	scarter.cbcommunityschools@gmail.com	Policy implementation and review
Megan McCrea	Director, Food Service	Mmccrea.cbcommunityschools@gmail.com	Policy implementation and review
Eric Pappas	Phys Ed. & Health Instructor	Epappas.cbcommunityschools@gmail.com	Policy implementation (focus on phys. ed. and health)
Victoria Rodney	School Leader	vrodney.cbcommunityschools@gmail.com	Policy implementation and review
Sara Schwartz	Director of Social Services	Sschwartz.cbcommunityschools@gmail.com	Policy implementation and review
Zeelyna Wise	Mindfulness Coordinator	zwise.cbcommunityschools@gmail.com	Policy implementation (focus on mindfulness)

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### II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

#### *Implementation Plan*

CBCS will develop and maintain a plan to manage this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that CBCS use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: [www.cbcommunityschools.org](http://www.cbcommunityschools.org)

#### *Recordkeeping*

CBCS will retain records to document compliance with the wellness policy at 4101 Freeland Avenue, Philadelphia, PA 19128. Documentation maintained in this location will include:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy; including an indication of who is involved in the update and methods CBCS uses to make stakeholders aware of their ability to participate on the WC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

#### *Annual Notification of Policy*

CBCS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. CBCS will make this information available its website and/or written communications. CBCS will provide as much information as possible about the school nutrition environment. This will include a summary of events or activities related to implementing the wellness. Annually, CBCS will also publish the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

#### *Triennial Progress Assessments*

At least once every three years, CBCS will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which CBCS is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

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The position/person responsible for managing the triennial assessment and contact information is Megan McCrea, Food Service Director, email: mmccrea.cbcommunityschools@gmail.com.

CBCS will notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The WC will update or modify the wellness policy based on the results of triennial assessments. CBCS will also modify or update the wellness policy as priorities or community needs change; wellness goals are met; new health science, information, and technology emerge; or new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

CBCS is committed to being responsive to community input, which begins with awareness of the wellness policy. CBCS will actively communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. CBCS will also inform caregivers of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. CBCS will use electronic mechanisms, such as email or displaying notices on its website, as well as non-electronic mechanisms, such as first class mail, presentations to caregivers, or sending information home to caregivers, to ensure that all families are actively notified of the implementation of and updates to the wellness policy, as well as how to get involved and support the policy. CBCS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that CBCS is communicating important school information with caregivers.

CBCS will actively notify the public about the content of or any updates to the wellness policy at least annually. CBCS will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **III. Nutrition**

### ***School Meals***

CBCS is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of students within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

CBCS participates in USDA child nutrition programs specifically the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Are accessible to all students;

- Are appealing and attractive to students;
- Are served in clean and pleasant settings;

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- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (CBCS offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Ensure that all grains offered in meals are whole grain rich;
- Ensure that foods are free of artificial sweeteners, flavors or colors;
- Offer a variety of fruits and vegetables daily, including dark green, red/orange and legumes weekly; and
- Promote healthy food and beverage choices.

### ***Meal Times and Scheduling***

CBCS shall ensure that:

- The school campus is open in time for student meal times;
- Students shall be provided with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- Meal times are scheduled at appropriate hours;
- Student tutoring and club or organizational meetings or activities shall not be scheduled during mealtimes, unless students may eat during such activities;
- Students have access to hand washing or hand sanitizing before meals or snacks.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, safe, unflavored drinking water will be available to all students, without restriction and at no cost, throughout the school day\* and throughout the campus\* (see glossary). CBCS will make drinking water available where school meals are served during mealtimes.

### ***Competitive Foods and Beverages***

CBCS is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. Foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. If the offered non –sold competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply

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1. Celebrations and parties. CBCS hosts occasional school celebrations, community days, and special events such as pizza parties. These occasions do not occur more frequently than once a month.
2. Rewards and incentives. Neither foods nor beverages will be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. At special events, CBCS may distribute gift cards to students who have demonstrated a commitment to CB Community School's Plan for Peace and Justice.

CBCS shall maintain a list of suggested nonfood ideas and healthy food and beverage alternatives and will make same available to caregivers, faculty and staff via CBCS website, student handbooks, newsletters, posted notices or other communication methods.

### ***Fundraising***

CBCS will make available to parents and teachers a list of healthy fundraising ideas including examples from the [Alliance for a Healthier Generation](#) and the [USDA](#).

If CBCS participates in fundraising, it will use primarily non-food fundraisers, and encourage fundraisers that promote physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.). If a fundraiser sells food, the foods or beverages will meet or exceed the Smart Snacks nutrition standards.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the CBCS campus. . Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, caregivers, students and the community. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans. School staff shall avoid eating less healthy food items in front of students.

CBCS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### ***Nutrition Education***

CBCS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to teach, encourage, and support healthy eating by students;
- Is part of not only health education classes, but also integrated into other classroom instruction;



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- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as contests, promotions and taste-testing;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes professional development training for teachers and other staff to enhance skills in nutrition education training.

### ***Essential Healthy Eating Topics in Health Education***

CBCS will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

CBCS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. CBCS strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on campus that contains messages inconsistent with the health information CBCS is imparting through its nutrition education and health promotion efforts. It is the intent of CBCS to protect and promote student's health by permitting advertising and

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marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As CBCS reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions will reflect the guidelines established by CBCS wellness policy.

### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. CBCS is committed to providing these opportunities. CBCS will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific requirements pertaining to participation.

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To the extent practicable, CBCS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. CBCS will conduct necessary inspections and repairs.

### ▪ **Physical Education**

CBCS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. CBCS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All CBCS students are required to take the equivalent of one academic year of physical education.

CBCS physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

*The physical education program will*

*ensure that every effort is made to optimize physical education time in shared spaces;  
devote at least fifty (50%) percent of class time to moderate to vigorous physical activity;  
include components related to self-management, movement, cooperation, fair play, social skills, and healthy decision-making;  
be designed to meet the needs of all students (athletic and nonathletic), feature cooperative as well as competitive activities, and focus on understand and ownership of personal fitness and wellness for life;  
take into account gender and cultural differences in student interests*

**Essential Physical Activity Topics in Health Education**CBCS requires its students to take and pass at least one health education course. CBCS will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

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- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

CBCS recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week.

CBCS will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

CBCS will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

CBCS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. CBCS will encourage students to be physically active before and after school.

### ***Active Transport***

CBCS will support active transport to and from school, such as walking or biking and, where possible, will:

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- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

### **V. Other Activities that Promote Student Wellness**

CBCS has implemented a mindfulness program for students, faculty, and staff. CBCS believes mindfulness is key for students and the school team to experience improved self-awareness, emotional control and an overall healthier state of mind. These will increase potential to learn, teach and develop as individuals. The mindfulness program incorporates trained teachers and student coaches to implement a year-long program to create an environment of caring, respect, learning and teaching.

CBCS will integrate other wellness activities across the entire school setting, not just in the cafeteria and physical activity facilities. CBCS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

#### ***Community Partnerships***

CBCS will strive to develop and continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation.

#### ***Community Health Promotion and Family Engagement***

CBCS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

As described in the "Community Involvement, Outreach, and Communications" subsection, CBCS will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information

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home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

CBCS will encourage and may provide opportunities and programs related to staff wellness, in collaboration with insurance providers or other outside agencies. ***Professional Learning***

When feasible, CBCS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help CBCS staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing academic improvement plans/efforts.

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### *Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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- <sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S-813S.
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- <sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497-505.
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- <sup>12</sup> Singh A, Uijtendwillighe L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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- <sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>