

Cristo Rey San Jose Health & Wellness

Program Goals

CRSJ has created a model, comprehensive Health and Wellness Program, the goal of which is to engage students in healthy habits to promote lifelong health and improved academic performance. Through the program, students increase strength and improve heart rate and blood pressure, engage in new forms of exercise, and eat more healthfully.

Components:

1. Morning Jump Start -- Students will begin the day with exercise to activate students' brains, and as a result, will increase student learning and engagement in real physical exercise to promote healthy lifestyles. Additionally, Morning Jump Start seeks to build core physical fitness to increase overall health and to expose students to a variety of physical activities. The goal is for students to become lifelong fitness aficionados at the completion of the four-year sequence.

Students will exercise for 50 minutes each morning. Students will rotate each week through different activities. There will be two set rotations for a month: fitness boot camp and yoga. For the other two weeks, students will rotate through sports, such as soccer, Tae Kwon Do, speed ball and dodge ball, and dance, such as hip-hop, and Zumba.

During the first half of the year students will be exposed to 10 different types of activities in weekly intervals. During the second half of the year, students will sign up for two week activities to get more in-depth practice based on interest. Students will still complete fitness boot camp and yoga for a week each once a month. For the last month of the school year, students will sign up for a month long elective based on their interest.

2. Health Statistics Monitoring -- Students will learn key health measurements; they will receive quarterly checks to aid goal setting for eating and exercising. Students will use heart rate monitors, blood pressure machines, and step counters to provide more consistent checks on health statistics. Students will engage in logging activities of exercise, eating, and statistics to promote goal setting for long term health.
3. Healthy Meals -- Students are served breakfast after Jump Start, lunch, and afternoon snack. CRSJ covers costs for students who qualify for reduced meals and the cost of snack for all students. Through this component, approximately 84% of all Cristo Rey students will be able to eat two healthy Revolution Foods

meals daily for free. These meals are in compliance with the free-and-reduced lunch program standards.

4. No Junk Food Policy -- Students are not allowed to bring in chips, candy, sweets, or sugared drinks on campus. Any items brought will be confiscated. Additionally, adults model this behavior by not consuming junk food on campus.
5. Hydration – CRSJ has two filling stations on campus. Teachers will take hydration breaks throughout the day to encourage student hydration. Water bottles are an encouraged item for students to bring to school.
6. Parent and Family Wellness- Parents will receive education and opportunities for exercise through the school community in order to engage the whole family in health education and physical exercise. By increasing the physical wellness of parents, we hope that students will have healthy values reinforced and modeled at home. Workshops will be provided on topics like healthy eating, and CRSJ will organize exercise events such as Zumba nights to encourage physical fitness. We will work closely with the Parent Committee to schedule events in order to increase parent participation.
7. Students are offered at least one sport and a multitude of clubs for students to engage in physical activities. We offer girls volleyball, soccer, track and field, and other sports for students. As a small school, it is hard to field a full team for many sports, so we also offer clubs like running, golf, cycling, football, and hiking for students to participate in.

Program Outcomes

1. Improved health as seen by student heart rate and blood pressure statistics
2. Increased hours of weekly exercise by students on their own
3. Healthier diets for students as measured by amount of fruits, vegetables, junk food, and desserts consumed weekly
4. Increased understanding of nutrition and exercise by parents.

Metrics

Volume Metric Examples: Services/Encounters

Metric	6 Month Target	12 Month Target
Total services/encounters		
Fitness sessions (hours)	75	150
Healthy Meals	180	360

Impact Metrics: Outcomes

Metric	6 Month Target	12 Month Target
70% will show improved health per heart rate and blood pressure	200	262
70% will increased their hours of weekly exercise on their own	200	262
80% will have healthier diets for students as measured by amount of fruits, vegetables, junk food, fast food, and desserts consumed weekly	250	300

Measurement/Evaluation

1. Health Statistics Monitoring: CRSJ will monitor health statistics of blood pressure and heart rate three times during the course of the program.
2. Survey: Students, staff, and parents will complete annual surveys on the impact of the program in the spring of each school year

Key School Officials Responsible for Program

1. Joe Albers, Principal, ensures annual implementation and review outcomes
2. Carla Jasso, Dean of Student Engagement and Support, has oversight over the program and tracks outcomes
3. Emily Cunningham, Director of Operations, has oversight over the Free-and-Reduced Lunch Program and tracks outcomes
4. Jeff Cook, Teacher, is point person for Health and Wellness program and organizes parent and staff events
5. Jose Villanueva, Teacher, leads one sports rotation for Morning Jump Start
6. Ryan Martin-Spencer, Teacher, leads one sports rotation for Morning Jump Start
7. Richard Piland, Teacher, leads one rotation for Morning Jump Start
8. Daniel Ciccarello, part time teacher, helps organize parent and staff events, and leads one sports rotation for Morning Jump Start.

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