

Crystal Boarding School Student Wellness Policy

SY 2026-2027



Promoting Healthy Minds, Healthy Bodies, & Lifelong Success

**Prepared For:
Crystal Boarding School Community**

Table of Contents

Preamble.....	3
School Wellness Committee.....	4
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement.....	6
Nutrition.....	8
Physical Activity.....	10
Other Activities that Promote Student Wellness.....	12
Appendix A: School Contacts.....	13

Preamble

The wellness policy serves as assurance that Crystal Boarding School guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Crystal Boarding School recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness and ability to learn. It is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The school believes that students who learn and practice healthy lifestyles may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk to obesity, diabetes and other chronic diseases.

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. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. 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. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

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

- Students in the school have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– 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.
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and

- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

Crystal Boarding School Vision Statement

Crystal Boarding School recognizes that the global communities of the 21st Century must care, respect, and share the resources of Mother Earth. Our vision is to create a family school so that community of learners can

- Understand computers, as well as the technology of today and tomorrow.
- Work cooperatively with global communities
- Communicate effectively with other cultures and share the democratic principles of life, independence, and generosity.
- Acquire life skills and attitudes that lead to better quality lives.
- Prepare themselves for the jobs of the future; and
- Solve problems in flexible, adaptable ways through a variety of talents.

Crystal Boarding School Mission Statement

The mission of Crystal Boarding School is to teach valuable, necessary skills.

Crystal Boarding School Philosophy

The philosophy of Crystal Boarding School is to empower students through the principles of Nitsahakees, Nahata, Iina, and Siihasiin to become analytical, critical thinkers and the leaders of tomorrow.

I. School Wellness Committee

Committee Role and Membership

The Wellness Committee may be comprised of at least one of each of the following:

- School Principal
- Food Services Supervisor/Helper
- Teacher(s)
- Mental Health and Social Services Staff

- School Board Members
- Dormitory Supervisor
- Student representative
- Other staff/ person, as designated by the principal
- Community organization or agency representative
- Health Professionals (e.g., dietitians, doctors, nurses, dentists, health educators, and other allied health personnel who provide school health services).
- Parent / Community representative

The Wellness Committee will meet at least twice a year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school level wellness policy.

Leadership

The principal or designee(s) will convene the Wellness Committee and facilitate development of and updates to the wellness policy and will ensure the school's compliance with the policy.

The designated office for oversight is:

Name: School Safety Committee

Title: Principal

Email Address: @bie.edu

Phone Number: (XXX)-XXX-XXXX

The name(s), title(s), and contact information of these individuals are:

Name	Title	Email Address	Role on Committee
Gerri Stewart	CDSO	gerri.stewart@bie.edu	Facilitator
Tashina Brown	Cook Supervisor	tashina.brown@bie.edu	TBD
Angel Smith	Maintenance Worker	Angel.smith@bie.edu	TBD
Gloria Halona	Bus Driver	gloria.halona@bie.edu	TBD
Nathan Shirley	School Clerk	nathan.shirley@bie.edu	Scribe
Vacant	Principal	TBD	Monitor

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

Wellness Policy Implementation

The New Mexico Wellness Policy is comprised of Ten Components with a focus of the Centers of Disease Control and Prevention's School Health Index:

1. **School Wellness Committee-** Responsible for the local Wellness Policy. The school will meet a minimum of two times annually for the purpose of making recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy. The designated lead will be the school principal who will ensure local school wellness policy compliance and implementation. A plan is in place for measuring implementation and evaluation of the local school wellness policy.
2. **Family, school, and community involvement-** Integration of family, school, and community. Public updates, including public access to the wellness policy, summary of changes made on at least an annual basis, annual assessments, and triennial assessments. These stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy.
3. **Health Education-** Be responsible for initiating challenges and attending training. Instructional program that provides opportunities to motivate and assist.
4. **Health Services-** Students maintaining and improving their health, preventing disease, and reducing health-related risk behaviors.
5. **Healthy and Safe Environment-** Services provided for students to appraise, protect and promote health. Healthy and Safe Environment – The physical and aesthetic surroundings the psychosocial climate and culture of the school.
6. **Nutrition** – Program will provide access to a variety of nutritious and appealing meals and snacks that accommodate the Health and Nutrition needs of all students.
7. **Physical Activity** – Body movement of any type of which includes recreational, fitness, and sport activities.
8. **Physical Education** – the instructional program that provides cognitive content and learning experiences in a variety of activity areas.
9. **Social and Emotional well-being** – Services provided to maintain and/or improve students' mental, emotional, behavioral and social Health.

10. **Staff Wellness** – Opportunities for school staff to improve their health status through activities such as Health Assessments, Health Education and Health-related fitness activities.

The wellness policy and the progress reports can be found at <https://crs.bie.edu/>. This policy will be posted on the kitchen bulletin board and sent by email or fax to the Chapter Houses in Crystal, Sawmill, and Fort Defiance for posting on their bulletin boards. The policy will be available to the public on request at the main office.

Recordkeeping

Crystal Boarding School will retain records to document compliance with the requirements of the wellness policy. Documentation will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) efforts to actively solicit School Wellness Committee membership from the required stakeholder groups; and (2) the participants' involvement in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports;
- Documentation of the triennial assessment of the policy for each school under its jurisdiction; and Documentation demonstrating compliance with public notification requirements, including (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of wellness policy.

Revisions and Updating the Policy

The wellness policy will be evaluated and revised as indicated, at a minimum every three years following the triennial assessment. Addendums may be incorporated into the policy if concerns or obstacles are identified.

Community Involvement Outreach and Communications

The school will communicate ways for wellness committee members and others to participate in developing, implementing, reviewing, and updating the wellness policy. Parents and Guardians will be informed about improvements to school meals, compliance with meal standards, available nutrition programs and how to apply, and adherence to Smart Snacks standards. The school will use emails, website notices, newsletters, presentations, and sent-home materials to keep families updated on the policy's content, implementation, changes, and opportunities for involvement.

III. Nutrition

School Meals

Crystal Boarding School will provide meals that comply with state and federal nutrition standards. Our school will provide nutritious meals with fruits, vegetables, whole grains, and fat-free or low-fat milk. Meals will be moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The program supports children's health, prevents obesity, encourages healthy eating habits, and accommodates cultural preferences and dietary needs.

Crystal Boarding School for meal service will:

- Be appealing and attractive towards children.
- Be serviced in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
- Post menus on the school website, distribute them to all staff for classroom display, and send home messages about the school menu.
- Meet students' dietary needs as outlined in the medical statement.
- Allow students sufficient time to get food and eat breakfast and lunch at proper hours, as required by the No Kid Hungry Act.
- Schedule lunch to follow recess period to better support learning and healthy eating.
- Involve students in taste-testing new entrées and conducting surveys to assist with food selection for school meal programs, aiming to identify nutritious and appealing options.
- Provide parents and students with meal nutrition details served at school.

Meal Costs

Meals are all free to students. Parents/guardians, staff, and visitors must pay for their meals unless they are monitoring students during mealtimes. Staff and visitors who want to eat a school meal and not doing lunch or morning duty will pay \$5.00 for Lunch and \$4.00 for Breakfast at the point of service and will need to sign in.

School Breakfast and Lunch Schedule

Breakfast	Lunch
Time is from 7:30 am to 8:00 am	Time is from 11:50 am to 12:20 pm

Staff Qualifications and Professional Development

Appropriate professional development will be provided for food services staff.

Water

Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Competitive Foods and Beverages

Crystal Boarding School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The food and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks 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.

All foods and drinks sold to students during the school day, outside of meal programs, must meet or exceed USDA Smart Snacks nutrition standards (7 CFR 210.11) to promote healthy choices and student well-being. Food and beverage sales are not permitted during the school day.

Celebration and Rewards

All food offered on school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. The school will provide parents and teachers with a list of recommended healthy party options.
- Parents and/or guardians may bring classroom snacks. The school will give parents and guardians a list of foods and drinks that follow Smart Snacks nutrition guidelines.
- Rewards and incentives. Teachers and staff will use non-food rewards for students, and food or drinks will never be given or withheld as a reward or punishment.

Fundraising

All food and beverage sales shall meet Smart Snack guidelines. Crystal Boarding School shall not advertise any foods that fail to meet Smart Snacks standards. The principal and staff will be

encouraged to model nutritious food choices and eating habits. The school will share healthy fundraising ideas with parents and teachers.

Nutrition Promotion and Education

Crystal Boarding School's goal is to deliver nutrition education to students that will equip them with knowledge and skills for healthy eating. This integration of nutrition education will be integrated into the District Curriculum Framework, aligned with Common Core Standards, and included in Reading, Math, and Language Arts as appropriate. Nutrition education will also appear in other subjects and after school programs.

Subjects and Topics include:

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from [MyPlate](#)
- Balancing food intake and physical activity.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans-fat*.
- Choosing foods and beverages with little added sugar.
- Eating more calcium-rich foods.
- Preparing healthy meals and snacks.
- Food safety
- Importance of water consumption.
- Social influences on healthy eating, including media, family, peers and culture.
- Influencing, supporting, or advocating for others' healthy dietary behavior.

Students will receive consistent nutritional messaging across classrooms, cafeterias, school-home communications, and partnership programs.

Food Allergies

Procedures will be in place to meet the needs of students with food allergies. Food allergy education will be provided to students, families, and staff. Safeguards will be in place to protect the students' privacy according to HIPPA Regulations.

IV. Physical Activity

Physical Education and Topics

Crystal Boarding School's goal is to provide student with physical education, using an age-appropriate, physical education curriculum consistent with national and state standards. 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. The curriculum will support the

essential components of physical education. The school will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.

All students will be provided with equal opportunity to participate in physical education classes. The school will make accommodations to allow all participants.

All students in each grade will receive physical education for at least 150 minutes per week throughout the school year.

Appropriate professional development will be provided for staff involved in the delivery of such programs at school.

Physical Activity Topics in Health Education

Health Education will be provided to all students in all grades. Health Education topics on physical activity include:

- 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.
- 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
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active.
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

The school will partner with community-based programs to provide extra-curricular activities to all students during the school year from Navajo Nation Office of Dine Youth and Tsehootsooi Medical Center Healthy Living Outreach Department to provide Tiger Tots program, Recreational Activities, Brain Breaks, CATCH, SPARKS, Wellness Based Activities, and Just Move It. These activity-based programs are intended to build and maintain physical fitness and to promote healthy lifestyles. Parents and guardians will also be encouraged to support their children's participation in physical activities, including available after-school programs.

Recess

Our school will offer at least **30 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Outdoor recess is provided when weather allows. Students may go outside unless safety concerns arise due to inclement of weather (such as snow, ice, rain, lightning or thunder) or at the principal or delegated staff's discretion.

If the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. These guidelines are supported by Positive Behavior Intervention Support. Wellness committee will develop and revise the guidelines annually to ensure the safety of students during recess.

There shall be at least two to three recess monitors or teachers to be actively monitoring students and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

Crystal Boarding Schools recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered opportunities to be active and/or stretch throughout the day on all or most days during a typical school week. The school recommends at least 3-5 minutes physical activity breaks that will complement, not substitute, for physical education class, recess, and class transition periods. Resources and ideas are available through USDA, Go Noodle, Brain Breaks, and the Alliance for a Healthier Generation.

The school 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 information on the connections between learning and movement.

Before and After School Activities

The school will provide opportunities for physical activity through its athletics after school programs. The school will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.

V. Other Activities that Promote Student Wellness

The school, with prior approval of the district and/or principal, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The school will encourage parents and students to take advantage of developmentally appropriate community-based, after-school programs that emphasize physical activity.

The principal, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

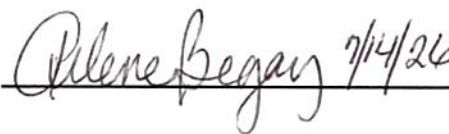
The school is encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

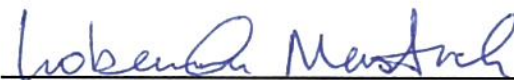
VI. Appendix A - School Contacts

Vacant	Principal
Aaron Barber	Business Technician
Nathan O'Brien	Clerk
Arlene Begay	Teacher/Acting Principal
Judith Bitsoi	Teacher (Elementary)
Vacant	Teacher (Elementary)
Lena Joyce Hardy	Substitute Teacher
Rose Gambler	Culture and Traditional Teacher
Vacant	Teacher (Special Education)
Vacant	Residential Manager
Delphine Gatewood	Education Technician
Arvena Peshlakai	Home Living Assistant
Eleanor Brown	Education Technician
Janet Thompson	Education Technician
Angel Smith	Maintenance Worker

Malcolm Blackgoat	School Bus Driver
Gloria Halona	School Bus Driver
Danny Hardy	School Bus Driver
Gerri Stewart	School Janitor
Tashina Brown	School Cook (Supervisor)
Marvin Yazzie	School Kitchen Helper

VII. Approvals

 7/14/26 Principal

 School Board President

Dr. Edie R. Morris, CPA, B.S. Navajo 07/19/2026
Education Program Administrator