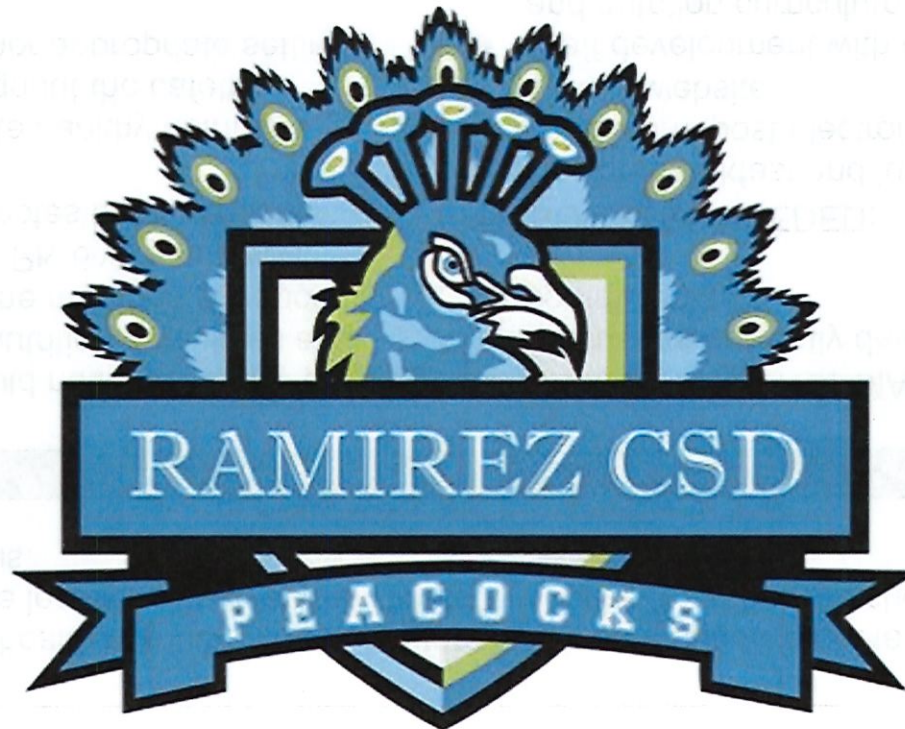


Ramirez Common School District

Local Wellness Policy

2019 – 2020



GOAL 1	The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.	
Objective:	Post health nutrition related posters at the cafeteria. Distribute copies and post on visible locations such as the District's website the monthly school breakfast and lunch menus.	
ACTION STEPS		EVIDENCE OF IMPLEMENTATION
<ul style="list-style-type: none"> • Collaborate with child nutrition staff to develop menus that follow nutrition guidelines and designed at least one month in advance. • Provide students in PK-6 with nutrition education that promotes healthy eating behaviors • Display and promote healthy nutrition messages in throughout the cafeteria, classrooms and other appropriate settings 		<p>BASELINE OR BENCHMARK DATA POINTS:</p> <ul style="list-style-type: none"> • Menus are currently developed, distributed and communicated <p>RESOURCES NEEDED:</p> <ul style="list-style-type: none"> • Design breakfast and lunch menus, make copies and post electronic version(s) to the District website • Staff development with integration of health and nutrition curriculum <p>OBSTACLES:</p> <ul style="list-style-type: none"> • Changes in the menu due to lack of food items or ingredients

GOAL 2	The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective:	Include in the science/health lesson plans activities related to and emphasizing health and nutrition.	
ACTION STEPS		EVIDENCE OF IMPLEMENTATION
<ul style="list-style-type: none"> • Collaborate with teachers to develop lesson plans and activities that provide opportunities for students to learn good nutrition behaviors. • Provide students opportunities to acquire knowledge and skills that promote health and nutrition choices reflective of positive lifestyles 		<p>BASELINE OR BENCHMARK DATA POINTS:</p> <ul style="list-style-type: none"> • Science and Health lesson plans are developed to incorporate health and nutrition every week and revise as appropriate. <p>RESOURCES NEEDED:</p> <ul style="list-style-type: none"> • Health education standards and materials integrated into core subjects via videos and research <p>OBSTACLES:</p> <ul style="list-style-type: none"> • Limited funding to enhance lesson plans with health and nutrition

GOAL 3	The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum, where appropriate.	
Objective:	Teachers will integrate physical education standards (TEKS) into their lesson plans, where appropriate.	
ACTION STEPS		EVIDENCE OF IMPLEMENTATION
<ul style="list-style-type: none"> • Collaborate with teachers to develop lesson plans and activities that encourage students to perform physical activity while learning content • Provide opportunities for every student to develop knowledge and skills to establish and maintain physical fitness that foster an active and healthy lifestyle • At minimum, students will have 30 minutes of physical activity on most, preferably all, days of the week 		<p>BASELINE OR BENCHMARK DATA POINTS:</p> <ul style="list-style-type: none"> • Develop lesson plans to incorporate health TEKS and objectives and revise as appropriate. <p>RESOURCES NEEDED:</p> <ul style="list-style-type: none"> • Physical education standards and materials integrated into core subjects via videos and research <p>OBSTACLES:</p> <ul style="list-style-type: none"> • Limited funding to enhance lesson plans for physical education standards integration

GOAL 4	The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective:	The school will build a daily schedule to allow for at least 20 minutes to eat breakfast and 30 minutes to eat lunch, from the time a student receives his/her meal and is seated.	
ACTION STEPS		EVIDENCE OF IMPLEMENTATION
<ul style="list-style-type: none"> • Assess periodically meal time allowances in the campus and adjust as necessary. • Provide a clean, safe enjoyable meal for students • Provide adequate time for students to enjoy eating healthy meals with friends • Ensure meals are prepared with care and safety while remaining cognizant of students' dietary needs 		<p>BASELINE OR BENCHMARK DATA POINTS:</p> <ul style="list-style-type: none"> • Records of measuring the times allotted at the beginning of the school year and adjusting to meet the objective, as appropriate. <p>RESOURCES NEEDED:</p> <ul style="list-style-type: none"> • Staff supervision in the cafeteria and classrooms, as appropriate <p>OBSTACLES:</p> <ul style="list-style-type: none"> • Limited staffing to ensure proper monitoring of objective implementation