

## **Cimarron Elementary Campus Wellness Plan 2024-2025**

**Federal Public Law (PL 108.265 Section 204)** states that all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

### **Mission Statement:**

Cimarron Elementary shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity in order to prepare students to become healthy productive citizens and lifelong learners.

### **Nutrition Promotion and Education**

- School offers free breakfast in the classroom, free healthy lunch to all students.
- Our faculty will model healthy eating and appropriate lunch conduct including innovative ways for noise level controls.
- Staff will encourage students to bring healthy snacks and to participate in physical activity and will not use food and physical activity as reward or punishment
- School menu will be reviewed daily over morning announcements.
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, and adult encouragement).
- Lunch menus are available on our Galena Park SchoolCafe website where parents and staff can located allergens and nutritional facts listed for each item we offer.
- Staff will promote hand washing and encourage safe and sanitary eating practices, such as no sharing of food or drinks, as well as hand sanitizing stations provided throughout the school.
- Student birthday celebrations (by parent request only) limited to last 15 minutes of the school day.
- The campus will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illness. Parties are recommended to be scheduled after the end of the lunch period to avoid replacing a nutritious lunch.
- Yearly Nutrition Survey will be offered, from the Nutrition Department for all students, staff and parents, in order to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.
- By giving students access to healthy and tasty meals we spark curiosity through exposure to new foods.
- We support all students by offering balanced and nutritious meals on a daily basis to help them succeed in class.
- Restroom guidelines posters will be placed outside restrooms for safety.

## **Physical Activity/Education**

- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during recess and class time.
- Students will engage in 135 min/week of physical activity through structured recess (Curriculum Corner).
- Students and faculty will be encouraged to walk or do some type of physical activity every day before or after school for 20 minutes.
- Physical Education will be administered to all K-5th grades with a minimum of 150 minutes per week.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- Playground areas will have materials that are safe and teach activities.
- Will encourage participation in Relay for Life to encourage physical activity.
- Fly girls/boys dance club after school (Grades 2nd—5th)
- Co-ed Soccer Teams practice and games
- Girls on the Run practice and 5K
- Weekly “healthy tip” announcements that will be conducted school day mornings for healthier lifestyle
- Staff, students and parents will be educated on health-related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles by offering age appropriate physical activity for student’s PK – 5.

## **Other School Based Health Guidelines**

- Host one family event (Math and Science reading night in the fall or in the Spring) that include a health component.
- PTA will incorporate ideas of healthy families into their agenda. United Health Partners (UHP) present health component PTA. Medicaid / CHIP representative to assist parents at PTA meetings.
- STOP THE BLEED training to all staff members through GPISD.
- Fly girls/boys dance club after school grades 2nd—5th for physical activity.
- CATCH lessons in classrooms.
- Encourage hydration with water fountains and to help the environment.
- All 2nd students will be given opportunity to receive free dental cleanings, sealants, fluoride and education thru Project Saving Smiles field trip.
- Hygiene promotion for all grade levels & 5th grade presentation - “the talk”.
- Back Pack buddies to assist families to receive proper nutrition.
- Free Care Van immunization
- Flu vaccines will be offered to students and staff.
- CPR certification for staff.

- See-to-Succeed Vision Program will give 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grade students the opportunity to receive free eye exams and free glasses.
- Incorporate Dental and Nutrition Guidelines Program for parents during PTA meeting and presented to students in all grade levels.
- Fire prevention during Red Ribbon Week
- Positive Wellbeing and Environmental Awareness will be offered through counseling services and support staff in order to implement positive self – image and environmental awareness by having monthly character education implemented into academic curriculum, daily announcements to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and group counseling sessions as needed.
- At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements and evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.

### **Nutrition Guidelines**

- The school will offer breakfast and lunch and when applicable participate in the after school snack program. Students and staff are highly encouraged to promote and participate in these programs.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink
- Review lunch menu with students daily and discuss health benefits.
- Classroom celebrations are limited to 2 per year.
- USDA meal requirements: students must take at least ½ full serving of fruits or vegetables