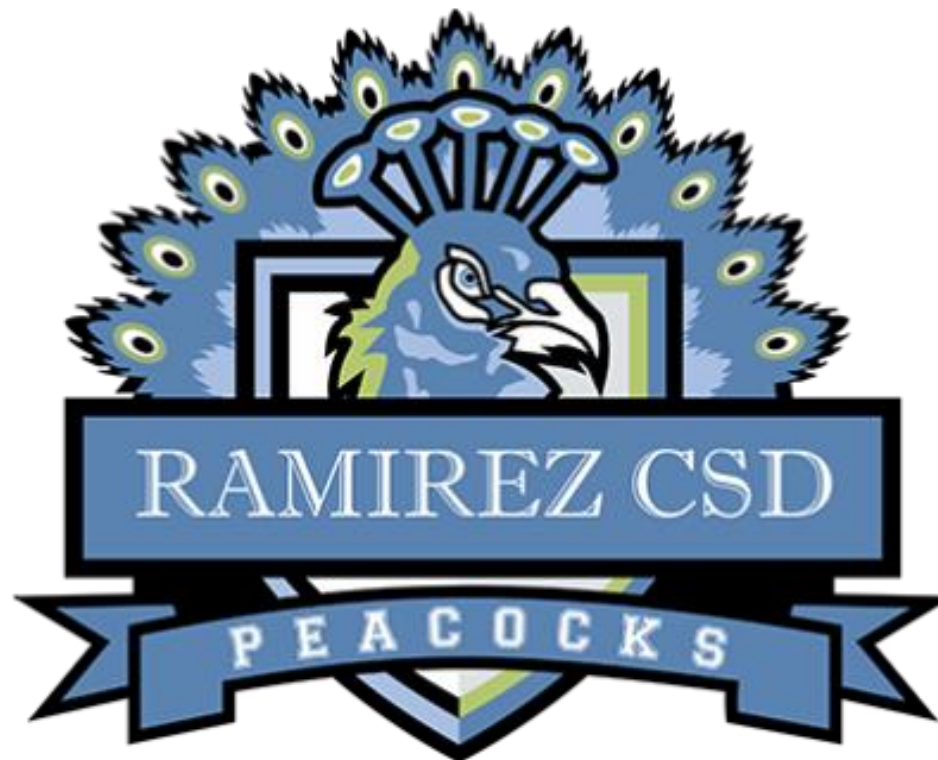


# Ramirez Common School District

## Local Wellness Policy

### 2019 – 2020



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

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

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

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