

## **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

