

Overview

- Federal public law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, and 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. Wellness policy goals include:
- Nutritional Education and Guidelines
- Physical Activity
- Health Promotion



SCHOOL FUN

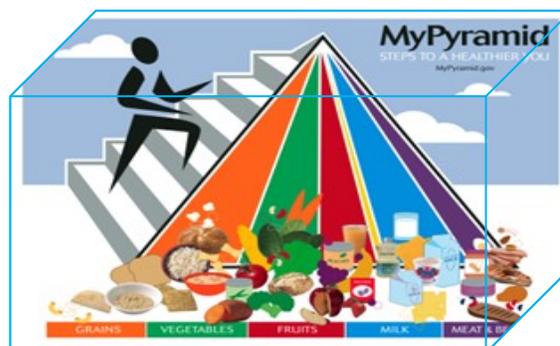
CIMARRON ELEMENTARY CAMPUS WELLNESS PLAN 2019—2020

Mission Statement

Cimarron Elementary implements a comprehensive wellness plan to encourage healthy eating, physical activity, and to promote becoming healthy citizens and lifelong learners.

Nutrition Standards, Guidelines and Education

- School offers free breakfast in the classroom, free healthy lunch to all students.
- Teachers will be encouraged to integrate Brighter Bites nutrition education across the curriculum.
- Our faculty will model healthy eating and appropriate lunch conduct including innovative ways for noise level controls.
- Texas A & M Extension Group— My Plate 6 week nutrition curriculum in English and Spanish.
- 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.
- The school will provide nutritional information to parents and encourage parents to provide nutritious foods for their students.
- Staff will encourage students to bring healthy snacks such as fruits, crackers, protein etc. and to participate in physical activity.
- Monthly nutrition calendars sent home that include healthy tips for families and daily menu selections. (café menu, newsletters and web page).
- Posters in cafe to stress importance of healthy food choices.
- Weekly announcements of healthy tips for good health, exercise, good nutritional habits, sleep, less TV, hand washing.
- Staff will not withhold food from students as punishment.
- Classroom celebrations shall be limited to two parties per academic year (Christmas and Valentine's Day) and will be held during last 30 minutes of the school day.
- Student birthday celebrations (by parent request only) limited to last 15 minutes of the school day.
- School menu reviewed daily over morning announcements.
- CPR certification for Para's and offered to teachers and staff.
- Restroom guidelines posters placed outside restrooms for safety.
- United Health Partners health component PTA meeting
- Parents are welcome to the School Health Advisory Committee meetings: 10/3/19: 9:00 12/12/19: 11:30 2/13/20: 11:30



OTHER SCHOOL BASED HEALTH ACTIVITIES

- Host one family event (Math and Science reading night in the fall or in the Spring) that include a health component (heart) - learn about heart rate while jumping rope.
- PTA will incorporate ideas of healthy families into their agenda. United Health Partners (UHP) present health component PTA. Medicaid / CHIP representative to assist parents @ PTA.
- STOP THE BLEED training to all staff members through GPISD.
- Fly girls/boys dance club after school grades 2nd—5th for physical activity.
- Brighter Bites Nutrition program—CATCH lessons in classrooms. Brighter Bites / CATCH training/ staff 9/24/19 at the food bank. Encourage hydration with new water fountains and to help the environment.
- All Second grade students are given opportunity to receive free dental cleanings, sealants, fluoride and education thru Project Saving Smiles field trip.
- Hygiene promoted for all grade levels & 5th grade presentation - “the talk”.
- Back Pack buddies to assist families to receive proper nutrition.
- Relay for Life Event promotes family awareness for cancer and provides physical activities for students and staff.
- Participation in GPISD School Health Advisory Council.
- Baseball partnership w/ City of Houston Parks & Recreation Dept. They provide instructors to give baseball clinic for 5 weeks for our 2nd -5th grade students during PE. T-shirts/caps were provided.
- Girls softball team for 4th and 5th grades will begin in Spring
- Free Care Van immune. and flu shots offered to students and staff.
- CPR certification for all para’s and cafeteria monitors.
- Texas A & M Extension Group— My Plate 6 week Nutrition curriculum in English and Spanish.
- Uniform clothing drive in March for students in need.
- See-to-Succeed Vision Program gives all 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.
- Summit Dental visual/oral screening with licensed dentist, instructed on proper oral hygiene. (PK—5)
- Tips on good nutrition and ideas for physical activity for families through weekly newsletter and lunch menu.
- The Biggest Loser Contest offered to staff throughout the year.
- Fire prevention taught to all student from our local fire dept. Red ribbon week is taught to all students during Fall semester.
- School Soccer team practice for a 4th & 5th grade class, game on Fri/Sat for academic growth.
- ACE after school program.



PHYSICAL ACTIVITY AND EDUCATION

- Physical activity will not be used as a punishment (e.g. running laps or push-ups).
- Physical Education teachers will continue to monitor student wellness and promote health awareness as well as implement CATCH physical education activities to staff and students.
- Students will engage in 135 min / week of physical activity through PE or structured recess (Curriculum Corner).
- Physical Education teachers performs and completes Fitnessgram testing for grades 3-5.
- Playground areas have materials that are safe and teach activities.
- Encourage participation in Relay for Life to encourage physical activity.
- Kids Day held once a year to promote and encourage physical activity.
- Fly girls/boys dance club after school (Gr 2nd—5th)
- School Soccer Team practice for 4th & 5th grade class and game on Friday or Saturday for academic growth.
- Weekly “healthy tip” announcements for healthier lifestyle
- Baseball partnership w/ City of Houston Parks & Recreation Dept. They provide instructors to give baseball clinic for 5 weeks for our 2nd -5th grade students during PE. T-shirts/caps are provided.
- Girls softball team for 4th & 5th grades will begin in Spring.
- Golf tournament for 4th grade. Practice @ Cimarron and meet for tournament at the golf course.

