

# River Road ISD Wellness Implementation Plan-Self Audit

## Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. (See Policy CO)

In addition to legal requirements, the District shall:

<b>(LOCAL) policy requirements</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Provide teachers with education and guidelines on the use of food as a reward in the classroom.	At School Start-Up visit with staff about alternatives to food rewards and provide Square Meals publication "Non Food Ways to provide a Job Well Done".	Food Service Director	<a href="http://www.squaremeals.org">www.squaremeals.org</a>	Yearly School Start-Up

## Goals for Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see Policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA).

In addition, the District establishes the following goals for nutrition education:

<b>(LOCAL) policy requirements</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	Post CATCH Program Information in Cafeterias. Review CATCH material with students in classrooms. PE Extravaganza & Health Fair Nutrition News Letters NSBW & NSLW Promotions	Food Service Director/Faculty/District Nurse	<a href="http://catchusa.org/index.html">http://catchusa.org/index.html</a>  <a href="http://www.rfeonline.com/">http://www.rfeonline.com/</a> <a href="http://www.squaremeals.org">www.squaremeals.org</a>	Monthly/Yearly  Yearly Monthly Yearly

### Goals for Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades (see Policy EHAB and EHAC)

In addition, the District establishes the following goals for physical activity:

<b>(LOCAL) policy requirements</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Physical education classes will regularly emphasize moderate to vigorous activity.	Each Campus will include in their yearly C.I.P.	Principals	PE Staff/ C.I.P.'s	Yearly
2. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.	Staff to attend local training at Region 16 and other appropriate training/seminars when available.	Principals/Dir ectors	<a href="http://www.esc16.net">www.esc16.net</a>	Yearly/ ongoing

### Goals for School-based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

<b>(LOCAL) policy requirements</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	Students will be allowed a minimum of 30 minutes for meals. Janitors will be scheduled in cafeterias at mealtimes to keep areas clean. Faculty and SRO are on duty at mealtimes. Maintenance will ensure buildings are adequately heated/cooled. Kitchens will be sufficiently staffed to provide efficient meal service to students to give students as much time to eat as possible.	Principals, janitors, faculty, SRO, maintenance and FS staff.	Master Schedules	Yearly

## **Implementation**

**The Food Service Director and or/ the District Nurse shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.**

*--Adapted from materials developed by Rosa Winn, Child Nutrition Specialist, Region 18 ECS, Twila Albertson, School Health, Specialist Region 17 ESC, Jo Ann Eudy, School Health Specialist, Region 16 ESC*