

# Local Wellness Policy Implementation Plan

District: **Cimarron Municipal Schools**

Date:

Instructions: Use the "Wellness Policy Assessment" to identify policy items that are not currently being implemented. Put those policy items in column A on this form. Fill out each column to plan your implementation.

## Purpose:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, fully physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and decreases the development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Cimarron Municipal School District shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and serve the needs and interest of all students and staff, taking into consideration differences in cultural norms.

The Cimarron Municipal Schools supports, encourages, and promotes lifelong nutritious eating habits and physical wellness activities for students and staff. This policy will not only address nutrition and physical activities in the school but also family and community involvement, physical education, health education, healthy and safe school environment, social and emotional well-being, health services, and staff wellness.

## Section 1: Wellness Policy

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
1.1 Wellness Policy	CMS Wellness Policy and Plan meets the requirements outlined in NMAC 6.12.6.8, Federal 7 C.F.R. 210 and 220 (National School Lunch and Breakfast Programs, respectively).	Annually review guidelines, adjust program as necessary.	Superintendent	Ensure compliance with federal and state statute	Annually, fall	Triannually, PED	CMS School Board
1.2 School Health Advisory Council	CMS will establish a School Health Advisory Council (SHAC) which: is comprised of administration, health staff, food service staff, parents, students, and community members; meets regularly (at least twice each year) to develop, revise, implement and evaluate the wellness plan; and, make wellness policy recommendations to the Governing Council.	Recruit members yearly in August (current list of members attached)	Superintendent	Ensure SHAC has balanced participation	Annually, fall	Ongoing	Superintendent
1.3 Point of Contact	CMS Superintendent is the point of contact for the Wellness Policy and Plan.	N/A	Superintendent	N/A	N/A	N/A	N/A
1.4 Publication	CMS Wellness Policy and Plan is available for review on CMS website ( <a href="http://www.cimarronschools.org">www.cimarronschools.org</a> )	Post plan to website	Superintendent	Post on Website	Annually, fall	Ongoing	CMS School Board

1.5 Review	CMS will review the Wellness Policy and Plan annually to determine effectiveness of programs, ensure compliance federal and state guidelines, and determine need for change.	Create and review policy and plan	Superintendent	Revise/ complete annual wellness plan	Tri-annually, beginning 2020	Ongoing	CMS School Board
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## Section 2: Nutrition

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
2.1 Meals & Fundraiser Guidelines	CMS meals and fundraisers follow standards and guidelines pursuant to Federal guidelines and NMAC 6.12.5.8	Create menus according to federal food guidelines. All snacks sold during school day meet the Smart Snack regulations. Salad option is available to students daily. Menus are communicated via daily announcements and are posted on the CMS website.	Food Service Coordinator, Classroom Teachers, Building Secretaries, SHAC	Create and publish menus, create a menu of snacks that meet Smart Snack Regulations	Monthly - menus, annually -fundraising guidelines	Ongoing, spot checks for fundraisers	Food Service Coordinator, Superintendent
2.2 Compliance Guidelines	CMS complies with standards for all foods and beverages provided, but not sold, to students during the school day.	PTA/Halos CMS parents most often provide food during the school day. Parents are encouraged to bring healthy foods, limit sugary sodas and snacks, and in grades where food allergies are a concern, parents have been notified not to bring snacks with peanuts. Birthdays and Celebrations are limited to monthly events.	Food Service Coordinator, Classroom Teachers	Create and send email announcement to parents regarding healthy snacks in classrooms	Annually, Fall	Spot checks in classrooms	Food Service Coordinator, SHAC, Superintendent
2.3 Fundraiser Guidelines	CMS has procedures in place to document fundraisers and ensure they meet Smart Snack regulations if held during the school day. All fundraisers final approval happens through district Superintendent.	Fundraiser form completed by sponsor and submitted for approval.	Activity Sponsors	Running document of fundraisers and monitor those that violate regulations	Ongoing	Form	Superintendent
2.4 Marketing and Advertising	Marketing and Advertising: CMS allows no marketing or advertising.	CMS allows no marketing or advertising.	Superintendent	Only Smart Snack Items are sold	Annually, Fall	Ongoing	Food Service Coordinator, Superintendent

2.5 USDA Guidelines	CMS meets or exceeds local, state and federal nutrition requirements and/or USDA nutrition standards.	CMS menus exceed nutritional standards and CMS offers a salad bar daily to students and staff.	Food Service Coordinator	Continue to offer high quality meals	Ongoing	Ongoing	Food Service Coordinator, Superintendent
2.6 Water Guidelines	Free drinking water is available to students at all CMS Cafeterias.	CMS has bottle fillers at each school site and students are encouraged to bring/fill water bottles during the day.	Superintendent	Continue to provide water during meals, in Cafeterias, and in halls.	Ongoing	Ongoing	Superintendent
2.7 Nutrition Education	CMS will provide nutrition education activities that align with the New Mexico Health Education Content Standards and Benchmarks and Performance Standards as set forth in 6.29.6 NMAC.	CMS requires high school students to take and pass a Health class in order to graduate. Nutrition is a required component of this course.	Health Teacher	Continue to require a nutrition component in the mandatory Health Class.	Ongoing	Ongoing	Superintendent
2.8 Nutrition Promotion	CMS establishes specific goals for nutrition promotion and education that promotes student wellness and consider evidence-based strategies in determining these goals.	CMS has a strong participation in extracurricular athletics. CMS is dedicated to the physical and emotional health of students. CMS Teachers and Coaches regularly discuss the importance of nutrition and activity to improve health.	Teachers and Coaches	Continue to promote health and wellness in classes.	Ongoing	Ongoing	Superintendent
2.9 Food Allergy Assurance	Assurance that CMS adheres to requirements regarding possible food allergies in schools.	CMS School Nurse, Parents, and Food Service Coordinator collaborate to meet needs of individual students with food allergies.	School Nurse, Food Service Coordinator	Assurances Sent to NMPED	Annually, Fall	N/A	Superintendent

### Section 3: Quality Physical Activity

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
3.1 Physical Activity	CMS has guidelines created to provide physical activity opportunities before, during and after school (6.12.6.8.D3 NMAC)	Teachers understand the instructional benefits of physical activity and engage students in learning activities that require full body movement throughout the day. CMS offers Physical Education courses K-12 in addition to other courses that require intentional full body movement. Students are permitted and encouraged to use the basketball courts, and grassy areas for physical activity before school, after school and during lunch. High school students must take a PE class in order to graduate. There is a 4 minute passing period that serves as a break for students.	Teachers	Continue to offer a variety of classes that support physical activity inside and outside of school hours.	Ongoing	Ongoing	Superintendent
3.2 Health Education	Physical activity is included as a health education topic (6.29.9 NMAC) in CMS high school Health class.	Pursuant to NM Content Standards and Benchmarks, physical activity is a component of the required health course.	Health Teacher	Ensure physical activity is a component in health class.	Annually, Fall	Annually, Fall	Superintendent
3.3 Recess	Elementary schools provide daily recess for all students	Elementary schools provide daily recess for all students	Teachers	Daily physical activity for all students	Ongoing	Ongoing	Superintendent
3.4 Assurance	Assurance that CMS is restricted from withholding physical activity from students as a form of punishment.	Physical Activity is not restricted for any CMS student. As need arises, different opportunities may be given based on individual student needs.	Teachers, School Social Worker	Assurances sent to NMPED	Annually, Fall	Twice annually, Fall and Spring	Superintendent

3.5 Active Transport	CMS encourages walking, biking, and skating (skateboarding) as transportation modes to and from school.	All schools in the district will encourage basic physical activities of walking, biking and skating as transportation modes to and from schools so long as those routes are deemed safe by parents and schools.	Parents, Transportation Director	Increase the number of students who walk or bike to school if they live within 1 mile of CMS.	Annually, Fall	Twice annually, Fall and Spring	Superintendent
3.6 Goals for Physical Activity	CMS-specific goals for physical activity that promote student wellness and consider evidence-based strategies in determining these goals.	Teachers understand the instructional benefits of physical activity and engage students in learning activities that require full body movement throughout the day. CMS offers Physical Education courses K-12 in addition to other courses that require intentional full body movement. Students are permitted and encouraged to use the basketball courts, and grassy areas for physical activity before school, after school and during lunch. High school students must take a PE class in order to graduate. There is a 4 minute passing period that serves as a break for students.	Teachers	Continue to offer a variety of classes that support physical activity inside and outside of school hours.	Annually, Fall	Ongoing	Superintendent











