



Helping Children & Families Find Their Way

Program: RTM

Manual: RTM

Category: School

Subject: Policies & Procedures

Content: Wellness Plan

Wellness Plan

Nutrition Education Goals:

1. Align Nutrition Education, and Health Curriculum with the Wyoming State Content and Performance Standards as evidenced by the RTM curriculum and assessment guide.
2. Align nutrition education with USDA Wellness Policy requirements evidenced by RTM Wellness Policy.
3. Provide nutrition education curriculum that is current and up to date evidenced by the RTM curriculum and assessment guide.
4. Link the lessons learned in the classroom with everyday practice of making healthy choices evidenced by the RTM Wellness Policy.
5. Provide Professional Development to staff regarding nutrition education evidence by staff training documentation.

Nutrition Standards Goals

1. Provide information to staff and students concerning USDA school meal requirements and the nutrition content of food and beverages offered at RTM as evidenced by staff following the menu and completing production records correctly.
2. Provide portions that follow USDA requirements as evidenced by the preplanning of production records/ menu.

Physical Activity Goals

1. Incorporate a variety of physical activities throughout the school day as evidenced by RTM school schedule.
2. Align Physical Education Curriculum with the Wyoming State Content and Performance Standards as evidenced by RTM curriculum and assessment guide.
3. Incorporate structured physical activity for a minimum of 45 minutes per day during school hours as evidenced by RTM school schedule.

Family and Community Goals

1. Provide information about the importance of nutrition, physical activity, and body size acceptance to academic success, mental and emotional health, and lifelong wellness to staff, parents, and students as evidenced by the RTM Wellness Plan and Quarterly newsletter.
2. Work with the community to coordinate and enhance opportunities available to students for physical activity after school as evidenced by community contributors binder and RTM schedule.

Measurements and Outcomes

See School Improvement Plan- Performance Data and Observations

Resources

http://www.schoolnutrition.org/Search_better.aspx?searchtext=wellness

<http://www.teamnutrition.usda.gov/healthierus/index/html>

<http://www.fns.usda.gov/tn/Resources/healthiermiddleschools.htm>

<https://edu.wyoming.gov/educators/standards/>

<http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

http://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf