

## WELLNESS POLICY PLAN OF IMPLEMENTATION

Rising Star Elementary students in grades K-6 have a scheduled Physical Education class for at least forty minutes each day with a certified P.E. teacher. The curriculum for the class is the CATCH program. Lesson plans will serve as documentation of physical activities and nutritional education.

Rising Star High School students in grades 7-12 have a scheduled Physical Education class or a scheduled Athletic class for at least forty-five minutes each day with a certified P.E. teacher or an Athletic Coach. The curriculum for the Physical Education class is the CATCH program. The Athletic class works on physical activities geared to sports both on and off season.

A Fitness Gram test is performed with each student once a year. This test measures the fitness level of the student. The Fitness Gram shows the students strengths and weakness's and allows the student to improve in areas that need improvement through out the year.

The Eastland County Extension office will provide a nutrition workshop each school year. The program will include food safety, nutritious snacks, and information from the food pyramid.

Elementary teachers will teach the importance of hand washing and the importance of good nutrition for good health and growth.

Health Education will be taught to all eighth graders, all twelfth graders and all new students as needed.

FMNV will not be available to students on the elementary campus. Students will be allowed three parties per year: Christmas, Valentine's Day, and Easter.

It is the aim of RSISD to develop good nutritional habits among our students as well as encouraging a lifestyle of fitness and overall physical and mental health.