

RMS Wellness Plan for School Year 2026-2027

Issue Area: *Strengthening Local Wellness Councils*

Eating at School is Cool

Fruitful Fundraising

(Circle One)

Healthy Snacks

Let's Party Let's Play

Rewarding Success



Goal: To enhance the overall health and well-being of students and staff by promoting a balanced approach to nutrition, physical activity and mental health.

Objective: To improve the overall health and well-being of students and staff by implementing programs and initiatives that promote balanced nutrition, regular physical activity, and mental health awareness, fostering a supportive environment that encourages healthy lifestyle choices and enhances quality of life.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Encourage teachers to integrate movement and physical activity throughout the school day in all grades, incorporating short, appropriate physical breaks into classroom routines when possible.	All Teachers	School Year	Principal
Establish daily intermission time for all students, providing safe and enjoyable environments with appropriate equipment and space for physical activity.	Homeroom Teachers	School Year	Principal/Teachers
Implement a system to track and evaluate students' physical fitness progress throughout their school years, using this data to inform and improve physical education programs.	PE Teachers	School Year	PE teachers
Establish a nutritious breakfast program to ensure students start their day with a healthy meal, supporting cognitive function and academic performance.	Cindy Buttrum	School Year	Principal

Implement a program that offers students a “Grab and Go” lunch option two times a week.	Cindy Buttrum	School Year	Principal
Conduct regular safety checks of school facilities, including classrooms, common areas to identify and address potential hazards.	Head Custodian/Principal	School Year	Principal
Implement a digital citizenship program to promote online safety and responsible use of technology both in and out of school.	Homeroom Teachers	School Year	Central Office Tech Department
Integrate nutrition topics into the comprehensive health education curriculum for every grade level.	Monica Myers/ Chad Vanmeter	School Year	Monica Myers/Chad Vanmeter
Incorporate our “Pawsitive Connections” Program school-wide with our Therapy dog starting in October.	Principal, School Counselor and Social Worker	School Year	Principal and Staff Support