

Campus Wellness Plan GALENA PARK ELEMENTARY

2024-2025

Federal Public Law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement:

Galena Park Elementary shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity in order to prepare students to become healthy productive citizens and lifelong learners.

Nutrition Promotion and Education

- Faculty and staff will model healthy eating choices for students, promote hand washing and encourage safe and sanitary eating practices, such as no sharing of foods or drinks.
 - Staff will encourage students to bring healthy snacks and to participate in physical activity and will not use food and physical activity as reward or punishment.
 - Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, etc.) to encourage healthy food choices.
- Annual cafeteria promotions: National School Breakfast Week, National School Lunch Week, National 5 A Day Week (5 fruits and vegetables a day). Introducing a healthy new menu item on occasion to promote diversity of foods and healthy choices.
 - Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.
 - Staff, students, and parents will be educated on health-related topics (the importance of a healthy diet, exercise, parents walking with their children, etc.) throughout the year via S'mores and parent newsletters.

Physical Activity/Education

- CATCH program will be implemented during P.E. with age appropriate physical activities. Students will be educated on specific sports and skills in order to enjoy physical activity for a lifetime.
 - Physical Education will be administered to all K-5th grades with a minimum of 150 minutes per week and implement the fitness gram test to grades 3-5.
 - Physical activity will not be used as a form of punishment (e.g. running laps or pushups).
 - GPE will promote good sportsmanship during the participation of physical activities (ex. Field Day and Olympiad).
- Structured recess will be included every week to meet physical activity minutes of 135 per week, weather permitting.

Other School Based Guidelines

- PTA will incorporate ideas of healthy families into their agenda.
- Parent Involvement Nights- Provides interaction with students/parents and teachers.
- See to Succeed program provides students with the opportunity to get a free vision exam and glasses if needed.
- Project Saving Smiles gives 2nd grade students the opportunity to receive free dental cleaning and dental care education.
- Fire and Safety prevention is taught to all students with the support from our local fire department.
- The campus Wellness committee will consist of the Cafeteria Manager, P.E. Coach, Campus Administrator, Teacher, Counselor, Nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements.
- Yearly Flu shots and other vaccines will be offered to staff.
- ACE (Afterschool Centers on Education) provides students with health and wellness activities.
- The Back-Pack Buddy program provided by Houston Food Bank serves selected qualifying students with nutritious meals to take home over the weekend.

- Positive Wellbeing is implemented through counseling services by having monthly character education.
- GPE Families will receive information to improve and encourage physical activity at home through newsletters and school clinic webpage.
- Student wellness activities will be promoted on campus throughout the school year (ex. Breast Cancer Awareness, Healthy Heart Month, Fun Run).
- Immunization Clinic will be offered to students by Harris Health Mobile Van Unit.
- Legacy School Base Clinics are available to GPISD student (Green Valley Elementary, Galena Park Middle School, North Shore Senior High, and Almatha Clark Taylor Health Clinic).

Nutrition Guidelines

- The school will offer free breakfast and lunch to all students, foods include a selection of whole grains, dairy and fruits products.
- Classroom celebrations are limited to 2 per year.
- The Food Service Program will comply with and strive to exceed the minimum nutritional guidelines required by the National Lunch Program. Students must take at least ½ full serving of fruits or vegetables.
- All competitive foods and beverages will meet USDA Nutrition Standards for all foods sold in school.
- All students will be provided with a pleasant eating environment and adequate seating during their lunch time.