

# Wellness Plan Goals and Objectives

| # | <b>Nutrition Guidelines</b> |  |
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|   | <b>Goal 1</b>               | The district shall ensure that there is no excessive advertisement of foods of minimal nutritional value (FMNV) during the school day in competition with school meals.  |
| 1 | <i>Obj. 1</i>               | <i>Each campus will report an exempted six fundraising opportunities to Galveston's Child Nutrition Administrators. All other Fundraising through sales of foods and beverages that could be consumed during the school day shall meet requirements for competitive foods.</i>     |
|   | <b>Goal 2</b>               | The district food service staff should promote healthy nutrition messages in the cafeteria, classroom, and appropriate places.   |
| 2 | <i>Obj. 1</i>               | <i>Each campus will provide a link on their school page to the Galveston ISD Nutrition Services website in order to promote meal availability/participation as well as general nutrition information for children and families.</i>  |
|   | <b>Goal 3</b>               | The district serves reimbursable meals that meet the required USDA standards.  |
| 3 | <i>Obj. 1</i>               | <i>Meals marketed and served for reimbursement shall be planned and closely monitored to meet USDA and TDA guidelines.</i>   |
|   | <b>Nutrition Education</b>  |  |
|   | <b>Goal 1</b>               | The district shall make nutrition education accessible to families and the general public to promote healthy nutrition choices and habits.   |
| 4 | <i>Obj. 1</i>               | <i>Each campus will provide an easily accessible link to the Galveston ISD's Child Nutrition website to promote healthy nutrition choices and positively influence the health of students.</i>   |
| 5 | <i>Obj. 2</i>               | <i>The district will provide interactive and informative student menus with nutrient detail on Galveston ISD's website to promote healthier choices through school meals.</i>  |
|   | <b>Goal 2</b>               | The district shall integrate nutrition education in other areas of the curriculum, as appropriate.   |
| 6 | <i>Obj. 1</i>               | <i>Physical Education teachers will support the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goal on K-8 campuses.</i>  |
| 7 | <i>Obj. 2</i>               | <i>Campuses will provide access to water for students outside of mealtimes.</i>  |
|   | <b>Goal 3</b>               | The district shall present nutrition education in participatory activities such as but not limited to promotions, taste testing, and school gardens.   |
| 8 | <i>Obj. 1</i>               | <i>Students participate in the National School Breakfast and Lunch programs where SFA encourages healthy food promotions, taste testing followed by nutrition education, and working in conjunction with the young gardeners program to provide exposure to healthy habits.</i>    |
|   | <b>Goal 4</b>               | The district shall provide professional development so that staff delivering nutrition education are trained and can offer an effective program.   |
| 9 | <i>Obj. 1</i>               | <i>The administration will provide nutrition training to staff through the district training.</i>  |
|   | <b>Physical Activity</b>    |  |
|   | <b>Goal 1</b>               | The district shall provide a safe environment to support developmentally appropriate physical activities for all students. Including participation in regular period of active free play (recess).   |
| 9 | <i>Obj. 1</i>               | <i>The following district recess guidelines are recommended for elementary K-4.</i><br><br><i>1. Galveston ISD elementary schools will develop schedules that provide at least 20-30 minutes of supervised recess time each day. Recess should not replace physical education.</i> |

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|                                |               | <p><i>Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress.</i></p> <p><i>2. Proper supervision of students and appropriate equipment will be provided by the campus to ensure the safety of all students. Campuses should provide one training per year to go over recess rules and expectations for teachers and students and proper use of equipment.</i></p> <p><i>3. Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided.</i></p> <p><i>Recess or other forms of unstructured physical activity are encouraged at middle, intermediate and high school campuses.</i></p> |
| 10                             | Obj. 2        | <i>Campuses will collaborate with Galveston ISD police department to report unsafe conditions for students who walk/bike to school.</i>  |
|                                | <b>Goal 2</b> | Time allotted for physical activity will be in accordance with research and state standards.   |
| 11                             | Obj. 1        | <i>Campus leadership teams will ensure students enrolled in PE or equivalent PE class meet the state mandated credit and time requirements.</i>  |
|                                | <b>Goal 3</b> | The district shall provide appropriate before-school and after-school programs and encourage student participation.  |
| 12                             | Obj. 1        | <i>Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.</i>  |
| 13                             | Obj. 2        | <i>Schools will partner with community organizations to sponsor/promote health, wellness and physical activity.</i>  |
|                                | <b>Goal 4</b> | Schools will implement physical activities from the CATCH curriculum for students Kindergarten through grade 8.  |
| 14                             | Obj. 1        | <i>Campuses will make available CATCH curriculum materials for students.</i>   |
|                                | <b>Goal 5</b> | Schools will encourage parents to support their children's participation in physical activity, to be active role models, and to include physical activity in family events.  |
| 15                             | Obj.1         | <i>Campuses will offer fitness activities at 4+ family events per year.</i>  |
|                                | <b>Goal 6</b> | The district shall make appropriate training activities to district employees to promote enjoyable, lifelong physical activity and wellness.   |
| 16                             | Obj. 1        | <i>The district will promote employee wellness district challenges.</i>  |
| <b>School Based Activities</b> |               |  |
|                                | <b>Goal 1</b> | The district shall ensure that adequate time is allotted for students to enjoy healthy meals in the school's clean, safe, and comfortable cafeteria.   |
| 17                             | Obj. 1        | <i>All campuses will schedule 30 minutes daily for lunch and make every effort to allow 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</i>   |
| 18                             | Obj. 2        | <i>100% of cafeterias will maintain HACCP logs at all times.</i>   |
| 19                             | Obj. 3        | <i>Schools are encouraged to implement alternative serving styles in addition to traditional breakfast service in order to increase students' access to a healthy breakfast. For example, breakfast in the classroom or grab and go carts that are located in areas where students gather before school other than the cafeteria.</i>  |
|                                | <b>Goal 2</b> | The district shall promote wellness for students and families at suitable campus activities.   |
| 20                             | Obj. 1        | <i>Schools will provide a healthy option when food/drinks are provided before or after the school day.</i>   |

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|    | <b>Goal 3</b> | The district shall promote wellness activities and involvement for employees at suitable district and campus activities. |
| 21 | <i>Obj. 1</i> | <i>The district will provide information about health services offered throughout the community to staff.</i>            |