

# **Galena Park ISD/ North Shore Senior High Campus Wellness Plan 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:**

North Shore Senior High School 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**

- Nutrition information is available to parents and students on the GPISD cafeteria web page.
- Staff will not use food and physical activity as reward or punishment
- Nutrition education will be encouraged in the cafeteria using posters of healthy food choices. Nutrition education is offered as an elective.
- The campus will communicate information about campus food and nutrition programs to families and the community. Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
- The campus offers students the opportunity to participate in the National School Breakfast, Lunch and Snack Program to provide healthy and quality nutrition. Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students. Free breakfast is offered to all students daily.
- The campus will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illness.
- Pleasant eating environment will be administered to all students, staff and parents by not withholding food as a reward or punishment, scheduling enough time for students to consume meals - breakfast 10 minutes and 20 minutes for lunch, by not offering tutorials, pep rallies, club/organization meetings and other activities during meal consumption.
- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.
- Some seating is available for students to eat outdoors, on picnic tables for outside dining.

## **Physical Activity/Education**

- Physical Education teachers will continue to monitor student wellness and promote health awareness and activity during class time.
- Physical activity will not be used as a punishment (e.g. running laps or pushups).
- Staff, students and parents will be educated on health-related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles by offering age appropriate physical activity.
- Students will participate in P.E or band, or be encouraged to join, soccer, dance, tennis, golf, baseball, softball, volleyball, basketball, football or other extracurricular activities.
- The Biggest Loser competition is offered to staff for weight loss and fitness motivation.

## **Other School Based Health Guidelines**

- PTA will incorporate ideas of healthy families into their agenda.
- Senior Parent Night is offered through the PTA with students and parents and teachers interacting to promote multiple areas of wellness. Topics covered this year include Mental Health, Self-Care and Meningitis required for college.
- Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self-image and environmental awareness by having monthly character education implemented into academic curriculum, daily announcements to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and group counseling sessions as needed.
- Staff will have the opportunity to receive free flu vaccines on campus once a year.

## **Nutrition Guidelines**

- The school will offer breakfast and lunch and participate in the after-school snack program. Students are highly encouraged to participate in these programs.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.
- USDA meal requirements: students must take at least ½ full serving of fruits or vegetables