

Galena Park Middle School Wellness Program 2024- 2025

Federal Public Law ([PL 108.265 Section 204](#)) states all school districts must develop a local wellness policy which involves students, parents, 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 local wellness policy.

Mission Statement

Galena Park I.S.D. proudly implements a robust wellness plan designed to promote healthy eating and physical activity, effectively combating childhood obesity while equipping our students to thrive as healthy, productive citizens and lifelong learners. At the campus level, we are committed to fostering a vibrant, healthy lifestyle that embraces fitness, promotes nutritious eating habits, and builds a strong, positive self-image.

Nutrition Education

- Staff members will be involved in nutritional education.
- Fitness gram and CATCH programs to be used in Physical Education, Nutrition and Health.
- Students will be encouraged to eat before or at school, have lunch, consume healthy snacks, and participate in physical activity.

Physical Education

- Physical Activity will not be used as a punishment (e.g. running laps or pushups).
- Physical education teachers and parents will be involved to monitor student wellness, and promote health awareness.

Health Education

- Clinic Monthly Health Awareness Bulletin Board
- Students will understand the importance of cleaning hands with soap and water, or use hand sanitizer.
- Informing students and staff on how to maintain a better quality of life.
- Faculty/staff development training- Anaphylaxis, Food Allergies, First Aid, and Se

Nutrition Standards

- Our faculty will model healthy eating and appropriate lunchroom conduct
- The school will offer breakfast and lunch for students. Students are highly encouraged participate in these programs. (Free breakfast and lunch for the year of 2024- 2025. (See webpage for more details))
- The staff will promote hand washing and encourage safe eating practices.
- The school will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- Grab-n-go breakfast snack provided/encouraged in the morning for students who arrive past the breakfast serving time
- Monthly lunch menus are provided to staff, also available for parents in the [office/webpage](#)
- After School programs will provide snacks/ take home packages for after school

Other School Related Activities

- Relay for Life
- After School Tutorials
- Athletic Practice
- Drug Awareness
- Bully Free Zone
- Flu Shots for staff provided by Walgreens
- CPR demonstration- Career Day
- State Mandated screenings will be performed by the school nurse on a yearly basis. (Hearing & Vision for all 7th graders, all 7th grade girls will have scoliosis screenings, and all 8th grade boys will have scoliosis screenings.)
- Red Ribbon Week
- February Healthy Heart month promoting Healthy meals
- November Family Samples in the morning during drop off
- September Rice was promoted by Café