

**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 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

- An “**easy grab and go breakfast**” has been implemented for students to be able to start the day right without missing instructional value time. Breakfast Grab and GO Food Carts are strategically placed at various entrances including the CATE building and the Lilly Center.
- The GPISD School Nutrition Web-page is a resource that provides information on various options for nutritious snacks  
<http://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=smartsnacks>
- The GPHS Student Nutrition department headed by Ms. Carolyn Eason partake in yearly breakfast campaigns aimed at educating students on the importance of eating a healthy breakfast and what the components of a healthy breakfast include.
- The GPISD Student Nutrition Webpage is also a campus resource for providing information on Fitness and Nutrition:  
<https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=nutritiondfit>
- Components of the GPHS campus wellness plan can easily be integrated into classroom lessons. Classes actively participate in contests creating posters and campaigns teaching good nutrition and encouraging healthy eating i.e. “Break the fast” theme educating students about the importance of a well-balanced breakfast.
- The following campaigns and promotions led by the Student Nutrition Department were implemented or are scheduled to take place during the school year: In September, Farm Fresh fruit was served to encourage the students to eat healthy fruits and vegetables. Fruits were added to fun snacks such as “Apple filled Churro Bites” to encourage trying different types of fruits. October was “National School Lunch” month. Informative posters were strategically placed for view in the cafeteria explaining the importance of eating a health lunch. In March, the cafeteria will be hosting a buffet style “Ramen Noodle Bar” providing different types of noodles and vegetables.
- Surveys are presented to students by the GPHS Student Nutrition Department during some promotions; such as the “School Breakfast Survey”, and information that is gathered assists with making changes that will encourage more students to eat breakfast and lunch at school and provide a wide variety of healthy foods to choose from. The surveys are also meant to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- This year, students actively participated in meal planning and what is being served by requesting Strawberry Milk be placed on the menu as a permanent item.
- Nutrition information given to parents and faculty during PTA meetings
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety

of activities (ex. Posters, videos, games, and adult encouragement). Healthy food choices in the cafeteria. Lunch menus with healthy tips can be found on the District Student Nutrition Page: <https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554>

- Culinary Arts has worked with other core classes to provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.
- The campus will communicate information about campus food and nutrition programs to families and the community through the Student Nutrition District Webpage>Menus>click on your school - GPHS

## Physical Activity/Education

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.
- All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Fitness Gram Test for students (required annually)
- Open Gym afterschool from 2:30pm to 4pm on off seasons, supervised by coaches
- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during class.
- Students and faculty will be encouraged to walk, or do some type of physical activity every day after school for 20 minutes.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- It is also prohibited for food to be used as reward.
- Students will participate in P.E, Yoga, Open Gym, walking and dance clubs after school.
- GPHS staff will be encouraged to participate in physical activity, staff against student sporting events – volleyball and basketball, biggest loser challenges, walking; length of campus or perimeter of school. All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips, offers for wellness checkups, and important information to promote overall health and wellbeing. The following are 24-25 Health and Wellness Scheduled activities.
  - Clinic Bulletin Board is updated periodically to reflect Health Awareness topics for each Month. Information on Flu and flu prevention was presented from September 2024-January 2025. In February, which is American Heart Month, information was displayed to raise awareness about heart disease and stroke.
  - Announcements will be made in the month of February promoting Heart awareness to promote healthier lives and encourage students to focus on their cardiovascular health. The color red was worn on February 28 to promote heart health awareness.
  - The GPHS Cheerleading team will be hosting a “staff vs students” basketball game to take place March 7, 2025 in the competition Gym.
  - The Junior class will be sponsoring the Junior class staff vs student Volleyball game on March 13 in the Competition Gym.
  - Our very own GPHS Jacketeers will be hosting a Zumba class for a nominal fee open to

- students and staff on Thursday February 27, 2025 at 6:00pm.
- The counseling staff sponsors an official “Walking Club” which invites all faculty and staff to Meet every Tuesday, Wednesday and Thursday to meet at the GPHS dement field track and take at least 30 minutes out of their day to walk at their own pace. The goal is to promote mental health, physical fitness, and camaraderie. Contact is Mr. Robert Villareal, school counselor.
  - Medical Assisting students performed random blood pressure and pulse checks on students and staff in the school cafeteria during lunches during the month of November.
  - The GPHS campus has a “Green Room/Relaxation room” which promotes a calm and relaxing atmosphere with soft lighting and soothing sounds. The room is available to service students and staff by reservation through the counseling office. Student sponsored activities must be supervised by an adult staff member. Counselors use the Green Room for small groups and student peer mediation to work on conflict resolution.
  - Massage chairs are available for teachers and staff during conference times. The massage therapy may help with a variety of physical and mental health issues including, pain relief, improved circulation, muscle relaxation, stress relief, improved posture, increased flexibility, and reduced headaches to name a few.
  - Our very own GPHS Health Occupation Students of America (HOSA) will be hosting 2 blood drives this school year, scheduled to take place October 2024 and again January 2025. Blood drives provide a way for individuals to contribute to their community by donating blood, which can potentially lower their own risk of cardiovascular disease by regulating iron levels in the body, while also receiving a mini-physical with blood pressure checks and other vital signs, raising awareness about potential health issues, and offering a sense of well-being from helping others in need: essentially encouraging regular health screenings and proactive healthcare practices.
  - Staff members have access to the Health-bot station year round which promotes Health and Wellness by providing readily accessible, personalized health information ( O2 saturation, Blood Pressure and Pulse, Body Mass Index and weight) through a conversational interface, allowing users to ask questions, receive educational content, track health metrics, set reminders for healthy habits, and access relevant resources (Health Coach), ultimately empowering individuals to make informed decisions about their wellbeing and proactively manage their health concerns.
  - Every year the district sponsors relays that provide opportunities for students and community members to get involved in worthwhile causes related to health and wellness. The following are activities that are scheduled to take place in the 2024-2025 school year.
    - The North Channel Area Relay for Life is a district and community wide fundraiser and event that helps raise money and awareness for the American Cancer Society. It is scheduled to take place April 25, 2025 at the North Shore HS 9<sup>th</sup> grade campus.
    - GPISD will hold its 7<sup>th</sup> annual Mental Health Fair on May 7, 2025 from 5-7pm.

### **Other School Based Guidelines**

- GPHS teachers are encouraged to include physical activities that can be incorporated into lessons to enhance learning. Our ROTC program, which is an elective course with approximately 130 participating students includes various exercise routines for students such as 20-30-minute warm up drills, stretches, and calisthenic exercises.
- Teachers are allowed to take their classroom outdoors (outside snack bar) or for brisk walks before class to promote circulation and clearer thinking for learning.
- All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips. They offer a wide variety of educational

- opportunities, healthy lifestyle activities and offer opportunities for wellness checkups.
- PTA will incorporate ideas of healthy families into their agenda.
  - The following is a list of special programs and educational seminars sponsored by our campus counselors during the 24-25 school year.
    - On February 26<sup>th</sup>, Ms. Driver with Phoenix House will present to families about Teen Dating and Violence Awareness in the Flex Center.
    - Once a month, counselors host “Counselor’s corner”, Phoenix House, and CIS in the cafeteria. Counselors invite students during lunches to participate in various activities such as Unity Day and Breast Cancer Awareness in October. Pictures can be found on Smugmug.
    - In November, GPHS campus hosted college night. Various universities and military branches had table in and around the campus. College recruiters assisted students with developing and practicing important decision-making skills. Military personnel had students test their strength at their booths while recruiting.
    - “Tik Talk Time” is a campus sponsored organization offered to all GPHS students, led by our Counselor Ms. Josephine Licon and one of our GPHS teachers, Ms. Lindsey Clarkson. In these meetings, students have the opportunity to gather and discuss various social topics that may affect them in today’s world. The following are some of the recently discussed topics: Mindfulness, Bullying, Self-Esteem, Goal Setting, and Conquering Stress. The goal is for students to grow personally, socially, and mentally and for them to adopt coping strategies to help them when facing a crisis. Students will become familiar with tools needed to be successful. The organization meets once a month, the 3<sup>rd</sup> week of the month from 2:45pm to 3:45pm in Ms. Clarkson’s classroom.
    - Our CIS counselor, Ms. Danique Michel offered a **Stress Relief: Counselors Corner** mini seminar for students on March 4, 2025. The objective of the program was to provide students with engaging and practical stress management strategies they can use in their daily lives. Activities included Stress Ball making, Spin the wheel (practice coping skills), stress playlists.
    - On March 13, 2025 GPHS Choir students held their first “annual field day” involving various stations with games such as cornhole, soccer, football, and volleyball, among other physical activities to help build skills in team building and communication.
  - 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.
  - The campus has a Community in schools staff member and Crisis Intervention Specialist Danique Michel, who provides crisis support, mental health resources, and connections to essential services. She facilitates student interventions, leads health and wellness initiatives, and collaborates with staff to support students’ emotional and behavioral well-being. Ms. Michel organizes educational events on topics such as teen dating violence, substance use prevention, stress management, healthy eating, and sleep hygiene. Additionally, she leads a substance use support group for students working to reduce or quit smoking.
  - Essential services are also provided to GPHS students through the “Unlimited Vision” agency. The agency is on campus Monday-Thursday and provided individual or group counseling on grief, dating violence, alcohol and drug abuse, amongst other services.
  - The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness by implementing a health advisory

council, SHAC committee, that is composed of the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff, and members of the community.

- At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements and evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.

## Nutrition Guidelines

- All foods provided to students during the school day will meet **the USDA Foods of Minimal Nutritional Value (FMNV)** guidelines and Texas Public School Nutrition Policy guidelines. The GPHS Food service department will follow the FMNV guidelines for competitive foods as well as portion size limitations on certain items. These recommendations may include standards for ***vending machines***, a la carte sales, parties and celebrations, social events, and any school function held during the school day. Every school year different promotions are advertised and student and staff participation are encouraged.
- Requirements for school Lunch: The standards or (Meal Patterns) requires schools to offer students the right balance of fruits, vegetables, low fat or fat free milk, whole grains and lean protein with every meal.
- Requirements for school breakfast: The Meal pattern for breakfast includes fruits (or vegetables), whole grain rich foods, meats or meat alternates and milk. Breakfast is also limited in sodium, calories, saturated fats and trans fats.
- High Schools may not provide competitive foods items (or provide access to them through direct or indirect sales to students during meal periods in areas where reimbursable meals are served and or consumed.
- Student Nutrition personnel ensures a clean dining area with a pleasant atmosphere where students can socialize while enjoying a nutritional meal. Students have a choice of eating in the open outdoor snack bar area by the CATE building, the Main Cafeteria which is brightly lit with ample seating, or the Main snack-bar area with choice of indoor or outdoor seating. Withholding of food for as reward or punishment is not allowed or promoted at GPHS.
- 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.
- GPHS Student Nutrition will offer breakfast and lunch and is currently participating in a supper program called CACFP which stands for “Child and Adult Care Food Program”. CACFP program is for GPHS students and other school aged children in the surrounding community and they are highly encouraged to promote and participate in this program. It is completely free to students. The operating hour is from 2:45 pm to 3:15 pm every school day and are served in the new GPHS cafeteria in the Career and Technology building.
- There are also supper meals available at the Field House Monday through Thursday. These meals are served during the same hours as the main campus.
- Breakfast is served 6:45am -7:15am in the cafeteria. In addition, food carts strategically placed at the main school entrances, (CATE, Keene, and 11<sup>th</sup> street entrances) continue to serve Grab and Go breakfast until 7:30am.
- Athletic classes that meet early morning are served from 8:30am to 9am to provide an opportunity for breakfast.

- Lunch is served between the hours of 10:30am and 12:55 and lunches are divided into four 30-minute increments to accommodate all students.
- Vending Machines- are on a timer and must adhere to the FMNV policy. The items must adhere with the district guidelines on what constitutes a “smart snack”. The attached link is a booklet which gives easy-to-understand tips on how to meet smart snacks standards and why they are important, it is provided by the Food and Nutrition Service U.S. Department of Agriculture <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
- **The GPHS Campus Plan is reviewed annually** by a campus committee who works on reviewing, updating, and evaluating the plan annually to submit to the School Health Advisory Council.
- **Communications with Parents.** GPHS will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school Nurse, counselors and Harris Health School Based Clinic Nurse Practitioners collaborate with offering healthy eating seminars for parents. Healthy eating mini courses are offered during PTA meetings. The Nutrition department sends home nutrition information, posts nutrition tips on school websites, and provide nutrient analyses of school menus.
- **Public Notification:** The Galena Park High School Wellness Plan is posted on our campus Website under the “Parents” – Nurses corner link. It is made available in Spanish and in English.