

Campus Wellness Plan North Shore Middle School 2025-2026

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 Middle 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.

- 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, and adult encouragement). Healthy food choices in the cafeteria.
- The campus administration team will ensure healthy nutrition messages are communicated monthly in the cafeteria and to the school community through a variety of media.
- 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.
- Parents and staff will encourage students to bring healthy lunches for those who choose to bring a lunch during the entire school year.
- The campus offers students and staff 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, staff and parents. Free breakfast will be issued to all students' grades, 7-8, during the school year.
- 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.
- Students will be allowed to eat outdoors, on picnic tables covered with umbrellas, for outside dining.

Physical Activity/Education

- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during class time.
- Students and faculty will be encouraged to walk or do some type of physical activity every day after school for 20 minutes.
- Physical Education will be administered to all 7-8th grades with a minimum of 150 minutes per week.
- 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 for students 7-8.
- All 7th grade athletes will participate in a heart screening conducted by trainers.
- Students will participate in athletics, and structured play time. Students will receive 225 minutes of physical education per week. The P.E. department will follow and implement the fitness gram test, grades 7-8.
- North Shore Middle School staff will be encouraged to participate in physical activity, relay for life, field day, Special Olympics, Step Aerobics for staff against student sporting events – volleyball and dodgeball, track use and the TRS healthy habits challenges.

Other School Based Health Guidelines

- PTA will incorporate ideas of healthy families into their agenda
- Noche De Cuentos hosts literature night, along with vendors for the community in the month of November.
- PTA will provide social able events for the staff during the school year
- North Shore Middle School staff will be able to participate in Walgreen Flu Shot Day, St. Christus vaccine clinic for students, Bookfair, CCR will allow students to create healthy snacks with peers twice a week (Tuesday and Friday), enjoy cooking healthy foods in culinary arts, and physical education daily.
- ACE Program will allow students to enjoy a healthy hot meal after activities during the school year.
- The staff will promote infection control such as covering your sneeze and cough, along with posters throughout the campus.
- 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 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

- For all foods and beverages sold to students during the school day, the school will comply with the federal requirements for competitive foods.
- The school will offer breakfast and lunch and when applicable participate in the after-school snack program. Students and staff are highly encouraged to be promoted and participate in these programs.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink along with posters throughout the campus.
- Review lunch menu with students daily and discuss health benefits.
- Classroom celebrations are limited to 2 per year.
- USDA meal requirements: Students must take at least ½ full serving of fruits or vegetables.