

GODLEY ISD WELLNESS PLAN

In accordance with GISD Policy FFA(Local)

Goal #1

This wellness plan is designed to implement the District's nutrition guidelines and wellness goals and addresses the following: nutrition, physical activity, and school-based activities to promote student wellness.

Campus Action Steps

All steps will be reviewed annually.

All students participate in required physical education classes including activities such as:

- Annual Physical Fitness Assessment Initiative (PFAI) is administered to all 3–12 grade students
- Annual Fun Runs at elementary campuses
- Recess time allotted at the elementary campus

-Nutritional guidelines and food allergy awareness signs are posted in all cafeterias.

-AEDs and EpiPens will be available for emergencies in well-traveled areas for easy access.

-Summer feeding programs will be promoted and implemented as identified or required as a need.

-All campuses will be staffed with a licensed nurse at least 4 days a week and will conduct the following:

- Vision screening
- Scoliosis screening
- Hearing screening

-All high school seniors will be trained in CPR.

-100% of eighth-grade students will participate in health education classes.

-Drug awareness and Red Ribbon activities will take place on elementary and intermediate campuses.

-Blood drive at the high school for staff and students with an opportunity for donating students to wear red cords as part of graduation regalia.

-GISD will partner with colleges and provide health science classes and endorsements for students.

-GISD counselors will provide counseling for students and overall education regarding suicide awareness and teen dating violence.

-Diabetes training will be provided by GISD nursing staff to office staff and applicable bus drivers.

-Texas Unlicensed Diabetes Care Assistant (UDCA) Training will be provided to all necessary employees.

-Summer camps will be offered to students and pre-school when applicable including:

-Tennis

-Football

-Basketball

-Cheerleading

- Aim For Success program for all 7th and 9th-grade students focusing on sexuality/abstinence, technology sexting, and pornography.
 - Bullying, drugs, alcohol, and vaping education will take place via contracted agencies or campus counselors and delivered to age-appropriate audiences in an age-appropriate format.
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Goal #2

Activities to promote wellness for parents, staff members, and the larger community and manner of communication to the public applicable information about the District's wellness policy and plan.

District Action Steps

All steps will be reviewed annually.

- Provide regular updates on wellness initiatives through the district website, newsletters, and social media.
 - Offer health screenings and wellness resources for staff and families throughout the year.
 - Keep district walking tracks and facilities open for community use when possible.
 - Encourage staff participation in physical activity programs and provide information about local resources.
 - Share wellness tips and upcoming event information regularly with parents and staff.
 - Parentsquare notifications.
 - Periodic surveys.
 - GISD wellness policy & plan and SHAC meeting minutes are made available on godleyisd.net.
 - The SHAC reviews and revises the plan on a regular basis and seeks recommendations and revisions to the wellness plan.
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Goal #3

Promote a safe and supportive learning environment by enhancing student mental health services.

Campus Action Steps

All steps will be reviewed annually.

- Provide ongoing mental health and trauma-informed care training for teachers, staff, and administrators.
 - Ensure that each campus has access to a counselor or mental health professional five days a week.
 - Establish a peer mentorship program for students to encourage connection and support.
 - Host parent education sessions on youth mental health and coping skills.
 - Partner with local agencies to offer mental health resources and referrals to students and families.
 - Provide regular crisis prevention and suicide prevention training for staff and students.
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Goal #4

Encourage lifelong wellness by expanding access to fitness opportunities and healthy habits for students, staff, and families.

Campus Action Steps

All steps will be reviewed annually.

- Offer daily recess and regular opportunities for physical activity.
- Promote hydration by encouraging students and staff to drink water.
- Provide simple nutrition and fitness tips in newsletters or announcements.
- Keep playgrounds and walking tracks available for family use after school hours.
- Encourage participation in annual health and fitness events.