

Galena Park Middle School Wellness Program 2025-2026

Federal Public Law ([PL 108.265 Section 204](#)) says 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 show 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 take part in physical activity

PHYSICAL EDUCATION/ HEALTH EDUCATION

Physical Activity will not be used as a punishment (ex.: running laps or pushups). Physical education teachers and parents will be involved to check student wellness and promote health awareness. GPMS promotes good sports membership during end of the year activities. Clinic Monthly Health Awareness Bulletin Board Students will understand the importance of cleaning hands with soap and water or using hand sanitizer. Informing students and staff on how to keep a better quality of life. Faculty/staff development training- Anaphylaxis, Food Allergies, First Aid, Yearly Flu shots.

NUTRITION STANDARDS

Our faculty will model healthy eating and proper lunchroom conduct. The school will offer breakfast and lunch for students. Students are highly encouraged to take part in these programs. (Free breakfast and lunch for the year of 2025-2026. (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 them to provide safe and nutritious foods for their children. Grab-n-go snack provided/ encouraged during dismissal for students. After School programs will provide snacks/ take home packages for students 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 yearly by the school nurse. (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

See to Succeed in February