

Campus Wellness Plan

Tice Elementary

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:

Tice Elementary 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

- Faculty and staff will model healthy eating choices for students, promote hand washing and encourage safe and sanitary eating practices, such as no sharing of foods or drinks.
- Staff will encourage students to bring healthy snacks and to participate in physical activity.
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, etc.) to encourage healthy food choices.
- Annual cafeteria promotions: National School Breakfast Week, National School Lunch Week, National 5 A Day Week (5 fruits and vegetables a day). Introducing a healthy new menu item on occasion to promote diversity of foods and healthy choices.
- 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.
- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.
- Teachers will instruct students on a healthy lifestyle with the Brighter Bites Program.

- All students in grades Pre-k – 5th will participate in a Nutritional & Physical Activity class with Harris County Public Health.

Physical Activity/Education

- CATCH program will be implemented during P.E. with age appropriate physical activities. Students will be educated on specific sports and skills in order to enjoy physical activity for a lifetime.
- Physical Education will be administered to all K-5th grades with a minimum of 150 minutes per week and implement the fitness gram test to grades 3-5.
- Physical activity will not be used as a form of punishment (e.g. running laps or pushups).
- Tice will promote good sportsmanship during the participation of physical activities (ex. Field Day and Olympiad).
- Structured recess will be included every week to meet physical activity minutes of 135 per week, weather permitting.

Other School Based Guidelines

- Tice will have a Health & Safety Health Fair to provide helpful resources and to encourage families to be proactive in making healthy & safe choices.
- PTA will incorporate ideas of healthy families into their agenda.
- Parent Involvement Nights- Provides interaction with students/parents and teachers.
- See to Succeed program provides students with the opportunity to get a free vision exam and glasses if needed.
- Project Saving Smiles gives 2nd grade students the opportunity to receive free dental cleaning and dental care education.
- Fire and Safety prevention is taught to all students with the support from our local fire department.
- The campus Wellness committee will consist of the Cafeteria Manager, P.E. Coach, Campus Administrator, Teacher, Counselor, Nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements.
- Flu and Covid vaccines will be offered to staff.
- The Back-Pack Buddy program provided by Houston Food Bank serves selected qualifying students with nutritious meals to take home over the weekend.
- Staff members who work in direct contact with students are seizure certified.

Nutrition Guidelines

- The school will offer free breakfast and lunch to all students, foods include a selection of whole grains, dairy and fruits products.
- Classroom celebrations are limited to 2 per year.
- The Food Service Program will comply with and strive to exceed the minimum nutritional guidelines required by the National Lunch Program. Students must take at least $\frac{1}{2}$ full serving of fruits or vegetables.
- All competitive foods and beverages will meet USDA Nutrition Standards for all foods sold in school.
- All students will be provided with a pleasant eating environment and adequate seating during their lunch time.
- The Brighter Bites program will provide nutritious fruit and vegetables to students & families, who sign up with the program, 8 times a semester.
- Twice a week the school will offer a free meal to all students (and their siblings up to age 18), who participate in any afterschool activity with the Child and Adult Care Food Program (CACFP).

