

Galena Park ISD Campus Wellness Plan Becker Early Childhood Center 2026-2027

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:

Becker Early Childhood Center 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

- Teachers will be encouraged to integrate nutrition education across the curriculum during Every Kid Healthy Week (April 20-24, 2026).
- The program will provide children with healthy snacks and will participate in physical activity. Food and physical activity will not be used as reward or punishment.
- Nutrition education will be encouraged in the classroom through a variety of activities (ex. posters, games, and books). Lunch menus will be sent home with students monthly that include healthy tips and will also be posted on Class Dojo.
- Lunch menus will be displayed and posted in the Parent Center.
- The program will provide nutrition services that are culturally and developmentally appropriate, meet the nutritional needs of and accommodate the feeding requirements of each child, including children with special dietary needs and children with disabilities.
- The program will communicate information about 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.
- The program offers children the opportunity to participate in the Child and Adult Care Food Program (CACFP) or National School Breakfast, Lunch, and Snack Program to provide healthy and quality nutrition. Free, nutritional meals will be offered during breakfast, lunch and snack for all children in the program.
- The program will follow the guidelines set per USDA, CACFP and TDA to assure that all meals meet nutritional and safety standards to protect the health of students from food borne illness.
- Family style meals are encouraged. Teachers will supervise children to prevent cross-contamination of the food. Food will not be used as a reward or punishment.

- Infants and toddlers will be fed according to their individual developmental readiness and feeding skills as recommended in USDA requirements. Infants are fed on demand to the extent possible. Ensure bottle-fed infants are never laid down to sleep with a bottle.
- Children will be encouraged to try new foods, explore textures and tastes to support socialization during meals. Children are encouraged to eat but will not be forced to eat.
- Classes will be allowed to eat outdoors picnic style.

Nutrition Guidelines

- The program will offer breakfast, lunch and snack. Children are highly encouraged to participate.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.
- Review lunch menu with children daily.
- Classroom celebrations are limited and subject to director approval.

Physical Activity/Education

- Teachers will continue to monitor child wellness and promote health awareness and activity time during outdoor play and class time.
- The program will provide a minimum of two daily opportunities for outdoor play, weather permitting, in which a child makes use of both small and large muscles.
- An infant birth through 12 months of age may engage in outdoor play for an amount of time as tolerated by the infant.
- A toddler 13 months through 36 months of age must engage in outdoor play for a minimum of 60 total minutes daily.
- Teaching staff may divide the total minutes of outdoor play into shorter time frames that total 60 minutes.
- Health Specialist or designee may need to make accommodations to the duration of outdoor play if there is concerning weather and/or poor air quality by adjusting the length of time outdoors and/or children's clothing. Please see Child Care Weather Watch Chart.
- When there is a need to shorten or cancel outdoor play to accommodate weather or poor air quality, staff should increase the time of indoor physical activity for the students, so the total amount of physical activity remains the same.
- Physical activity will not be used as a punishment (e.g. running laps or pushups).
- Staff 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.
- Staff will be encouraged to participate in physical activity, and use on-site exercise equipment.

Other School Based Health Guidelines

- Parent Engagement Activities will provide opportunities for students, parents and teachers to interact.
- 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, professionals, and members of the community.
- At the campus level, the campus will establish and maintain a Health Services Advisory Committee that includes Early Head Start parents, professionals, and other volunteers from the community.
- Ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements, evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.