

Campus Wellness Plan 2012-2013

Campus Name: **Cloverleaf Elementary**

Federal Public Law (PL 108.265 Section 204) states that all school 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:

Galena Park I.S.D. shall implement a comprehensive wellness plan to encourage healthy eating and physical activity in order to prepare students to become healthy productive citizens and lifelong learners.

Health Education

- Teachers will review the lunch menu with students daily and discuss health benefits.
Example: Whoa, Slow, and Go foods.
- Staff will encourage students to bring healthy snacks and to participate in physical activity.
- The CATCH program will be in the following areas: Health, Physical Education and Nutrition.

Physical Education

- Physical activity will not be used as a punishment (e.g. running laps or pushups).
- Students will participate in vigorous physical activity during P.E. class.
- CATCH physical activities will be conducted during P.E.

Nutrition Standards

- The school cafeteria will serve nutritious meals daily. Students and staff are highly encouraged to promote and participate in these programs.
- Our faculty will model healthy eating and appropriate lunch room conduct.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.

Other School Related Activities

- A parent involvement meeting will be conducted educating parents on student nutrition and physical activity related to the home and school.
- Campus Wellness Team includes the following required personnel:
School Nurse, P.E. Coach, Health Teacher, Cafeteria Manager and Administrator.
Others, including parents are welcome to be a part of this committee.