

# Campus Wellness Plan

## Woodland Acres Middle School

Federal Public Law (PL 108.265 Section 204) states 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 and implementing the local wellness policy.

## Mission Statement

Galena Park I.S.D. implements a comprehensive wellness plan that encourages healthy eating and physical fitness in order to reduce childhood obesity and to prepare students to become healthy productive citizens and lifelong learners. At the campus level we also promote positive wellbeing.

## Health Education

Health, wellness and CATCH program information will be shared with faculty, staff, students and parents in the following format:

- ❖ Staff/Parents/Students
  - 1) Faculty and staff development training meetings.
  - 2) Site Based Decision Making meetings.
  - 3) Daily announcements.
  - 4) Monthly Nutrition and Health information found on WAMS website.
  - 5) Monthly School Newsletter
  - 6) Coffee with the Counselors Nutrition and Health meetings
  - 7) Science Class will implement the "Choosing Your Best Life" curriculum with parental consent.
  - 8) Classroom curriculum

## Physical Education

- ❖ Staff, students 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.
  
- ❖ Woodland Acres will offer age appropriate physical activity for students 6-8.
  - 1) P.E

- 2) Ace Afterschool Physical Activity Programs – soccer, ballet
  - 3) Athletics – football, volleyball, basketball and track & field.
  - 4) Dance Team
  - 5) Cheer
  - 6) Fitness Gram Testing will be implemented in each P.E. class or athletics, grades 6-8.
- ❖ Woodland Acres will encourage staff to participate physical activity
    - 1) Staff against Student sporting events – volleyball, basketball and dodge ball
    - 2) Biggest Loser Challenge
    - 3) Zumba
    - 4) Track use
    - 5) Weight room and gym equipment use

## Nutrition Standards

Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.

- ❖ Woodland Acres offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Snack Program, in order to provide healthy and quality nutrition.
  - 1) Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students, staff and parents.
  - 2) Meal programs will be implemented at selected locations to ensure the opportunity of continuation of proper nutrition during summer months.
  - 3) Free breakfast will be issued to all students, grades 6-8, during the school year.
- ❖ Woodland Acres will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards.
  - 1) To protect the health of students, staff and parents from food borne illness, foods prepared at home will not be allowed to be shared on campus.
  - 2) All students will be encouraged to develop the healthy practice of washing hands before eating each meal.
  - 3) All food and drinks that are not provided by the school's food service are NOT allowed during the school day at any time.
- ❖ Yearly Nutrition Survey will be offered, from the Nutrition Department for all students, staff and parents, in order to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- ❖ Pleasant eating environment will be administered to all students, staff and parents.
  - 1) Students will not be withheld food as punishment.
  - 2) School personnel will schedule enough time for students to consume meals. A suitable time for eating breakfast after being served should be 10 minutes for breakfast and 20 minutes for lunch.
  - 3) Tutorials, pep rallies, club/organization meetings and other activities should not be scheduled during meal consumption.

- 4) Students will be encouraged to socialize while implementing proper conduct and voice levels.

### Other School Related Activities

Counseling Services are offered and implemented to all students to assist with the development of positive self-imagining and environmental awareness.

- ❖ Positive Wellbeing and Environmental Awareness
  - 1) Monthly character education will be implemented into academic curriculum.
  - 2) Daily announcements are implemented to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator.
  - 3) Individual and group counseling sessions are given as needed.
  - 4) Each one reach one program

The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness.

- ❖ Health Advisory Council Goals
  - 1) **SHAC** Committee will be composed of the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff, and members of the community.
  - 2) Principle will select one parent that is not employed by the district and one staff member to represent each campus.
  - 3) The SHAC subcommittee, the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, will review the Campus Wellness Plans annually, provide measure implementation and progress of Campus Wellness Plans and report results to the Superintendent annually.
  - 4) Campus Wellness Team will consist of Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent.
  - 5) Campus Wellness Team is composed to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements.
  - 6) Campus Wellness Team will evaluate and measure the Campus Wellness Plan then report to SHAC counsel for review annually.

