

Campus Wellness Plan

2011-2012

Woodland Acres Middle School

Federal Public Law (PL 108.265 Section 204) states that all school districts 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 implements a comprehensive wellness plan that encourages healthy eating and physical activity in order to reduce childhood obesity and to prepare students to become healthy productive citizen and lifelong learners. At the campus level we all work hard to encourage a healthy lifestyle that incorporates physical fitness, good eating habits and positive self image.

Health Education

The district's Wellness Policy will be presented to all faculty, staff and parents at the following meetings:

- Beginning of the year faculty or staff developments training- all faculty and staff members.
- P.T.A meeting- parents
- Site Based Decision Making meeting
- Healthy Children, Healthy Schools "video will be shown to the following- P.T.A. parents, faculty and staff member staff development and Site Based Decision making meeting.

Physical Education

- Conduct a Health Awareness week to promote exercise and provide students with health information.
- Students will continue to participate in vigorous physical activity during P.E. class.
- Students will be encourages to walk, or do some type of physical activity every day after school for 20 minutes.

- Implement CATCH physical education activities.

Nutrition Education

- Review lunch menu with students daily and discuss health benefits. Example: reading the menu during the announcements, Whoa, Slow and Go foods.
- Incorporate weekly nutrition and health tips for all students, during our READ period two times per month.
- Faculty and staff will model healthy eating choices for students.
- Assist students in developing the healthy practice of washing hands before eating (during announcements).

Other School Related Activities

- All parents will receive the “Our School’s newspaper,” suggesting ways to improve nutrition and physical activity.
- A parent involvement meeting will be conducted educating parents on student nutrition and physical activity related to the home. (Parent facilitators have this on their schedule for 2011-2012).
- Nurse will send out weekly health tip to teachers.
- Counselor will offer parent nutrition classes.

❖ Campus Wellness team includes the following required personnel:

P.E.coach, health teacher, cafeteria manager and administrator.
Others, including parents, are welcome to be a part of this committee.

- We read the menu items for each day on the school wide announcements
- We publicize free breakfast month in our newsletter to parents.