

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:

Galena Park High School 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

- An “**easy grab and go breakfast**” has been implemented for students to be able to start the day right without missing instructional value time. Breakfast Grab and GO Food Carts are strategically placed at various entrances including the CATE building and the Lilly Center.
- The GPISD School Nutrition Web-page is a resource that provides information on various options for nutritious snacks
<http://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=smartsnacks>
- The GPHS Student Nutrition department headed by Ms. Sonia Ledezma partake in yearly breakfast campaigns aimed at educating students on the importance of eating a healthy breakfast and what the components of a healthy breakfast include.
- The GPISD Student Nutrition Webpage is also a campus resource for providing information on Fitness and Nutrition:
<https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=nutriandfit>
- Components of the GPHS campus wellness plan can easily be integrated into classroom lessons. Classes actively participate in contests creating posters and campaigns teaching good nutrition and encouraging healthy eating i.e. “Break the fast” theme educating students about the importance of a well-balanced breakfast.
- GPHS Student Nutrition Services has four promotions a year related to Healthy Breakfast, Rice, and Healthy Heart.
- Surveys are presented to students by the GPHS Student Nutrition Department during some promotions; such as the “School Breakfast Survey”, and information that is gathered assists with making changes that will encourage more students to eat breakfast and lunch at school and provide a wide variety of healthy foods to choose from. The surveys are also meant to allow for positive input on favorite local, cultural and

ethnic based nutritional meals.

- Nutrition information given to parents and faculty during PTA meetings
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, and adult encouragement). Healthy food choices in the cafeteria. Lunch menus with healthy tips can be found on the District Student Nutrition Page:
<https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554>
- Culinary Arts has worked with other core classes to provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.
- The campus will communicate information about campus food and nutrition programs to families and the community through the Student Nutrition District Webpage>Menus>click on your school - GPHS

Physical Activity/Education

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.
- All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Fitness Gram Test for students (required annually)
- Open Gym afterschool from 2:30pm to 4pm on off seasons, supervised by coaches
- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during class.
- Students and faculty will be encouraged to walk, or do some type of physical activity every day after school for 20 minutes.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)

- It is also prohibited for food to be used as reward.
- Students will participate in P.E, Yoga, Open Gym, walking and dance clubs after school.
- GPHS staff will be encouraged to participate in physical activity, staff against student sporting events – volleyball and basketball, biggest loser challenges, walking; length of campus or perimeter of school. All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips, offers for wellness checkups, and important information to promote overall health and wellbeing. The following are 2022-2023 Health and Wellness Scheduled activities.
 - February 2023 is Heart Health Month – The HOSA club will be offering BP Checks to students during lunches on a designated week of February 27- March 3.
 - The School Clinic will be sharing information on recognizing heart attacks and will be promoting BP checks to all staff through the Month of February.
 - The GPHS Drill Team Jacketeers will be offering a one Day Zumba class open to Everyone on February 23rd.
 - The Math Department will be hosting the annual “Staff vs Seniors Basketball Game” on Friday May 12.
 - Staff Members have started an official “Walking Club” which invites all faculty and staff to take at least 15 minutes out of their day to walk the length of the main campus halls.

Other School Based Guidelines

- GPHS teachers are encouraged to include physical activities that can be incorporated into lessons to enhance learning. Our ROTC program, which is an elective course with approximately 130 participating students includes various exercise routines for students such as 20-30-minute warm up drills, stretches, and calisthenic exercises.
- The ROTC program instructors also participate in an **“Afterschool Activity Team”** open to all students which focuses on push-ups, crunches, various other exercises and a 2-3-mile run
- Teachers are allowed to take their classroom outdoors (outside snack bar) or for brisk walks before class to promote circulation and clearer thinking for learning.
- All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips. They offer a wide variety of educational opportunities, healthy lifestyle activities and offer opportunities for wellness checkups.

- PTA will incorporate ideas of healthy families into their agenda.
- The following is a list of special programs and educational seminars sponsored by our campus counselors during the 2022-23 school year.
 - On February 28, 2023 our campus counselors will be discussing Teen Dating Violence. The event will be open to parents and students and will take place in the GPHS cafeteria at 10am.
 - During College night at GPHS on March 1, 2023, a presentation on “Taking Care of your Mental Health” will be offered to parents and students. The sessions will take place at 5:30pm, 6:00pm, and 6:30pm.
 - There will be a Mental Health and other Special Populations Community Resource Fair offering a presentation titled “Check Your PEEPS”. The fair is scheduled to take place April 4, 2023 from 5:00pm-7:00pm at the North Shore 9th grade center.
- Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self – image and environmental awareness by having monthly character education implemented into academic curriculum, daily announcements 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 and implement individual and group counseling sessions as needed.
- The campus has a Community in schools staff member, counselor Heidy Calderon, who provides resources for services providing basic needs and mental health services. Essential services are also provided to GPHS students through the “Unlimited Vision” agency. The agency is on campus Monday-Thursday and provided individual or group counseling on grief, dating violence, alcohol and drug abuse, amongst other services.
- 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, school district staff, and members of the community.
- At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements and evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.

Nutrition Guidelines

- All foods provided to students during the school day will meet **the USDA Foods of Minimal Nutritional Value (FMNV)** guidelines and Texas Public School Nutrition Policy guidelines. The GPHS Food service department will follow the FMNV guidelines for competitive foods as well as portion size limitations on certain items. These recommendations may include standards for ***vending machines***, a la carte sales, parties and celebrations, social events, and any school function held during the school day. Every school year different promotions are advertised and student and staff participation are encouraged.
- Requirements for school Lunch: The standards or (Meal Patterns) requires schools to offer students the right balance of fruits, vegetables, low fat or fat free milk, whole grains and lean protein with every meal.
- Requirements for school breakfast: The Meal pattern for breakfast includes fruits (or vegetables), whole grain rich foods, meats or meat alternates and milk. Breakfast is also limited in sodium, calories, saturated fats and trans fats.
- High Schools may not provide competitive foods items (or provide access to them through direct or indirect sales to students during meal periods in areas where reimbursable meals are served and or consumed.
- Student Nutrition personnel ensures a clean dining area with a pleasant atmosphere where students can socialize while enjoying a nutritional meal. Students have a choice of eating in the open outdoor snack bar area by the CATE building, the Main Cafeteria which is brightly lit with ample seating, or the Main snack-bar area with choice of indoor or outdoor seating. Withholding of food for as reward or punishment is not allowed or promoted at GPHS.
- The campus will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illness.
- GPHS will offer breakfast and lunch and when applicable participate in the after-school snack program. Students and the school age community are highly encouraged to promote and participate in these programs. Nutritious snacks may also be available to adult community members at a nominal fee.
- Breakfast is served 6:45am -7:15am in the cafeteria. In addition, food carts strategically placed at the main school entrances, (CATE, Keene, and 11th street entrances) continue to serve Grab and Go breakfast until 7:30am.
- Athletic classes that meet early morning are served from 8:30am to 9am to provide an opportunity for breakfast.

- Lunch is served between the hours of 10:30am and 12:55 and lunches are divided into four 30-minute increments to accommodate all students.
 - “Supper Snack” is served at 2:30pm as students are leaving the building or attending afterschool activities.
 - Vending Machines- are on a timer and must adhere to the FMNV policy.
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- **The GPHS Campus Plan is reviewed annually** by a campus committee who works on reviewing, updating, and evaluating the plan annually to submit to the School Health Advisory Council.
 - **Communications with Parents.** GPHS will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school Nurse, counselors and Harris Health School Based Clinic Nurse Practitioners collaborate with offering healthy eating seminars for parents. Healthy eating mini courses are offered during PTA meetings. The Nutrition department sends home nutrition information, posts nutrition tips on school websites, and provide nutrient analyses of school menus.
 - **Public Notification:** The Galena Park High School Wellness Plan is posted on our campus Website under the “Parents” – Nurses corner link. It is made available in Spanish and in English.