

GALENA PARK HIGH SCHOOL

WELLNESS PLAN 2019

Galena Park High School's Wellness plan is designed to guide students and adults towards making more informed and educated choices regarding their overall physical well-being. This includes increasing their levels of exercise and learning about proper nutrition.

The following are some of the current programs/options we provide. Periodically, we may add programs or activities which may be beneficial to our students.

- Open track for students, staff, and community (Times and dates track is available will vary each season)
- Fitness Gram Test for students (required annually)
- Informational posters regarding alcohol, drugs, obesity, healthy eating, diabetes, and heart disease are strategically placed throughout the school campus and cafeteria.
- Health Tip announcements are provided by the clinic staff emphasizing the importance of eating healthy and regular exercise. For the 2019 School year the focus was on importance of drinking plenty of water.
- Free Breakfast for all students every morning. There are Breakfast stations near school entrances each morning.
- Health snacks that do not perish quickly such as whole apples and oranges are allowed to be taken by students for in between meals
- Our Student Nutrition department plans and implements activities to educate students on healthy eating. Every school Year the Nutrition department advertises a specific theme for the school year with the objective to encourage students to choose healthy school meals. Posters, balloons, and flyers with healthy food choices are displayed around snack bars and cafeteria. Students participate in games quizzing them on good nutrition, taste testing and during "School Breakfast Week" they are encouraged to participate in promoting the importance of eating a well-balanced breakfast every morning. We have seen the numbers of students who eat breakfast increase by the hundreds each school year as a result of the efforts to promote healthy eating habits. The 2018-2019 theme is "**Level up with school meals**"
- Our PTA offers various opportunities for our parents to attend meetings with guest speakers providing Nutritional Education, specifically on making better food choices, diabetes, obesity and importance of exercise.
- Many School-based activities encourage our students to participate in physical activity. School groups have chosen to participate in competition sports such as basketball, volleyball, and dodge ball against faculty as their choice of fundraisers. The student vs staff basketball game will be taking place Spring Semester of 2019. Staff members will also have their own district Kickball event in February of 2019.
- Biometric Wellness Screening which included Full lipid and Glucose checks, Height & Weight, Blood pressure, waist circumference and Results Wellness Coaching was provided to District Staff during the fall.
- This school year United Health Partners, a community health clinic, provided an opportunity for students to enter a drawing which consisted of 5 families receiving a complete health screening, including labs for up to 6 family members. They have committed to help provide encouragement and resources to our students for a healthier lifestyle.