

Campus Wellness Plan North Shore Elementary 2023-2024

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:

North Shore Elementary 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

- Nutrition information given to parents and faculty during PTA meetings
- Teachers will be encouraged to integrate nutrition education across the curriculum during Healthy Texas Week.
- Staff will encourage students to bring healthy snacks and to participate in physical activity and will not use food and physical activity as reward or punishment
- 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 will be sent home with students monthly with healthy tips on the back of the menu.
- The campus will communicate information about campus food and nutrition programs to families and the community. Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
- The campus offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Snack Program to provide healthy and quality nutrition. Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students, staff and parents. Free breakfast will be issued to all student's grades, PK – 5, during the school year.
- 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. Parties are recommended to be scheduled after the end of the lunch period to avoid replacing a nutritious lunch.
- Pleasant eating environment will be administered to all students, staff and parents by not withholding food as a reward or punishment, scheduling enough

time for students to consume meals - breakfast 10 minutes and 20 minutes for lunch, by not offering tutorials, pep rallies, club/organization meetings and other activities during meal consumption.

- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.

Physical Activity/Education

- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during recess and class time.
- Physical Education will be administered to all PK-5th grades with a minimum of 150 minutes per week.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- 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 by offering age appropriate physical activity for students PK – 5.
- Students will participate in P.E, soccer club and structured play time during music. Students will receive no less than 135 minutes of recess per week and 50 minutes of physical education, per week. The P.E. department will follow the CATCH Physical Education Program and implement the fitness gram test, grades 3-5.

Other School Based Guidelines

- PTA will incorporate ideas of healthy families into their agenda
- Parent Involvement Nights with students and parents and teachers interacting
- 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 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

- The school will offer breakfast and lunch and when applicable participate in the after school snack program. Students and staff are highly encouraged to promote and participate in these programs.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.
- Review lunch menu with students daily and discuss health benefits.
- Classroom celebrations are limited to 2 per year.
- USDA meal requirements: students must take at least ½ full serving of fruits or vegetables.