



**Tice Elementary
Campus Wellness Plan
2018-2019**

Mission Statement:

Galena Park I.S.D. 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 Education

- Teachers will be encouraged to integrate nutrition education across the curriculum.
- Staff will encourage students to bring healthy snacks and to participate in physical activity
- The CATCH program will be in the following areas: Health, Physical Education and Nutrition.
- Nutrition tips on school menus sent home with students.
- Health/nutrition information during specials.
- Teachers will instruct students on a healthy lifestyle with the Brighter Bites Program.

Physical Education

- Physical activity will not be used as a punishment (i.e.: running laps, pushups)
- Physical Education teachers will continue to monitor student wellness and promote health awareness.
- Students will be encouraged to do some type of physical activity every day after school for 20 minutes.
- Implement CATCH physical education activities.
- Students grades 3-5 will complete the Fitness Gram Testing

Nutrition Standards

- The school will offer free breakfast, lunch and when applicable after school snack program.
- Our faculty will model healthy eating and appropriate lunch room conduct
- The staff will promote and encourage safe eating practices, such as no sharing of food or drink
- Review lunch menu with students daily and discuss health benefits.
- The cafeteria will offer a daily selection of fruit, vegetables, dairy, grains, and proteins.

Other School Related Activities

- PTA will incorporate ideas of healthy families into their agenda
- Our school will host a flu immunization clinic.
- Teachers will encourage proper hand washing and sneezing or coughing techniques.
- Counselor will discuss nutrition at Parent Ed. Meetings.
- Our school will host a Health Fair annually.
- Boot camp is available for all faculty members twice a week.
- Free dental and vision programs offered to students.
- Classroom celebrations shall be limited to two parties per academic year (Christmas & Valentine's Day).

