

# Campus Wellness Plan

## 2019-20

### Woodland Acres Elementary School

- ❖ Federal Public Law (PL 108.265 Section 204) states 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 and implementing the local wellness policy.

### Mission Statement

- ❖ Galena Park I.S.D. implements a comprehensive wellness plan that encourages healthy eating and physical fitness in order to reduce childhood obesity and to prepare students to become healthy productive citizens and lifelong learners. At the campus level, we all work hard to encourage healthy lifestyles that incorporate physical fitness, good eating habits and positive wellbeing.

### Health Education

- ❖ Health, wellness and CATCH program information will be shared with faculty, staff, students and parents during faculty and staff development meetings, daily announcements, monthly Nutrition and Health information found on WAES website, monthly school newsletter, coffee with the Counselors Nutrition and Health meetings, classroom curriculum under TEKS guidelines, nutrition education implemented during P.E. class in sequence to CATCH Program, gentlemen's club, girls club, cooking club and the Unicef wellness program.

### Physical Education

- ❖ 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, P.E, running club, dance club, Friday morning dance announcements, 1st Tee Golf tournament, students receiving no less than 135 minutes of recess per week, physical education department following the CATCH Physical Education Program and implementing the fitness gram testing, grades 3-5.
- ❖ Woodland Acres staff will be encouraged to participate physical activity, relay for life, staff against student sporting events – volleyball and dodge ball, biggest loser challenge, track use and the TRS healthy habits challenges.

### Nutrition Standards

- ❖ Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
- ❖ Woodland Acres 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. Meal programs will be implemented at selected locations to ensure the opportunity of continuation of proper nutrition during summer months and free breakfast will be issued to all student's grades, PK – 5, during the school year.

- ❖ Woodland Acres 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. Foods prepared at home will not be allowed to be shared on campus. Students will be encouraged to develop the healthy practice of washing hands before eating each meal, by not being allowed to share foods and drinks that are not provided by the school's food service during the school day at any time, by allowing elementary classrooms to serve one nutritious snack per day in the morning or afternoon under the teacher's guidelines and foods that are restricted by school policy being permitted at a student's birthday party. Parties are recommended to be scheduled after the end of the lunch period to avoid replacing a nutritious lunch.
- ❖ Yearly Nutrition Survey will be offered, from the Nutrition Department for all students, staff and parents, in order to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- ❖ 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 and by encouraging students will to socialize while implementing proper conduct and voice levels in the cafeteria.

### **Other School Related Activities**

- ❖ 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 report to SHAC counsel for review annually.