

# North Shore 10<sup>th</sup> Wellness Plan 2021-2022

**Mission:** North Shore 10th should prepare, adopt and implement a comprehensive plan to promote healthy eating and physical activity to reduce obesity and health-related complications in order to prepare students to become productive citizens and healthy learners for life.

Go Mustangs!



## Objectives of the Wellness Plan:

- Create a comprehensive learning environment to promote wellness behaviors for a lifetime.
- Develop positive social skills through participation in activities aimed at teamwork and group participation.
- Improve levels of physical fitness related to student's health through cardiovascular activities, flexibility, strength/muscular endurance, body composition, and weight control.
- The school committee will review the wellness plan annually and will be available on the school website for students, parents and staff.

## **COVID-19 Health and Safety Practices**

- Providing a healthy and safe learning environment for all students, staff and the community during the COVID-19 pandemic.
- Working together to provide quality care and guidance to students, staff and parents on all health issues.
  - Helping to reduce the transmission and spread of COVID-19 while balancing the need to maintain a strong education system that effectively supports staff, students and communities.
  - Collaborating with the Center for Disease Control (CDC), Texas Education Agency (TEA), Harris County Public Health (HCPH) and GPISD staff to support students, staff and the community Student Health Protocols.



- Students and staff will be encouraged to routinely wash their hands and use hand sanitizer.
- Hand sanitizer stations will be located at various locations in each facility and in classrooms.
- All employees are to practice social distancing of themselves and students as much as is feasible, unless intervening in an emergency where an individual's safety is compromised.
- Signage for proper hygiene will be posted throughout the buildings.



## Physical Education

- Students receive physical education to ensure that all students can learn and develop the skills, knowledge and attitudes necessary to be physically active.
  - Physical education classes include motor skills, concepts/strategies, participation in physical activity, physical condition, responsible behavior.
  - All students will have opportunities to participate in physical education, including students with disabilities and those in alternative education programs.
  - Students are offered multiple extracurricular activities that provide physical activity such as football, volleyball, soccer, band, tennis, dance, athletics, basketball, baseball and swimming.
  - Students will complete the Fitness Gram test.
- Physical education teachers will continue to monitor the welfare of students and promote health awareness.
- Opportunities should be encouraged for staff to participate in health promoting activities and events that focus on exercise, stress management and nutrition.
  - Physical activity will not be used as punishment (i.e. running laps or pushups).



## Nutritional Education

- In recognition of the role of nutrition in supporting academic performance and quality of life, students should be provided adequate opportunities to be encouraged and to support healthy eating.
- Teachers are encouraged to integrate nutritional education throughout the curriculum.
- Parents and students can receive nutrition advice and information through the school newsletter and cafeteria menu.
- The nutrition department should have information available for parents and students that will help in choosing nutritious foods.

## Nutritional Standards

- Galena Park ISD offers free breakfast and lunch for all students, with a variety of healthy options for fruits, vegetables, dairy, cereals and protein, according to USDA guidelines.
- Ensure that all food and beverages available through vending machines, à la carte, food vendors, bars, classroom celebrations, and school-sponsored fundraisers before, during and after normal school hours meet minimally with the guidelines established by the USDA and follow the Nutrition Policy for Texas Public Schools.
- The nutrition department will ensure that food and beverages sold or



- CareVan program and flu vaccines will be made available to students and staff.
- Programs available for students who need corrective glasses.

- School newsletter that suggests ways to improve nutrition and physical activity.
- Parent participation nights: interaction with the teacher, the student and the parents.
- School activities to encourage our staff and students to participate in physical activities such as student sports events against staff.
- Provide students freedom of discrimination and abuse, including prevention and intervention of bullying.
- A security plan implemented to include prevention, policies and procedures, preparation, response and recovery that focuses on supporting healthy and safe environments.

The Best Wealth Is Health!

