**Campus Wellness Plan**

**Green Valley Elementary School**

**2024-2025**

**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:**

Green Valley 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 Literacy night.
* 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
* 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. Meal programs will be implemented at selected locations to ensure the opportunity of continuation of proper nutrition during the school year and summer months. Free breakfast will be issued to all student’s grades, PK – 5, during the school year.
* The Cafeteria 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 bynot 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.
* Students and faculty will be encouraged to walk, or do some type of physical activity every day after school for 20 minutes.
* Physical Education will be administered to all K-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)

**Other School Based Health Guidelines**

* PTA will incorporate ideas of healthy families into their agenda
* Parent Involvement Nights with students and parents and teachers interacting
* 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.
* USDA meal requirements: students must take at least ½ full serving of fruits or vegetables