

Galena Park I.S.D. Wellness Policy Triennial Report 2022

| GPISD WP Goals and Obj. | Nutrition Promotion | Actions For Implementation | Responsible Party and/or Evidence | Alliance for a Healthier Generation | % of Campuses fully Implementing |
|-------------------------|--|---|--|--------------------------------------|----------------------------------|
| Goal 1 | The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. | | | | |
| Obj. 1 | <i>The District will promote participation in National School Lunch Program.</i> | <ul style="list-style-type: none"> •Nutrition Services meet with SHAC Admin | <ul style="list-style-type: none"> •SHAC Admin •Nutrition Director •Cafeteria Manager •Written Communication | NS-1 PO-3 NS-1 | 100% |
| Goal 2 | The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students | | | | |
| Obj. 1 | <i>The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</i> | <ul style="list-style-type: none"> •Nutrition Services meet with Community Organizations | <ul style="list-style-type: none"> •Nutrition Services •Written Communication | PO-3 PO-8 PO-9 NS-1 NS-2 | 100% |
| Obj. 2 | <i>Consistently post in an easily accessible location on the District's website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.</i> | <ul style="list-style-type: none"> •Nutrition Services meet with Cafeteria Managers | <ul style="list-style-type: none"> •Nutrition Services | N-5 | 100% |

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| GPISD WP Goals and Obj. | Nutrition Education | Actions for Implementation | Responsible Party and/or Evidence | Alliance for a Healthier Generation | % of Campuses Fully Implementing |
|-------------------------|--|--|---|-------------------------------------|----------------------------------|
| Goal 1 | The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. | | | | |
| Obj. 1 | <i>At least 90% of students enrolled in physical education courses throughout the District will achieve at least a semester grade of 80 on a scale of 100.</i> | •SHAC Admin | •SHAC Admin | PO-3 | 99% |
| Goal 2 | The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. | | | | |
| Obj. 1 | <i>District staff will promote and integrate nutrition education facts during District-sponsored events during the school year.</i> | •Choose campus groups to promote | •Campus Nurse •Written Communication | PO-7 NS-5 | 100% |
| Obj. 2 | <i>One hundred percent of students will have access to drinking water at all times during the school day.</i> | •Facilities •Nutrition Services Staff | •SHAC Admin •Cafeteria Manager | PO-3 | 100% |
| Goal 3 | The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program. | | | | |
| Obj. 1 | <i>All staff responsible for nutrition education will maintain their annual training hours for their individual job as required by state and federal law.</i> | •Nutrition Services | •Student Nutrition Director | NS-6 | 100% |

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| GPISD WP Goals and Obj. | Physical Activity | Actions for Implementation | Responsible Party and/or Evidence | Alliance for a Healthier Generation | % of Campuses Fully Implementing |
|-------------------------|---|---|---|-------------------------------------|----------------------------------|
| Goal 1 | The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports. | | | | |
| Obj. 1 | <i>The District shall maintain the fence and gates around the campus including the playground, track and pavilion.</i> | <ul style="list-style-type: none"> •Facilities •Campus Personnel | <ul style="list-style-type: none"> •Facilities •Campus Personnel | PA-4 PA-3 PA-8 | 100% |
| Goal 2 | The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. | | | | |
| Obj. 1 | <i>The District shall employ highly qualified personnel and provide professional development opportunities which encourage current best practices.</i> | <ul style="list-style-type: none"> •SHAC Admin •Staff Development Director •Campus Personnel | <ul style="list-style-type: none"> •Staff Development Director •Professional Development entered in Eduphoria •Campus Personnel •Handbook •Website | PO-2 | 100% |
| Goal 3 | The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate. | | | | |
| Obj. 1 | <i>Individual campuses will implement before or after-school physical activity programs throughout the year.</i> | <ul style="list-style-type: none"> •District meet with community resources | <ul style="list-style-type: none"> •Campus Personnel •District Admin | PA-4 PO-10 | 48% |
| Goal 4 | The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees. | | | | |
| Obj. 1 | <i>The District will offer events during the school year that focus on educating students and staff about healthy living best practices</i> | <ul style="list-style-type: none"> •District Admin •Campus Personnel •SHAC Admin | <ul style="list-style-type: none"> •Campus Personnel •Online Resources | PO-3 | 100% |

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|-------------------------|--|---|--|-------------------------------------|---------------------------------|
| Goal 5 | The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. | | | | |
| Obj. 1 | <i>The District will offer events during or outside normal school hours that involve physical activity and includes both parents and students in the event.</i> | <ul style="list-style-type: none"> •District Admin •Campus Personnel | <ul style="list-style-type: none"> •Online Resources •Campus Personnel •District Admin •Facilities | PA-8 | 59% |
| Goal 6 | The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day | | | | |
| Obj. 1 | <i>The District shall allow the community to use outside facilities including the track and/or gym as available.</i> | <ul style="list-style-type: none"> •District Admin •Campus Personnel •Facilities | <ul style="list-style-type: none"> •Community members •Campus Resources •Schedules •Facilities for maintenance | PA-8 | 65% |

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| GPISD WP Goals and Obj. | School Based Activities | Actions for Implementation | Responsible Party and/or Evidence | Alliance for a Healthier Generation | % of Campuses Fully Implementing |
|-------------------------|---|--|---|--------------------------------------|----------------------------------|
| Goal 1 | The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. | | | | |
| Obj. 1 | <i>All campuses will build their master schedules to allow for at least fifteen minutes to eat breakfast and 20 minutes to eat lunch, from the time the student receives his or her meal and is seated.</i> | <ul style="list-style-type: none"> •Campus Personnel •District Personnel | •Campus Personnel | NS-11 | 85% |
| Goal 2 | The District shall promote wellness for students and their families at suitable District and campus activities. | | | | |
| Obj. 1 | <i>All classroom or campus celebrations will encourage the inclusion of at least one item that is Smart Snacks compliant such as fruit or fruit juice.</i> | •Campus Personnel | <ul style="list-style-type: none"> •Campus Personnel •Written Communication | SS-4 PO-3 | 100% |
| Goal 3 | The District shall promote employee wellness activities and involvement at suitable District and campus activities. | | | | |
| Obj. 1 | <i>The District will utilize its employee benefits department to encourage wellness by communicating the preventive services covered at 100% during each open enrollment period.</i> | <ul style="list-style-type: none"> •SHAC Admin •District Personnel | <ul style="list-style-type: none"> •District Personnel •Written Communication | EW-1 EW-2 EW-3 EW-4 EW-5 | 100% |

Glossary

SHAC – School Health Advisory Committee
 Written Communication - emails, flyers, school websites, social media
 WP – Wellness Policy

Completed April 2022