

**NORTH SHORE ELEMENTARY  
CAMPUS WELLNESS PLAN  
2019-2020**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 20, 2006, 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. Wellness policy goals include:

- Nutrition Education
- Physical Activity
- Health Promotion
- Nutrition Guidelines



### 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: Physical Education and Nutrition.
- CATCH powerpoint is shown to all staff at the beginning of the school year.
- Monthly nutrition calendars are sent home with all students.
- Posters present in the cafeteria stress the importance of healthy food choices.
- Brighter Bites program will teach healthy eating and how to cook healthy meals with fruits and vegetables.

### 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.**

### PHYSICAL EDUCATION

- Physical activity will not be used as a punishment (e.g. running laps or push ups)
- PE teachers will continue to monitor student wellness and promote health awareness
- Recess will be included everyday, weather permitting
- PE teacher provides a variety of activities each day
- PE teacher performs and completes fitnessgram testing for all students on all five components of test
- PE teacher puts emphasis on physical activity; 100% effort
- Playground areas are clean and hazard free
- Playground areas have materials that teach activities
- PE teacher encourages engagement of all students



### **Nutrition Standards**

- 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 school will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- Our faculty will model healthy eating and appropriate lunch room conduct.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.
- Brighter Bites program will distribute free fruits and vegetables to students and staff.



### **OTHER SCHOOL RELATED ACTIVITIES**

- PTA will incorporate ideas of healthy families into their agenda.
- Parent involvement monthly meetings educating parents on student nutrition and physical activity related to the home.
- Teachers and staff emphasize activities where large groups and equipment are not needed.
- The Fall Festival, Lock-In, STEAM Night, and The First Tee are lifetime activities promoted at North Shore Elementary.
- The Expanded Food and Nutrition program is utilized monthly with parent volunteers.
- Many health vendors attend STEAM Night, promoting health and wellness to the community.
- Fire prevention is taught to all students with support from our local fire department.
- Red Ribbon Week is taught to all students and lasts one week during the Fall semester.
- Care Van Flu shots were available to all staff and students to receive free flu shots.
- Kids Vision for Life provided all students the opportunity to receive free eye exams and glasses.
- North Shore Elementary promotes college awareness throughout the school year.
- Brighter Bites program is available to all staff and students for free.