

Elementary and Middle

Campus Wellness Plan 2014-2015

Campus Name Shirley J. Williamson Elementary

Federal Public Law (PL 108.265 Section 204) states that all school districts 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:

Galena Park I.S.D. implements a comprehensive wellness plan that encourages healthy eating and physical activity in order to reduce childhood obesity and to prepare students to become healthy productive citizen and lifelong learners.

Health Education

- The districts Wellness Policy will be presented to all faculty, staff and parents at the following meetings.
 - Faculty meeting – all faculty and staff members.
 - P.T.A. meeting - parents
 - Site Based Decision Making meeting.
 - Monthly family fun nights

Physical Education

- Conduct a Health Awareness week to promote exercise and provide students with health information.
- Students will continue to participate in vigorous physical activity during P.E. class.
- Students will be encouraged to walk, or do some type of physical activity everyday after school for 20 minutes.
- CATCH physical education activities will be conducted during P.E.
- Running Club for 4th and 5th grades.
- Exercise class with teachers and staff after school, at least once a week
ie: DVD exercise videos. Beach Ball volleyball & walking (30 minutes weekly)
- Biggest Loser Club for the Faculty

Nutrition Education

- Review lunch menu with students daily and discuss health benefits. Example: Whoa, Slow and Go foods.
- Faculty and staff will model healthy eating choices for students.
- Assist students in developing the healthy practice of washing hands before eating (during announcements).
- The Cafeteria meets all Federal and State Guidelines for Student Nutrition
- There are special areas for the Parents to sit, when they come to have lunch with their students.

Other School Related Activities

- Conduct a Parent Nutrition Night featuring good eating choices, demonstrations of physical activities and a nurse discussing calories and immunizations for students.
- All parents will receive the: "Our School's newspaper," suggesting ways to improve nutrition and physical activity.
- Flu Shots and Immunizations for Staff and Family members
- Have pamphlets, on various Health Topics, available for Parents at PTA meeting

- ❖ Campus Wellness Team includes the following required personnel:
P.E. coach, School Nurse, cafeteria manager and administrator.
Others, including parents are welcome to be a part of this committee.