

**Sam Houston Elementary  
Galena Park ISD  
Campus Wellness Plan  
2021-2022**

**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:**

Sam Houston 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 education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, and adult encouragement)
- The cafeteria will promote good eating habits by displaying posters, handouts and displays throughout the school year.
- The campus offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Supper Program to provide healthy and quality nutrition. Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students and staff. Free breakfast will be issued to all students in grades PK – 5 during the school year.
- Brighter Bites program will be implemented to ensure the opportunity of continuation of proper nutrition during the school year and summer months.
- Fresh fruits and vegetables will be offered for breakfast and for lunch.
- Nutrition resources will be available to parents and staff on the Galena Park ISD website
- The CATCH program will be implemented throughout the year in PE class (the program consists of Health, Physical Education and Nutrition components)

**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.
- 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)
- The P.E. department will follow the CATCH Physical Education Program and implement the fitness gram test, grades 3-5.

**Other School Based Health Guidelines**

- Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self – image and environmental awareness by having monthly character education implemented into academic curriculum, daily announcements to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to

verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and/or group counseling sessions as needed.

- The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness by implementing a health advisory council, SHAC committee, that is composed of the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff, and members of the community.
- At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, 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.
- Galena Park ISD COVID guidelines will be practiced daily by all teachers, staff and students.
- Tips to improve health and health awareness facts will be offered during the school year through the campus newsletter, Galena Park webpage and/or one-on-one instruction with parents and/or students.
- Communication of Free immunization opportunities for families with children will be provided in the form of handouts (flyers) sent home with students.
- Vision, Hearing, Acanthosis Nigricans and Scoliosis screenings will be conducted as per state requirements.
- Dental Hygiene Education will be scheduled for all grade levels.
- Brighter Bites will be promoted and offered for registered families, providing families with fresh fruits and vegetables for healthier options.

## **Nutrition Guidelines**

- The campus 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.
- Pleasant eating environment will be administered to all students by not 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.
- The school will offer breakfast and lunch and when applicable participate in the after school supper 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 drinks.
- USDA meal requirements: students must take at least ½ full serving of fruits or vegetables