

Sam Houston Elementary Campus Wellness Plan

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 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.

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.

Nutrition Education and Standards

- Fresh fruit and vegetables will be offered for breakfast and for lunch.
- Promote lifelong healthy eating habits by providing healthy choices.
- Promoting good eating habits displaying posters with nutrition information in the cafeteria.
- Lunch menus provide nutrition information and are sent with the student monthly
- Nutrition resources available on Galena Park ISD website under student nutrition area
- Teachers will be encouraged to incorporate nutrition education in class curriculum throughout the year.
- The CATCH program will be implemented throughout the year in PE class, the program consists of Health, Physical Education and Nutrition Education components.

Physical Education and Activity

- Activities and Health Awareness will be conducted daily from the CATCH program.
- Fitnessgram Testing to 3rd-5th graders
- Physical activity will not be used as a punishment or reward
- Students will engage in physical activity during PE and will participate in structured recess for 20 minutes daily.

Other School Based Health Related Activities

- Tips to improve health and health awareness facts will be offered during the school year through the campus newsletter, Galena Park web page and/or one-on-one instruction with parents and/or student
- 1st grade and 2nd grade students will participate in nutrition class provided by Texas A&M AgriLife Extension Program.
- Communication of Free immunization opportunities for families with children will be provided in the monthly newsletter and/or via school flier.
- After school programs promote physical activity, such as the Sam Rams Soccer Team (led by CIS Rep. Monica Hernandez) and the Dance Krew (led by School Counselor Roxanne McCabe and Monica Hernandez).
- Backpack Buddies program assists families in receiving nutritional products.
- Vision, Hearing and Acanthosis Nigricans screenings are conducted by the school nurse on students in 1st, 3rd and 5th grades.
- Vision and Hearing screenings are conducted by the nurse on PK and Kg levels.
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