



## Building a Healthy You 2019-2020

### Overview:

Federal Public Law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves students, parents, a School Food Authority representative, the school board, administrators and the public. The Local Education Authority will establish a plan for measuring the local wellness plan.

### Mission Statement:

Pyburn Elementary, with Galena Park ISD, offers a comprehensive wellness plan that encourages healthy eating and physical activity to become a healthy citizen.

### Nutrition Education:

- Parents and students will be encouraged to participate in the Brighter Bites program.
- Students will be provided with healthy eating tips monthly.
- Healthy nutrition posters will be on display in the cafeteria.
- CATCH lessons will be taught including Go, Slow, Whoa foods
- Teachers will be encouraged to integrate nutrition education across curriculums.

### Nutrition Standards:

- The school will offer all students free breakfast and lunch.
- Faculty and staff will model healthy eating and appropriate conduct in the lunch room.
- Monthly cafeteria menus will be made available to students.
- Staff will encourage healthy snacks.
- Staff will promote handwashing and encourage safe eating practices such as not sharing food or drink.

### Physical Education:

- Students will continue to participate in daily physical activities including PE or structured recess.
- Health lessons will be incorporated using the CATCH curriculum.

- Students in grades 3-5 will participate in Fitness Gram Test.
- All students will be encouraged to participate in Jump Rope for Heart.
- Faculty, students, and community will be encouraged to participate in daily physical activities.
- Physical activity will not be used as a punishment, as running laps.
- Encourage the faculty and staff to participate in Relay for Life.

#### **Other School Related Activities:**

- Parents will continue to receive information to improve health through PTA meetings, school newsletter and various programs.
- Parents will be able to participate in parent involvement meetings that educate them on healthy living.
- Wellness activities will be offered at various times such as Pink Out Day and Relay for Life.
- Students will participate in health related screenings.
- Classroom parties will be limited to 2 parties per school year and birthdays will be celebrated at the end of the day.
- Provide health related bulletin boards