

**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:**

North Shore 10<sup>th</sup> Grade Center 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**

- In recognition of the role that nutrition has in supporting academic performance and quality of life, students shall be provided with adequate opportunities to be encouraged and to support healthy eating.
- 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 and will not use food and physical activity as reward or punishment
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, and adult encouragement).
- Healthy food choices will be made available for parents and students that will assist in choosing nutritious foods.
- Lunch menus will be available on school website.
- The campus administration team will ensure healthy nutrition messages are communicated monthly in the cafeteria and to the school community through a variety of media.
- The campus will communicate information about campus food and nutrition programs to families and the community. Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
- 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, staff and parents, scheduling enough time for students to consume meals, and not offering tutorials, pep rallies, club/organization meetings and other activities during meal consumption.
- Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.

**Physical Activity/Education**

- Students are provided with physical education to assure that all students are able to learn and develop the skills, knowledge and attitudes necessary to be physically active.
- Physical education classes will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- Staff, students and parents will be educated on health related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles
- Students are offered multiple extracurricular activities that provided physical activity such as football, basketball, volleyball, baseball, soccer, softball, tennis, dance, band, and swimming.
- Staff will be encouraged to participate in health promotion activities and events that focus on exercise, stress management and nutrition.

### **Other School Based Guidelines**

- A security plan implemented to include prevention, policies and procedures, preparation, response and recovery that focuses on supporting healthy and safe environment.
- Students have access during the school day to medical care at our school-based Legacy clinic.
- Programs and resources available for students, staff and the community to receive immunizations.
- Programs made available for students to obtain proper eye correction and care.
- School activities to encourage our staff and students to participate in physical activities such as student and staff sports events.
- For the safety of our students and staff, employees have received seizure training.
- Parent Involvement Nights with students, parents and teachers interacting
- Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self – image and environmental awareness, 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 group counseling sessions as needed.
- 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.

## **Nutrition Guidelines**

- The school will offer free breakfast and lunch for all students, with a variety of healthy options for fruits, vegetables, cereals, and protein according to USDA guidelines.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink
- Nutrition department shall ensure foods and beverages sold or served in the school meal programs are in compliance with federal and state statutes and regulations.
- All students will be provided with a pleasant and safe eating environment and adequate seating during their lunch time.

## **Plan de Bienestar Escolar: North Shore 10<sup>th</sup> Grade Center 2023-2024**

**Derecho Público Federal (PL 108.265 Art. 204)** establece que todas las escuelas deben desarrollar una política de bienestar local que involucre a los padres, estudiantes, un representante de la Autoridad de Alimentos Escolares, la junta escolar, los administradores escolares y el público. La Autoridad de Educación Local (LEA) establecerá un plan para medir la implementación de la política de bienestar local.

### **Estado de la mission**

**North Shore 10<sup>th</sup> Grade Center** preparara, adoptara e implementara un plan integral para formentar la alimentacion saludable y la actividad fisica a fin de preparar a los estudiantes para que se conviertan en ciudadanos saludables y productivos y en aprendices de por vida. I activity in order to prepare students to become healthy productive citizens and lifelong learners.

### **Promocion y Educacion Nutricional**

- En reconocimiento del papel que tiene la nutricion en el apoyo al desempeno academic y la calidad de vida, los estudiantes deberan contar con oportunidades adecuadas para ser alentados y apoyar una alimentacion saludable.
- Los menus del lonche escolar y las opciones de alimentos saludables estaran disponibles para los padres y los estudiantes en el sitio web de nuestra escuela, lo que ayudara a elegir alimentos nutritivos.
- Los patrones de alimentacion saludables son elementos esenciales para lograr los estandares academicos, lograr el crecimiento fisico y mental y mantener el bienestar de por vida. Se fomentara la educacion sobre nutricion en la cafeteria y en el salon de clases a traves de una variedad de actividades (p. ej., carteles, videos y estimulo de los adultos).
- El campus comunicara informacion sobre los programas de alimentacion y nutricion del campus a las familias y la comunidad a traves del sitio web de la escuela, anuncios y boletines.
- La escuela seguira las pautas establecidas por USDA y TDA para asegurar que todas las comidas cumplan con los estandares nutricionales y de seguridad para proteger la salud de los estudiantes, el personal y los padres de enfermedades transmitidas por los alimentos.
- Un ambiente agradable para comer estara disponible para todos los estudiantes, el personal y los padres, programando suficiente tiempo para que los estudiantes consuman las comidas y no ofreciendo tutorias, reuniones de animo, reuniones de clubes/organizaciones y otras actividades durante el consumo de las comidas
- Se alentara a los estudiantes a socializar mientras implementan conducta y niveles de voz adecuados en la cafeteria.

### **Actividad Física/Educación**

- Los estudiantes reciben educación física para asegurar que todos los estudiantes puedan aprender y desarrollar las habilidades, el conocimiento y las actitudes necesarias para estar físicamente activos.
- Las clases de educación física incluirán habilidades motoras, conceptos y estrategias, participación en actividad física, aptitud física, comportamiento responsable y beneficios de la actividad física.
- La actividad física no se utilizará como castigo (por ejemplo, correr vueltas o flexiones)
- El personal, los estudiantes y los padres recibirán educación sobre temas relacionados con la salud presentados durante el año escolar y la importancia de complementar la educación sobre salud y nutrición con estilos de vida físicamente activos a través de reuniones de padres y boletines.
- A los estudiantes se les ofrecen múltiples actividades extracurriculares que brindan actividad física como fútbol, baloncesto, voleibol, béisbol, fútbol, softbol, tenis, danza, banda y natación.
- Se alentará al personal a participar en actividades y eventos de promoción de la salud que se centren en el ejercicio, el manejo del estrés y la nutrición.

### **Otras pautas de salud basadas en la escuela**

- Un plan de seguridad implementado para incluir prevención, políticas y procedimientos, preparación, respuesta y recuperación que se centre en apoyar un entorno saludable y seguro.
- Los estudiantes tienen acceso durante el día escolar a atención médica en nuestra clínica Legacy en la escuela.
- El personal tendrá la oportunidad de obtener la certificación de RCP.
- Programas y recursos disponibles para que los estudiantes, el personal y la comunidad reciban vacunas
- Programas disponibles para que los estudiantes obtengan la corrección y el cuidado adecuado de los ojos.
- Para la seguridad de nuestros estudiantes y personal, los empleados han recibido entrenamiento de convulsions.
- Actividades escolares para animar a nuestro personal y estudiantes a participar en actividades físicas tales como eventos deportivos para estudiantes y personal.
- Noches de participación de los padres con estudiantes, padres y maestros interactuando.
- Bienestar positivo y conciencia ambiental se ofrece a través de servicios de asesoramiento y personal de apoyo para implementar una autoimagen positiva y conciencia ambiental, anuncios diarios para alentar a todos los estudiantes a tener una estadía segura y agradable durante el día escolar y alentar a los estudiantes a verbalizar cualquier inquietudes o problemas que puedan afectar su bienestar, a un adulto de confianza, miembro del personal, maestro,

consejero o administrador e implementar sesiones de asesoramiento individual y grupal según sea necesario.

- A nivel del plantel, el comité de Bienestar del plantel consistirá del Gerente de la Cafetería, el maestro de Educación Física, el Administrador del Plantel, el maestro del salón de clases, la enfermera y los padres, para garantizar que el plantel implemente y cumpla con el G.P.I.S.D. Requisitos de la Política de Bienestar y evalúa y mide el Plan de Bienestar del Campus.

### **Pautas de nutrición**

- La escuela ofrecerá desayuno y almuerzo gratis para todos los estudiantes, con una variedad de opciones saludables de frutas, verduras, granos integrales y proteínas magras de acuerdo con las pautas del USDA.
- El personal promoverá el lavado de manos y fomentará prácticas de alimentación seguras, como no compartir alimentos o bebidas.
- El departamento de nutrición se asegurará de que los alimentos y bebidas vendidos o servidos en los programas de comidas escolares cumplan con los estatutos y reglamentos federales y estatales.
- A todos los estudiantes se les brindará un ambiente agradable y un ambiente seguro para comer con asientos adecuados durante la hora del almuerzo donde los estudiantes puedan socializar mientras comen una comida nutritiva.

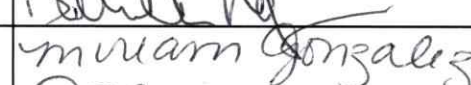
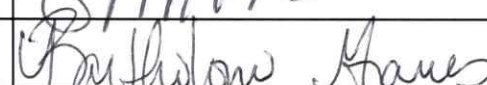
**Campus Wellness Plan Evaluation 2023-2024**

Campus Name: North Shore 10th Grade Campus Principal K Bryant

<b>Determine which statement best describes your campus wellness plan.</b>	<b>Clear Evidence</b>	<b>Minimal Evidence</b>	<b>No Evidence</b>	<b>Not Applicable</b>
<b>I. Overview</b>				
1. The campus wellness plan aligns with district's commitment to health and wellness.	✓			
<b>II. Goals for Student and Staff Wellness</b>				
<b>A. Nutrition Promotion and Education</b> <i>Our campus wellness plan...</i>				
1. Has specific nutrition education standards (hours, curriculum, standards, etc.)	✓			
2. Can easily be integrated into classroom lessons	✓			
3. Promotes healthy foods w/a variety of methods	✓			
4. Lists activities that promote healthy behaviors	✓			
5. Prohibits the use of food and physical activity as a reward or punishment	✓			
<b>C. Physical Activity/Education</b> <i>Our campus wellness plan...</i>				
1. Has specific requirements for physical activity in the classroom and during recess time				✓
2. Addresses requirements for physical activity	✓			
3. Has specific physical education requirements (standards-based, hours, etc.)	✓			
4. Is age and developmentally appropriate	✓			
<b>D. Other School-Based Health</b> <i>Our campus wellness plan...</i>				
1. Provides opportunities and campus activities for staff members to improve their health and wellness	✓			
2. Describes parent and youth engagement activities	✓			
<b>III. Nutrition Guidelines –</b> All food available on school campuses must meet minimum federal requirements. <i>Our campus wellness plan...</i>				
1. Requires specific nutrition requirements for lunch including meal standards	✓			
2. Requires specific nutrition requirements for breakfast		✓		
3. Addresses a pleasant eating environment with adequate seating	✓			
4. Has specific nutrition requirements for competitive foods and beverages	✓			
5. Addresses foods provided in vending machines	✓			
6. Addresses specifics regarding food in the classroom requirements such as snacks, classroom celebrations, etc.	✓			



<b>IV. Accountability</b> <i>Our campus wellness plan...</i>				
1. Is reviewed annually by a campus committee	✓			
2. Is updated with identified revisions and updates	✓			
3. Results of the review, updates and evaluation are reported to the School Health Advisory Council annually	✓			
<b>VI. Parent/Community Involvement</b> <i>Our campus wellness plan...</i>				
1. Includes diverse representation including parents, students, administrators, school food service, teachers of physical education, school health professionals in development and implementation and revision	✓			
2. Includes activities and programs that provide parents with an opportunity to learn more about improving health and wellness in the home	✓			
<b>VI. Public Notification</b> <i>Our campus wellness plan...</i>				
1. Requires that the public be updated and informed about content of the plan	✓			
2. Is posted on our campus website	✓			
3. Is available to parents in English and Spanish	✓			

Campus Wellness Committee Member	Signature	Date
Cafeteria Manager		3/21/24
Physical Education Coach		3/21/24
Teacher		3/21/24
Parent		3/21/24
Campus Nurse		3/21/24
Administrator		3/21/24
Other		