

North Shore 10th Wellness Plan 2019-2020

Mission: North Shore 10th should prepare, adopt and implement a comprehensive plan to promote healthy eating and physical activity to reduce obesity and health-related complications in order to prepare students to become productive citizens and healthy learners for life.

Go Mustangs!



10th

Objectives of the Wellness Plan:

- Create a comprehensive learning environment to promote wellness behaviors for a lifetime.
- Develop positive social skills through participation in activities aimed at teamwork and group participation.
- Improve levels of physical fitness related to student's health through cardiovascular activities, flexibility, strength/muscular endurance, body composition, and weight control.
- The school committee will review the wellness plan annually and will be available on the school website for students, parents and staff.

Physical education

- Students receive physical education to ensure that all students can learn and develop the skills, knowledge and attitudes necessary to be physically active.
- Physical education classes include motor skills, concepts/strategies, participation in physical activity, physical condition, responsible behavior.
- All students will have opportunities to participate in physical education, including students with disabilities and those in alternative education programs.
- Students are offered multiple extracurricular activities that provide physical activity such as football, volleyball, soccer, band, tennis, dance, athletics, basketball, baseball and swimming.
- Students will complete the Fitness Gram test.

- Physical education teachers will continue to monitor the welfare of students and promote health awareness.
- Opportunities should be encouraged for staff to participate in health promoting activities and events that focus on exercise, stress management and nutrition.
- Physical activity will not be used as punishment (i.e. running laps or pushups).

Nutritional Education

- In recognition of the role of nutrition in supporting academic performance and quality of life, students should be provided adequate opportunities to be encouraged and to support healthy eating.
- Teachers are encouraged to integrate nutritional education throughout the curriculum.
- Parents and students can receive nutrition advice and information through the school newsletter and cafeteria menu.
- The nutrition department should have information available for parents and students that will help in choosing nutritious foods.

Nutritional Standards

- Galena Park ISD offers free breakfast and lunch for all students, with a variety of healthy options for fruits, vegetables, dairy, cereals and protein, according to USDA guidelines.
- Ensure that all food and beverages available through vending machines, à la carte, food vendors, bars, classroom celebrations, and school-sponsored fundraisers before, during and after normal school hours meet minimally with the guidelines established by the USDA and follow the Nutrition Policy for Texas Public Schools.

YOU ARE NEVER TOO EARLY OR TOO LATE TO BE A HEALTHIER YOU!

- The nutrition department will ensure that food and beverages sold or served in school meal programs comply with federal and state statutes and regulations.
- All students will receive a pleasant eating environment and adequate seating during mealtime.

Other related school activities

- CareVan program and flu vaccines will be made available to students and staff.
- Programs available for students who need corrective glasses.
- School newsletter that suggests ways to improve nutrition and physical activity.
- Parent participation nights: interaction with the teacher, the student and the parents.
- School activities to encourage our staff and students to participate in physical activities such as student sports events against staff.
- Provide students freedom of discrimination and abuse, including prevention and intervention of bullying.
- A security plan implemented to include prevention, policies and procedures, preparation, response and recovery that focuses on supporting healthy and safe environments.

