

## **Campus Wellness Plan North Shore 9<sup>th</sup> Grade Center 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:**

North Shore 9<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**

- Teachers will be encouraged to integrate nutrition education across the curriculum during Healthy Texas Week.
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, videos, games, and adult encouragement). Healthy food choices in the cafeteria. Lunch menus will be published in the school website.
- The campus offers students and staff the opportunity to participate in the National School Breakfast/Lunch 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 student's during the school year.
- 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 and staff from food borne illness.
- Pleasant eating environment will be administered to all students and staff 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.

### **Physical Activity/Education**

- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during physical education classes and class time.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- Students will participate in at least 50 minutes of P.E daily. Students may choose to participate in a variety of activities such as soccer club, golf, tennis, cross country, cheerleading, baseball, track, softball, dance, swimming.
- Staff will be encouraged to participate in physical activity, relay for life, staff against student sporting events – volleyball and dodgeball, biggest loser challenge, track use and the TRS healthy habits challenges.

### **Other School Based Health Guidelines**

- PTA will incorporate ideas of healthy families into their agenda
- Parent Involvement Nights with students and 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 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 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, Health Teacher, 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.

### **Nutrition Guidelines**

- The school will offer breakfast and lunch and when applicable participate in the after-school snack 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 drink.
  - USDA meal requirements: students must take at least ½ full serving of fruits or vegetables
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