

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:

Galena Park High School 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

- An “**easy grab and go breakfast**” has been implemented for students to be able to start the day right without missing instructional value time. Breakfast Grab and GO Food Carts are strategically placed at various entrances including the CATE building and the Lilly Center.
- The GPISD School Nutrition Web-page is a resource that provides information on various options for nutritious snacks
<http://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=smartsnacks>
- The GPHS Student Nutrition department headed by Ms. Sonia Ledezma partake in yearly breakfast campaigns aimed at educating students on the importance of eating a healthy breakfast and what the components of a healthy breakfast include.
- The GPISD Student Nutrition Webpage is also a campus resource for providing information on Fitness and Nutrition:
<https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554&page=nutritiondfit>
- Components of the GPHS campus wellness plan can easily be integrated into classroom lessons. Classes actively participate in contests creating posters and campaigns teaching good nutrition and encouraging healthy eating i.e. “Break the fast” theme educating students about the importance of a well-balanced breakfast.
- GPHS Student Nutrition Services has four promotions a year related to Healthy Breakfast with this year’s emphasis on “Building for the Future”.
- **During the month of March, 2024 Students who eat breakfast at school will have an opportunity to win an iPad through a free raffle being sponsored by our Student Nutrition Department.**
- Surveys are presented to students by the GPHS Student Nutrition Department during some promotions; such as the “School Breakfast Survey”, and information that is gathered assists with making changes that will encourage more students to eat breakfast and lunch at school and provide a wide variety of healthy foods to choose from. The surveys are also meant to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- Nutrition information given to parents and faculty during PTA meetings
- 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 with healthy tips can be found on the District Student Nutrition Page: <https://www.schoolnutritionandfitness.com/index.php?sid=1906091736304554>

- Culinary Arts has worked with other core classes to provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.
- The campus will communicate information about campus food and nutrition programs to families and the community through the Student Nutrition District Webpage>Menus>click on your school - GPHS

Physical Activity/Education

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.
- All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Fitness Gram Test for students (required annually)
- Open Gym afterschool from 2:30pm to 4pm on off seasons, supervised by coaches
- Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during class.
- Students and faculty will be encouraged to walk, or do some type of physical activity every day after school for 20 minutes.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- It is also prohibited for food to be used as reward.
- Students will participate in P.E, Yoga, Open Gym, walking and dance clubs after school.
- GPHS staff will be encouraged to participate in physical activity, staff against student sporting events – volleyball and basketball, biggest loser challenges, walking; length of campus or perimeter of school. All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips, offers for wellness checkups, and important information to promote overall health and wellbeing. The following are 23-24 Health and Wellness Scheduled activities.
 - [The School Clinic and counselors will be sharing information on Diabetes during National Diabetes Month in November. “Knowing Diabetes is Fighting Diabetes”. A display with visuals of how much actual sugar is in common beverages vs water and diet drinks.](#)
 - [The Junior Class will be hosting a “staff vs students” Volleyball game during 8th period on March 8th, 2024.](#)
 - [Spanish III Advanced was finishing up a unit which asks “¿Qué haces para estar en forma?” \(What do you do to be in shape?\). After learning new vocabulary and grammatical components, the students were tasked with creating a poster that featured 1 exercise routine and 1 healthy meal recipe that could be displayed in the hallway, using their new vocabulary. This became a contest of sorts where the winning groups will have their posters on display throughout the school and receive prizes that promote health and wellness. Winners will be chosen by the Wellness Committee based on the information provided by their posters as well as aesthetics. All Posters will be displayed to be seen in the hallways adjacent to](#)

- Staff Members have started an official “Walking Club” which invites all faculty and staff to take at least 15 minutes out of their day to walk the length of the main campus halls.
- On March 19th. Galena Park High and Galena Park Elementary will host our Health Fair from 4-6pm in the Galena Park High Cafeteria. All GP Families will be invited to attend. There will games and prizes. And families will be able to visit with the following organizations: Community Health Network, T- Chatt, Catholic Charities, Admore Group, Brighter Life Counseling and Wellness, and Legacy.
- Our very own Health Occupation Students of America (HOSA) will be taking vitals such blood pressure, temperature, pulse and blood sugar checks.
- Every year the district sponsors relays that provide opportunities for students and community members to get involved in worthwhile causes related to health and wellness. The following are activities that are scheduled to take place in the 23-24 school year.
 - The 2024 “Buddy Relay” scheduled to take place on Thursday February 29, 2024 is a district sponsored event taking place at the GPISD stadium. Students who signed up were teamed up with a life skills student to participate in a range of outdoor activities fostering social skills through fun and healthy activities.
 - The North Channel Area Relay for Life is a district and community wide fundraiser and event that helps raise money and awareness for the American Cancer Society. It is scheduled to take place May 2024.

Other School Based Guidelines

- GPHS teachers are encouraged to include physical activities that can be incorporated into lessons to enhance learning. Our ROTC program, which is an elective course with approximately 130 participating students includes various exercise routines for students such as 20-30-minute warm up drills, stretches, and calisthenic exercises.
- The GPHS JROTC/LOT program instructors will be hosting its **1st annual Physical Fitness Meet** which will take place on March 22, 2024 from 8:00am to 12:30pm. It will involve 4 secondary schools and each school will be allowed to enter one team in each event. The event will consist of three physical fitness activities which will be judged and scored to determine winners that will receive a medal.
- Teachers are allowed to take their classroom outdoors (outside snack bar) or for brisk walks before class to promote circulation and clearer thinking for learning.
- All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips. They offer a wide variety of educational opportunities, healthy lifestyle activities and offer opportunities for wellness checkups.
- PTA will incorporate ideas of healthy families into their agenda.
- The following is a list of special programs and educational seminars sponsored by our campus counselors during the 23-24 school year.
 - On March 28th, The Bridge will have a parent presentation for our families regarding Healthy Relationships. This will take place in our school Library from 9-10am.
 - 5th Annual Mental Health Awareness Fair for the district is scheduled to take place May 7, 2024 5-7 pm at North Shore Elementary
 - September 12, 2023 , Crisis Intervention Specialist participated in suicide prevention efforts. Ms. Calderon, Crisis intervention Specialist for Communities In Schools (CIS) organized an activity by creating posters that said “YOU MATTER” and “YOU ARE NOT ALONE.” The activity took place during lunch periods; it allowed students to write positive messages and learn about the importance of suicide prevention. Students participated and wrote heart touching positive messages.

- On October 18, 2023 our CIS collaborated with Counselors to participate in Unity Day, which focused awareness on the prevention of Bullying. Included in the information was the opportunity for students to make a pledge to prevent and report bullying.
- 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 campus has a Community in schools staff member, Crisis Specialist Heidy Calderon, who provides resources for services providing basic needs and mental health services. Essential services are also provided to GPHS students through the “Unlimited Vision” agency. The agency is on campus Monday-Thursday and provided individual or group counseling on grief, dating violence, alcohol and drug abuse, amongst other services.
- 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

- All foods provided to students during the school day will meet **the USDA Foods of Minimal Nutritional Value (FMNV)** guidelines and Texas Public School Nutrition Policy guidelines. The GPHS Food service department will follow the FMNV guidelines for competitive foods as well as portion size limitations on certain items. These recommendations may include standards for ***vending machines***, a la carte sales, parties and celebrations, social events, and any school function held during the school day. Every school year different promotions are advertised and student and staff participation are encouraged.
- Requirements for school Lunch: The standards or (Meal Patterns) requires schools to offer students the right balance of fruits, vegetables, low fat or fat free milk, whole grains and lean protein with every meal.
- Requirements for school breakfast: The Meal pattern for breakfast includes fruits (or vegetables), whole grain rich foods, meats or meat alternates and milk. Breakfast is also limited in sodium, calories, saturated fats and trans fats.
- High Schools may not provide competitive foods items (or provide access to them through direct or indirect sales to students during meal periods in areas where reimbursable meals are served and or consumed.
- Student Nutrition personnel ensures a clean dining area with a pleasant atmosphere where students can socialize while enjoying a nutritional meal. Students have a choice of eating in the open outdoor snack bar area by the CATE building, the Main Cafeteria which is brightly lit with ample seating, or the Main snack-bar area with choice of indoor or outdoor seating. Withholding of food for as reward or punishment is not allowed or promoted at GPHS.

- 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.
 - GPHS Student Nutrition will offer breakfast and lunch and is currently participating in a supper program called CACFP which stands for “Child and Adult Care Food Program”. CACFP program is for GPHS students and other school aged children in the surrounding community and they are highly encouraged to promote and participate in this program. It is completely free to students. The operating hour is from 2:45 pm to 3:45 pm every school day. A cart is set up in the main hallway by the Cafeteria which gives students multiple options of a nutritional supper snack. There are also supper meals available at the Field House Monday through Thursday. These meals are served during the same hours as the main campus.
 - Breakfast is served 6:45am -7:15am in the cafeteria. In addition, food carts strategically placed at the main school entrances, (CATE, Keene, and 11th street entrances) continue to serve Grab and Go breakfast until 7:30am.
 - Athletic classes that meet early morning are served from 8:30am to 9am to provide an opportunity for breakfast.
 - Lunch is served between the hours of 10:30am and 12:55 and lunches are divided into four 30-minute increments to accommodate all students.
 - “Supper Snack” is served at 2:30pm as students are leaving the building or attending afterschool activities.
 - Vending Machines- are on a timer and must adhere to the FMNV policy.
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- **The GPHS Campus Plan is reviewed annually** by a campus committee who works on reviewing, updating, and evaluating the plan annually to submit to the School Health Advisory Council.
 - **Communications with Parents.** GPHS will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school Nurse, counselors and Harris Health School Based Clinic Nurse Practitioners collaborate with offering healthy eating seminars for parents. Healthy eating mini courses are offered during PTA meetings. The Nutrition department sends home nutrition information, posts nutrition tips on school websites, and provide nutrient analyses of school menus.
 - **Public Notification:** The Galena Park High School Wellness Plan is posted on our campus Website under the “Parents” – Nurses corner link. It is made available in Spanish and in English.