### Galena Park ISD

2018-2019

Campus Wellness Plan

*Cloverleaf Elementary implements a comprehensive wellness plan to encourage healthy eating, and physical activity, to promote becoming healthy citizens and lifelong learners.*

# Mission Statement

Federal public law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, and 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. Wellness policy goals include:

* Nutritional Education and Guidelines
* Physical Activity
* Health Promotion



# Overview

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* The school will offer breakfast and lunch, and when applicable, participate in the after school snack program. Breakfast is eaten in classrooms every morning.
* The school will provide nutritional information to parents that will encourage them, to provide safe and nutritious foods for their children.
* USDA meal requirements: student must take at least ½ full serving of fruits or vegetables.
* Monthly nutrition calendars are sent home that include healthy tips for families and daily menu selections.
* All bread and pasta items served are whole wheat.
* Our faculty will model healthy eating and appropriate lunch conduct including innovative ways for noise level control.
* The staff will promote hand washing and encourage safe and sanitary eating practices, such as no sharing of food or drinks.
* Annual cafeteria promotions: National School Breakfast Week, National School Lunch Week, National Rice month Heart Health Month, National 5 A Day Week (5 fruits and vegetables a day). Menu will be reviewed daily over morning announcements.
* Nutritional education will be encouraged in the cafeteria and in the classroom through a variety of activities (ex. Posters, games, videos, and adult encouragement).
* Students may bring a daily class snack (as designated by the teacher), which must consist of healthy options such as fruit, crackers, protein, etc.
* Classroom celebrations shall be limited to six parties per academic year (ex. Christmas and Valentine’s Day) and will be held during the last 30 minutes of the school day. Student birthday celebrations are permitted (by parent request only) and are limited to the last 15 minutes of the school day.
* School staff will not withhold food from students as punishment and suitable eating time and adequate seating is provided to all students.



# Nutrition Standards and Guidelines

#### Physical activity and Education

* Play areas are clean and hazard free.
* Structured recess will be included every week to meet physical activity minutes of 135 minutes per week, weather permitting.
* Staff will encourage students to eat healthy and participate in at least 60 minutes of physical activity on a daily basis.
* Each PE class will consist of a 5 minute warm-up, 45 minutes of physical activity, and 5 minutes of health instruction.
* Physical Education teacher will monitor student wellness, promote health awareness, and implement CATCH physical education activities for staff and students.
* Physical Education teacher performs and completes Fitness Gram testing for all 3rd, 4th, and 5th grade students on all five components of test.
* Physical Education Teacher will review the lunch menu with students daily and discuss health benefits. Example: Whoa, Slow, and Go foods.
* Physical activity will not be used as a punishment (running laps, push-ups, etc.) and teacher provides a variety of activities each day.
* Students will be educated on specific sports and skills in order to enjoy physical activity for a lifetime.
* Students are encouraged to participate in out of school physical activities such as club sports, running events, and nutrition classes.
* Students are selected as leaders to promote student expectations and encourage good sportsmanship.
* Events such as Bear Fair, Field Day, and Olympiad are organized to promote health and wellness while participating in physical activity.



* PTA will incorporate ideas of healthy families into their agenda such as our Color Run.
* All second graders are given the opportunity to receive free dental care and education through the Project Saving Smiles Program.
* North Channel EMS will provide flu shots to all staff and students to receive free flu shots.
* Troubleshooting for Health mobile unit will be available to local families to receive free immunizations.
* Red Ribbon Week is taught to all students and lasts one week during the Fall semester for drug awareness.
* Kids Vision for Life provides all students in need the opportunity to receive a voucher for free eye exams and glasses.
* See to Succeed program allows for several students to be taken to a local clinic and receive free eye exams and glasses.
* Blood drives are provided twice a year through Gulf Coast Regional Blood Center on campus to allow teachers and parents to donate blood to those in need.
* After school programs promote health education and physical activity including CIS Bears Dance Team, Cloverleaf Soccer Team,, and ballet folklorico.
* Uniform Drive is held in May to collect for students in need.
* Back Pack Buddies program assists families in receiving proper nutrition throughout weekends.
* Go Big or Go Home Memorial Foundation implements the ECG screening program and facilitate improved physicals for middle and high school athletes.
* Relay for Life Event promotes families awareness for cancer and provides physical activities for staff and students to participate in.
* P&G provides supplies and educational materials for 4th and 5th grade students to teach important topics over puberty and development.
* 1st, 3rd, and 5th grade students are screened for risk of type 2 diabetes. Children are assessed for the acanthosis nigricans marker.
* Brighter Bites program provided families with fresh fruit and vegetables weekly to give healthy meal options to promote health and provide nutritional classes for parents. Teachers also present weekly lessons to students.
* School Café provided by Houston food bank provides meals for children after school.
* Individual and group counseling, along with peer mediation is implemented by counselor to facilitate positive relationships.
* Jump Rope for heart and Open gym is provided for students to raise money for American Heart Association.
* Raising Breast Cancer awareness in October by having staff and students wear pink.
* Pre-K, Kinder, and first grade students is given a presentation on hand washing and a pledge is to be signed by each student and posted in classrooms to promote proper hand washing procedures.
* Houston ballet academy provides professional ballet lessons to our students.
* ACE (after school centers on education) provides student with health and wellness actives.
* Programs such as coffee with the counselor and Communities In Schools, Grandparents day, and fathers bring students to school day allow for family involvement with the students and counselor on campus.
* Harris County provides GED and citizenship classes to the members of our community.

*Reminder: Parents are welcomed to set up a meeting with the Wellness Team at any time to discuss ideas or changes that contribute to the wellness of our community.*

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# Other School Based Health Activities and Community Involvement