**Campus Wellness Plan \_\_\_\_\_\_\_\_\_\_Cloverleaf Elementary\_\_\_\_\_\_\_\_\_**

 **2024-2025**

**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:**

Cloverleaf Elementary 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**

* The school will offer free breakfast, lunch, and supper for 30 minutes a day, and when applicable, participate in the after-school meal program. Breakfast will be offered to eat in classrooms until 8:30am for late arrival students.
* Teachers will be encouraged to integrate nutrition education across the curriculum during Healthy Texas Week.
* 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, games, and adult encouragement). Healthy food choices in the cafeteria. Lunch menus will be sent home with students monthly with healthy tips on the back of the menu.
* 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.
* Elementary Health Curriculum will include an age-appropriate curriculum unit on nutrition that will be taught in the classroom.
* The campus will 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.  Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
* The campus offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Snack Program to provide healthy and quality nutrition. Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students, staff and parents.
* 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. Parties are recommended to be scheduled after the end of the lunch period to avoid replacing a nutritious lunch.
* Yearly Nutrition Survey will be offered, from the Nutrition Department for all students, staff and parents, in order to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
* Pleasant eating environment will be administered to all students, staff and parents bynot withholding food as a reward or punishment, scheduling enough time for students to consume meals - breakfast 15 minutes and 30 minutes for lunch, by 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.
* The Back-Pack Buddy program provided by Houston Food Bank serves selected qualifying students with nutritious meals to take home over the weekend.
* Fresh Fruit and Vegetable program is provided to all classes in order introduce new food products to students at least three times a week.

**Physical Activity/Education**

* Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during scheduled recess and class time.
* Structured recess will be included every week to meet physical activity minutes of 135 minutes per week, weather permitting with play areas being clean and hazard free.
* Physical Education will be administered to all Pre-K -5th grades with a minimum of 150 minutes per week including a 5-minute warm up, 45 minutes of physical activity and 5-10 minutes of health instruction per class.
* 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 by offering age appropriate physical activity for student’s PK – 5.
* Students will have opportunity to participate in P.E, and additionally after school with soccer club, basketball, and boys club.
* Students will receive no less than 135 minutes of recess per week and 50 minutes of physical education, per week. The P.E. department will follow the CATCH Physical Education Program and implement the fitness gram test, grades 3-5.
* Students will be educated on specific sports and skills in order to enjoy physical activity for a lifetime.

**Nutrition Guidelines**

* The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink
* Review lunch menu with students daily and discuss health benefits.
* All bread and pasta items served is whole wheat
* Foods provided in vending machines remain for staff only and provide healthy alternative beverages such as water.
* For the school year 24-25, the school will offer free breakfast and lunch and free after-school Supper meals when the Supper meal service is available. 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.
* Students are limited to 2 snack purchases a day to encourage more wholesome meal consumption.
* Classroom celebrations are limited to 2 per year.
* USDA meal requirements: students must take at least ½ cup serving of fruits or vegetables at lunch and ½ cup serving of fruits at breakfast.
* Additional fresh vegetables will be added to our menus seasonally.

**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 such as Skate Night will be encouraged to participate in after school once a month.
* 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.
* Red Ribbon Week is taught to all students and lasts one week during the Fall semester and will incorporate activities for drug awareness.
* HCDE Case for Kids provides student with health and wellness actives including physical activities and academic support.
* CIS provides support to families that struggle with food insecurities, utility assistance, and more.
* Circle of Honor is our character education program that provides students with recognition of good character traits.
* PTA will incorporate ideas of healthy families into their agenda.