

WELLNESS PROGRAM

Galena Park High School's Wellness plan is designed to guide students and adults towards making more informed and educated choices regarding their overall physical well-being. This includes increasing their levels of exercise and learning about proper nutrition.

I. School Health Councils

- a. The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)
- b. Galena Park High School has an active Campus Wellness Plan committee that reviews and revises the campus plan for progress in attaining goals, compliance, and to make necessary updates.

II. Nutrition Guidelines

- a. All foods available on the Galena Park High School Campus meet the minimum federal requirement.
- b. Requirements for school Meals:
 - i. 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.
 - ii. 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.
 - iii. Student Nutrition personnel ensures a clean dining area with a pleasant atmosphere where students can socialize while enjoying a nutritional meal. An ***“easy grab and go breakfast”*** has been implemented for students to be able to start the day right without missing instructional value time.
 - iv. A “super snack” program was initiated the 2019-20 school year for students that might have the need to stay after school hours. It is open to the public where any school age student is able to come and enjoy a well-balanced nutritional meal at no cost.
- c. 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 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 is encouraged. Surveys are given to students to help gather information to increase student participation in eating and enjoying breakfast.
- d. The GPHS Student Nutrition department headed by Ms. Sonia Ledezma started a “breakfast campaign” aimed to educate students on the importance of eating a healthy breakfast and what the components of a healthy breakfast include. The number of students eating breakfast increased from 200 at the end of the previous school year to approximately 550 within the first few months of the 2014-15 School year.

- e. Healthy snacks that do not perish quickly such as whole apples and oranges are allowed to be taken by students for in between snacks
- f. During School Breakfast Week fun activities are planned for students and staff to participate in promoting health eating. School Breakfast Week will be celebrated the week of **March 2-6, 2020**. This year the themes will be promoting **“Local Foods”** with decorating contests and sampling of various foods and produce grown in TEXAS such as Oranges, Grapefruits, potatoes and milk.
- g. Posters to promote healthy eating, recommended portions, and reminding to choose a fruit and vegetable at every meal are strategically placed at the entrance of the school and the cafeteria.



- h. Surveys are presented to students and information that is gathered assists with making changes that will encourage more students to eat breakfast at school and provide a more wide variety of healthy foods to choose from. (See attached Survey. GPISD Student Nutrition Dept., School Breakfast Survey).
- i. Spring Break Program 2020 – March 9 – 13 GPHS will be offering free lunches to ALL students
- j. Cafeteria hours – Breakfast: 6:00am-9:00am
Lunch: 10:30am – 12:55pm
Supper (called “supper snack”) 2:30pm – 3:45pm
- k. Vending Machines – Are on a timer. Must adhere to the FMNV policy (see attached TCTA Nutrition Policy)
- l. “The Sharing Table” was initiated 2019-20 school year encouraging students to save unopened containers of milk and juice and unused fruits and vegetables so that students can have access to nutritional snacks throughout the day.



III. Nutrition Education

- a. Galena Park High School aims to teach, encourage, and support healthy eating by students.
- b. links with school meal programs, other school foods, and nutrition-related community services are provided (See attached posters)

- c. Educational posters are strategically inside and outside of cafeteria to educate and promote healthy eating.



- d. Our Student Nutrition Class has actively participated in contests creating posters, contests, campaigns teaching good nutrition and encouraging health eating i.e. "Break the fast" theme educating students about the importance of a well-balanced breakfast.
- e. Health Tip announcements are provided by the clinic staff emphasizing the importance of eating healthy and regular exercise. We are in the process of getting the approval for Wednesday announcements to include a segment called "Wellness Wednesday" where the Wellness Committee members will provide health and wellness tips that can be read during announcements.

IV. **Physical Activity Opportunities and Physical Education (P.E.)**

What are our P.E. requirements?

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 135 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

V. **Other School-Based Activities that promote student Wellness: Teachers are encouraged to include physical activities that can be incorporated into lessons to enhance learning.**

- a. Blood Pressure screenings offered to students during lunches, sponsored by our HOSA students
- b. Health Science Technology Classes provide physical activities and games during lunches while recruiting students.
- c. 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.
- d. The ROTC program instructors also participate in an "Afterschool Activity Team" open to all students which focuses on push-ups, crunches, various other exercises and a 2-3-mile run
- e. This school year our US History teachers re-created a "Trench Warfare Activity" and a "No Mans Land" full of obstacles for students to be able to have a full grasp of trench warfare. The game is a combination of Capture the Flag and Dodgeball.

- f. 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.



- g. Faculty and staff are also encouraged to participate in activities promoting Health and Wellness with activities such as:
- The Biggest Loser – which involves prizes for the staff member with the most amount of body mass loss in a designated amount of time.
 - This year we have chosen to advertise and participate in the “Lookin’ Good Shamrock Strut Fun Run” sponsored by the Houston Eye Associates which will take place April 4, 2020.

VI. Campus Plan Evaluation

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.

VII. 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.



VIII. 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.