

## Campus Wellness Plan

2020-2021

Campus Name: Joyce Zotz Education Center

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2020-2021 school year beginning after June 30, 2020 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 I.S.D. 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 Education

Teachers will be encouraged to integrate nutrition education across the curriculum. (Tips will be presented during morning announcements and school menu will be announced)  
Staff will encourage students to bring healthy snacks and to participate in physical activity.

The CATCH program will be in the following areas: Health, Physical Education, and Nutrition.

Nutrition education is encouraged in the cafeteria through variety of posters supporting wellness through proper food choices.

Teachers will be given the opportunity to get immunizations to prevent Flu and update their immunizations.

Staff will be trained on Blood Borne Pathogens and First Aid.

## Physical Education

Physical activity will not be used as a punishment (e.g. running laps or pushups).

Physical Education teachers will continue to monitor student wellness and promote health awareness.

Screening of students for Vision changes and Hearing

## Nutrition Standards

The school will offer free breakfast and lunch daily. Students and staff are highly encouraged to promote and participate in these programs.

The school will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Our faculty will model healthy eating, exercising, and appropriate lunch room conduct.

The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink.

Make healthy choices highly visible in the cafeteria by using bigger signs and placing items in high traffic areas.

Conduct a "Wash Your Hands" campaign.

## Other School Related Activities

Parent involvement liaison will incorporate ideas of healthy families into one of their meetings.

Parent involvement meeting educating parents on student nutrition and physical activity related to the home.

All students, faculty and staff will participate in a school wide emphasis promoting everyone to be drug free. The Anti-Drug Awareness Week on our campus will coincide with the national emphasis supporting drug awareness education in schools.

The campus will host Community Collaborative for Proactive Parenting monthly to make parents aware of health and drug issues adolescents are faced with.