

North Shore 9th Grade Center

2015-2016 Campus Wellness Plan

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 administration, and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement

North Shore 9th Grade Center shall prepare, adopt, and implement a school comprehensive wellness plan that encourages healthy eating and physical activity in order to reduce childhood obesity and to prepare students to become healthy productive citizens and lifelong learners.

Nutrition Education Goal #1

To implement nutrition education that will positively influence students' eating behaviors by educating students on good nutritional habits and making healthy food choices. Teachers will be encouraged to integrate nutrition education across the curriculum. Staff will encourage students to bring healthy snacks and actively participate in physical activity. The Coordinated Approach to Child Health (CATCH) program will be in the following areas: Health, Physical Education, and Nutrition.

Nutrition Education Goal #2

Nutrition Education and student competencies shall be integrated into a required health education course.

Larger School Community

This will be considered when planning school wide events, extracurricular activities and other related special programming during the school day, or school sponsored events outside of the school day if food is involved. Food served at such events shall not be in conflict with this policy.

Events

- Assemblies
- PTA Meetings
- Faculty Meetings
- School Media Network – Website and School TV
- Assemblies etc.

Physical Education Goal #1

To provide every student opportunities to acquire the knowledge and skills needed to participate regularly in physical activity. This knowledge and these skills shall be developed and applied through regular communication and participation in a comprehensive physical education program that places emphasis on fitness and lifetime health and wellness.

Physical Education Instruction

Students will receive physical education instruction in a setting that will be conducive for them to be active for the duration of the period. The activities will be based on the standards set forth by the state and expected by the district.

Physical Education Curriculum

The curriculum shall be provided and implemented by professionally certified physical education teachers. These teachers will provide on-going information that supports physical education beyond the class and school.

School Organization

School organization shall promote physical activity and provide additional opportunities for the students to be actively engaged in physical activities programs and sports available at the school.

Parent Information and Nutrition

Nutrition education information shall be provided to parents on an ongoing basis in the forms of handouts, newsletter articles, postings on the school website, and the presentations that focus on nutritional values and healthy lifestyles.

Nutrition Standards

These standards will be implemented so that we improve the nutritional quality of foods available to all students by ensuring that no foods or beverages available at school contradict the nutritional values of foods and beverages served.

Foods available through the GPISD Food Service Program

All students will have access to the school menu.

The school will continue to expand and explore menu offerings based on nutritional content and student preferences.

The Food Service Program will comply with and strive to exceed the minimum nutritional guidelines required by the National Lunch Program.

Campus Wellness Committee Goal #1

The Campus Principal and the school wellness committee shall meet annually to ensure that the nutrition education goals, the physical activity goals and other related activities are incorporated into the school's improvement planning and implementation process. Representation of the school wellness committee shall join the Site Based Decision Making Committee (SBDC) to provide input for meeting the policy goals. The school wellness committee shall also provide input for professional development opportunities for all teachers to assist them in meeting the nutrition education and physical activity goals. The committee will also be responsible for parent communication.

Reporting Process

Progress regarding the implementation of plan goals as set forth in policy shall be determined annually and included as part of the Principal's annual report regarding school improvement.

Activities to Achieve Our Goals

- PE Class Activities
- School Lunch Menu and nutritional information posted on school website
- School Lunch Menu posted in the cafeteria
- GPISD's Nutrition Parent newsletter posted on school website
- Nutrition Fitness educational information and tips posted on school website
- Campus Wellness Plan posted on the school website
- Instructional Workout with Ms. Soders (Counselor)