



MAC Campus Wellness Plan 2018-2019

Mission Statement

Galena Park ISD prepares, adopts, and implements a comprehensive plan to encourage healthy eating and physical activity in order to reduce childhood obesity and prepare students to become healthy, productive citizens and lifelong learners. At the campus level, we will all work hard to encourage a healthy lifestyle that incorporates physical fitness, good eating habits and a positive self-image.

Nutrition Education

- Provide MAC parents with the opportunity to attend nutrition classes
- Provide monthly nutritional tips on monthly menu
- MAC students will participate in monthly health motivated bulletin boards
- MAC Lunch- Daily announcement of lunch menu
- MAC students will attend Health/Nutrition class
- MAC staff will encourage students to bring healthy snacks

Physical Education

- MAC Health lessons
- Catch Games
- Fitnessgram
- Structured play at recess outdoor/indoor (indoor: go noodle)

Nutrition Standards

- MAC will participate in National Healthy Child Day
- MAC Cafeteria participates in the breakfast initiative where 100% of students are offered free daily breakfast, which includes a selection of whole grains, dairy and fruit products to all students
- MAC cafeteria offers daily selection of fruit, vegetables, dairy, grains and protein at lunch
- MAC Staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink products
- MAC students are given the opportunity to socialize and enjoy their lunch in a clean, spacious environment
- MAC will provide nutritional information to parents to encourage nutritious foods for students

Other School Related Activities

- MAC Staff is encouraged and given the opportunity to participate in “Get Lean 2019”
- MAC Staff is encouraged and given the opportunity to participate in “Summer Body Challenge”
- MAC PTA will incorporate ideas of healthy families into their agenda
- MAC will participate in “Brighter Bites”
- MAC students will participate in Project Saving Smiles
- MAC will promote FLU vaccinations for students and staff
- MAC will participate in “Pennies for Patients”

