

## Galena Park Middle School Wellness Program 2024- 2025

Federal Public Law (PL 108.265 Section 204) states all school districts must develop a local wellness policy which involves students, parents, 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 local wellness policy.

### Mission Statement

Galena Park I.S.D implements a comprehensive wellness plan that encourages healthy eating, along with physical activity to reduce childhood obesity while preparing students to become healthy productive citizens and lifelong learners. At the campus level, we will work hard to encourage a healthy lifestyle that incorporates physical fitness, good eating habits, and a motivating self-image.

### Nutrition Education

Staff members will be involved in nutritional education

Fitness

## Nutrition Standards

Our faculty will model healthy eating and appropriate lunchroom conduct

The school will offer breakfast and lunch for students. Students and staff are highly encouraged to promote and participate in these programs. (Free breakfast and lunch for the year of 2023- 2024. (See webpage for more details))

The staff will promote hand washing and encourage safe eating practices.

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

Grab-n-go breakfast snack provided/encouraged in the morning for students who arrive past the breakfast serving time

Monthly lunch menus are provided to staff, also available for parents in the office/webpage

After School programs will provide snacks/ take home packages for after school

## Other School Related Activities

Relay for Life

After School Tutorials

Athletic Practice

Drug Awareness

Bully Free Zone

Flu Shots for staff provided by Walgreens

CPR demonstration- Career Day

VSP Global program and Eye Care for Kids can allow low income families that qualify to receive vouchers for free exams/glasses.

State Mandated screenings will be performed by the school nurse on a yearly basis. (Hearing & Vision



