

Galena Park ISD
101910

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been EMC /P AMCloterop(O

STRATEGIES TO
SOLICIT
INVOLVEMENT

IMPLEMENTATION

EVALUATION

days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2024-2025 school year:

Campus or Organization	Food / Beverage	Number of Days
GPISD Campuses	Miscellaneous Foods & Beverages	Six

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GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	
Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.	
Action Steps	Methods for Measuring Implementation
Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.)	Baseline or benchmark data points: Number of supplemental programs the or currently offers promotes The types of food access programs

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NUTRITION
EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA(LOCAL), the District has established the

Objective 2: One hundred percent of students will have access to drinking water at all times during the school day.	
Action Steps	Methods for Measuring Implementation
The maintenance department will maintain proper condition of all water fountains in the District and ensure they are accessible to students.	<p>Baseline or benchmark data points:</p> <p>Documentation from the school nutrition department that water was available during meal periods, as required by federal standards</p> <p>Resources needed:</p> <p>Easily accessible water fountains</p> <p>Obstacles:</p> <p>Teachers will need to develop procedures regarding when a student would be permitted to get water from a fountain during class time</p>

GOAL: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.	
Objective 1: All staff responsible for nutrition education will maintain their annual training hours for their individual job as required by state and federal law.	
Action Steps	Methods for Measuring Implementation
<p>Student Nutrition Director will plan, register and keep records of annual training of student nutrition staff.</p> <p>Campus administrators will monitor the required training of staff for nutrition education</p>	<p>Baseline or benchmark data points:</p> <p>Certificates of completion</p> <p>Resources needed:</p> <p>Files in Student Nutrition Director's office and Eduphoria</p> <p>Obstacles:</p> <p>Time for all personnel to attend training</p>

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

The District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

The District will require students, unless exempted because of illness or disability, to be enrolled in physical

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GOAL: The District shall

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.	
Objective 1: The District shall allow the community to use outside facilities including the track and/or gym as available.	
Action Steps	Methods for Measuring Implementation
Open gym will be conducted when coaching staff is available Open track to community when facilities are open and safe for use	Baseline or benchmark data points: Use of the gym and track by students and community members Resources needed: Staff to monitor use Obstacles: Students and community may not use the facilities

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
Objective 1: All campuses will build their master schedules to allow for at least fifteen minutes to eat breakfast and 20 minutes to eat lunch, from

GOAL: The district shall ensure that food and beverages accessible to students during the school day are only products that meet the state and federal guidelines for competitive foods.	
Objective 1: Obtain documentation from all vending machine companies regarding product compliance with Smart Snack regulations.	
Action Steps	Methods for Measuring Implementation
Create a full list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration	<p>Baseline or benchmark data points: Number of vended products with Smart Snack items on file.</p> <p>Resources needed: Vendor Assistance</p> <p>Obstacles: Vendor compliance and product label accuracy.</p>

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.
Objective 1: The District 1 311.81 0 1 247.61 410.71 Tm04 Tf 0 1 247.61 410.71 Tm306.-5