

**Campus Wellness Plan Havard Elementary**  
**2024-2025**

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

**Mission Statement:**

Havard Elementary 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 Promotion and Education**

Students will be provided with healthy eating tips on the monthly menu and the school café App that can be viewed on the Galena Park ISD website.

Elementary Health Curriculum will include an age-appropriate curriculum unit on nutrition that will be taught in the classroom.

The campus will communicate information about campus food and nutrition programs to families and the community. Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing. The school will offer breakfast, lunch, and an after school healthy snack program.

Encourage students to drink water, 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

The campus offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Snack Program to provide healthy and quality nutrition. Free, reduced or sensible low cost, nutritional meals will be offered during lunch for all students, staff and parents.

Free breakfast and lunch will be issued to all student's grades, PK – 5, during the school year.

The campus will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illness. Special event snacks are recommended to be scheduled after the end of the lunch period to avoid replacing a nutritious lunch.

Pleasant eating environment will be administered to all students, staff and parents by not withholding food as a reward or punishment, scheduling enough time for students to consume meals - breakfast 10 minutes and 20 minutes for lunch, by not offering tutorials, pep rallies, club/organization meetings and other activities during meal consumption.

Students will be encouraged to socialize while implementing proper conduct and voice levels in the cafeteria.

## **Physical Activity/Education**

Physical Education teachers and classroom teachers will continue to monitor student wellness and promote health awareness and activity time during recess and class time.

Students and faculty will be encouraged to walk, or do some type of physical activity every day for 20 minutes. The gym is open after school for staff to walk or run. 24 laps equal 1 mile.

Staff, students and parents will be educated on health-related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles.

Students will participate in P.E, Soccer club, Dance, Running Club, and structured play time during music. Students will receive no less than 135 minutes of recess per week and 50 minutes of physical education, per week. The P.E. department will follow the CATCH Physical Education Program and implement the fitness gram test, grades 3-5.

### **Other School Based Health Guidelines**

PTA will incorporate ideas of healthy families into their agenda.

Parent Involvement Nights with students, parents, and teachers interacting.

Mental health meetings will be administered by the counselor for families.

Health night will be offered to promote healthy eating and tips for family involvement.

S.T.R.E.A.M Nights will be offered periodically throughout the school year providing many community resources including health information, healthy eating, technology, education, fire safety, and etc.

Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement a positive self – image and environmental awareness. Monthly character education will be implemented into academic curriculum. These will include daily announcements to encourage all students to have a safe and enjoyable stay during the school day and to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and group counseling sessions as needed.

The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness by



- Habrá opciones de alimentos saludables, incluidas frutas y verduras frescas, disponibles en la cafetería durante el desayuno y el almuerzo.
- El plan de estudios de salud de primaria incluirá una unidad curricular sobre nutrición apropiada para la edad que se enseñará en el aula.
- El campus comunicará información sobre los programas de alimentación y nutrición del campus a las familias y la comunidad. Los patrones de alimentación saludables son elementos esenciales para alcanzar estándares académicos, lograr el crecimiento físico y mental y mantener el bienestar durante toda la vida. La escuela ofrecerá desayuno, almuerzo y un programa de refrigerios saludables después de la escuela.
- Anime a los estudiantes a beber agua, jugo 100% de frutas o vegetales y jugo 100% de frutas o vegetales diluido con agua (con o sin carbonatación) y sin edulcorantes agregados.
- El campus ofrece a los estudiantes, personal y padres la oportunidad de participar en el Programa Nacional de Desayuno, Almuerzo y Merienda Escolar para brindar una nutrición saludable y de calidad. Se ofrecerán comidas nutritivas gratuitas, reducidas o de bajo costo durante el almuerzo para todos los estudiantes, el personal y los padres.
- Se entregarán desayunos y almuerzos gratuitos a todos los grados de los estudiantes, desde PK a 5<sup>o</sup>, durante el año escolar.
- El campus seguirá las pautas establecidas por USDA y TDA para garant

- Se animará a los estudiantes y profesores a caminar o realizar algún tipo de actividad física todos los días durante 20 minutos. El gimnasio está abierto después de clases para que el personal camine o corra. 24 vueltas equivalen a 1 milla.
- Se educará al personal, los estudiantes y los padres sobre temas relacionados con la salud presentados durante el año escolar y la importancia de complementar la educación sobre salud y nutrición con estilos de vida físicamente activos.
- Los estudiantes participarán en educación física, club de fútbol, baile, club de correr y tiempo de juego estructurado durante la música. Los estudiantes recibirán no menos de 135 minutos de recreo por semana y 50 minutos de educación física por semana. El PE. El departamento seguirá el programa de educación física CATCH e implementará la prueba de fitness grama, grados 3-5.

### **Otras pautas de salud escolares**

- La PTA incorporará la p74nW\*(q)u)-347ucps(o)-3(b)-3(a)-3(ción)le-5(n)le sucamenl emde co

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