

Campus Wellness Plan North Shore Middle School
2022-2023

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:

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

Students and faculty will be encouraged to walk, or do some type of physical activity every day after school for 20 minutes.

Physical Education will be administered to all 7-8th grades with a minimum of 150 minutes per week.

Physical activity will not be used as a punishment (e.g. running laps or pushups)

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 by offering age appropriate physical activity for students 7-8.

All 7th grade athletes will participate in a heart screening conducted by trainers. Students will participate in P.E, athletics, and structured play time. Students will receive 225 minutes of physical education, per week. The P.E. department will follow and implement the fitness gram test, grades 7-8.

North Shore Middle School staff will be encouraged to participate in physical activity, relay for life, field day, staff against student sporting events volleyball and dodgeball, track use and the TRS healthy habits challenges.

Other School Based Health Guidelines

PTA will incorporate ideas of healthy families into their agenda

PTA will provide social able events for the staff during the school year

North Shore Middle School staff will be able to participate in Walgreen Flu Shot Day, Gulf Coast Regional Blood Drive in the school year.

CCR will allow students to create healthy snacks with peers twice a week (Tuesday and Friday), enjoy cooking healthy foods in culinary arts, and physical education daily.

ACE Program will allow students to enjoy a healthy hot meal after actives during the school year.

The staff will promote infection control such as covering your sneeze and cough, along with posters throughout the campus.

Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self image and environmental awareness by having monthly character education implemented

the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff, and members of the community.

At the campus level, the campus Wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent, to ensure that the campus implements and meets the G.P.I.S.D. Wellness Policy requirements and evaluates and measures the Campus Wellness Plan then reports to SHAC council for review annually.

Nutrition Guidelines

The school will offer breakfast and lunch and when applicable participate in the after-school snack program. Students and staff are highly encouraged to promote and participate in these programs.

The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink along with posters throughout the campus.

Review lunch menu with students daily and discuss health benefits.

Classroom celebrations are limited to 2 per year.