

Culinary Arts has worked with other core classes to provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms.

The campus will communicate information about campus food and nutrition programs to families and the community through the Student Nutrition District Webpage>Menus>click on your school - GPHS

Physical Activity/Education

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Fitness Gram Test for students (required annually)

Open Gym afterschool from 2:30pm to 4pm on off seasons, supervised by coaches

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

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

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

It is also prohibited for food to be used as reward.

Students will participate in P.E, Yoga, Open Gym, walking and dance clubs after school.

GPHS staff will be encouraged to participate in physical activity, staff against student sporting events – volleyball and basketball, biggest loser challenges, walking; length of campus or perimeter of school. All staff receive emails from the District Mental Health and Social Services Dept with Wellness Wednesday Smores containing Health Tips, offers for wellness checkups, and important information to promote overall health and wellbeing. The following are 23-24 Health and Wellness Scheduled activities.

- The School Clinic and counselors will be sharing information on Diabetes during National Diabetes Month in November. “Knowing Diabetes is Fighting Diabetes”. A display with visuals of how much actual sugar is in common beverages vs water and diet drinks.
- The Junior Class will be hosting a “staff vs students” Volleyball game during 8th period on March 8th, 2024.
- Spanish III Advanced was finishing up a unit which asks “¿Qué haces para estar en forma?” (What do you do to be in shape?). After learning new vocabulary and grammatical components, the students were tasked with creating a poster that featured 1 exercise routine and 1 healthy meal recipe that could be displayed in the hallway, using their new vocabulary. This became a contest of sorts where the winning groups will have their posters on display throughout the school and receive prizes that promote health and wellness. Winners will be chosen by the Wellness Committee based on the information provided by their posters as well as aesthetics. All Posters will be displayed to be seen in the hallways adjacent to

- Staff Members have started an official “Walking Club” which invites all faculty and staff to take at least 15 minutes out of their day to walk the length of the main campus halls.
- On March 19th. Galena Park High and Galena Park Elementary will host our Health Fair from 4-6pm in the Galena Park High Cafeteria. All GP Families will be invited to attend. There will games and prizes. And families will be able to visit with the following organizations: Community Health Network, T- Chatt, Catholic Charities, Admore Group, Brighter Life Counseling and Wellness, and Legacy.
- Our very own Health Occupation Students of America (HOSA) will be taking vitals such blood pressure, temperature, pulse and blood sugar checks.

Every year the district sponsors relays that provide opportunities for students and community members to get involved in worthwhile causes related to health and wellness.

The following are activities that are scheduled to take place in the 23-24 school year.

- The 2024 “**Buddy Relay**” scheduled to take place on Thursday February 29, 2024 is a district sponsored event taking place at the GPISD stadium. Students who signed up were teamed up with a life skills student to participate in a range of outdoor activities fostering social skills through fun and healthy activities.
- The North Channel Area Relay for Life is a district and community wide fundraiser and event that helps raise money and awareness for the American Cancer Society. It is scheduled to take place May 2024.

Other School Based Guidelines

GPHS teachers are encouraged to include physical activities that can be incorporated into lessons to enhance learning. Our ROTC program, which is an elective course with approximately 130 participating students includes various exercise routines for students such as 20-30-minute warm up drills, stretches, and calisthenic exercises.

The GPHS JROTC/LOTC program instructors will be hosting its **1st annual Physical Fitness Meet** which will take place on March 22, 2024

- On October 18, 2023 our CIS collaborated with Counselors to participate in Unity Day, which focused awareness on the prevention of Bullying. Included in the information was the opportunity for students to make a pledge to prevent and report bullying.

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 into academic curriculum, 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 campus has a Community in schools staff member, Crisis Specialist Heidy Calderon, who provides resources for services providing basic needs and mental health services. Essential services are also provided to GPHS students through the “Unlimited Vision” agency. The agency is on campus Monday-Thursday and provided individual or group counseling on grief, dating violence, alcohol and drug abuse, amongst other services.

