



If you change the
environment,
behavior will follow!



**Campus Wellness
Teams create a
healthy
environment
where everyone is
working together
and speaking a
common
language.**





Quality coordination is key to maximum effect on both long-term development and academic success of children.

To get started, assemble a wellness team at your campus and plan to meet regularly.





Amanda Kennington
HCS Coordinator
GCCISD



Priscila Garza
HSSP Coordinator
GCCISD

Then communicate
with your campus
and the district
coordinators.
It's that easy!

Coordinators are here to empower your campus wellness teams through a unified and collaborative effort.



And we can
provide policies
and practices
that are
evidence-based
to address health
and learning.

GOOSE CREEK CISD ADMINISTRATIVE REGULATION

Board Policy: FFA (Legal) (Local)

Date Effective: March 7, 2007

Revised **FEBRUARY, 2017**

RE: WELLNESS

Goose Creek Consolidated Independent School District
Student Nutrition/Wellness Plan

Purpose and Goal:

The link between nutrition, physical activity and learning is well documented. Healthy eating patterns and consistent daily exercise are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and a steady exercise regimen have been proven to substantially improve student learning abilities and behavior, as well as being demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have the opportunity to help students and staff establish and maintain lifelong, healthy eating and physical exercise patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

CATCH[®]

COORDINATED APPROACH TO CHILD HEALTH

from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.



GOOSE CREEK CISD
SCHOOL HEALTH ADVISORY COUNCIL

S H A C



**You can also
count on our
district and
community
partners so you
have access to
even more
resources.**

**All children in
all communities
deserve to be
healthy, safe,
engaged,
supported, and
challenged.**



**Create your
campus wellness
teams today!**

