



Hitchcock

INDEPENDENT SCHOOL DISTRICT

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Hitchcock Independent School District School Health Annual Review School Year 2009-2010

Cheryl Moffett, RN – School Health Advisory Council Chair
Gary Carney- District Fitness Assessment Testing Coordinator

SHAC approved Healthy and Wise/Spark Curriculum for elementary and junior high. This will include PK-8th grade.

Components of this curriculum include: Listed with each topic are a few of the lessons. To review the entire program log onto healthy and wise web site.

- Exercise
- Nutrition/Food-my pyramid –food group, labels and nutrition facts, food borne illness, milk group, health choices, cholesterol
- Health/Research-importance of breakfast, adequate water, cold and flu season, are you at risk for Type II diabetes, immunization,
- Body basics- human body, muscles, skeletal system, lung-asthma, germs and hand washing
- Safety/health awareness-head lice, back to school and after school safety, fire prevention, no tobacco, holiday shopping and toy safety,
- Relationships/Social and mental health- school success, homework tips, steps to good communications, drug and alcohol prevention –making responsible decisions, making responsible decisions, making your school environment safe and healthy, stress management and conflict resolution

Physical activity 150 minutes a week is provided on the Primary and Crosby campuses. This includes PK-8th grades.

The state mandated fitness test, FITNESSGRAM is administered in grades 3-12. This will continue annually with data reporting the Texas Education Agency. Each school district is required, per the Texas Education Code Chapter 38.101-104, to submit their 2009-2010 fitness assessment data to the Texas Education Agency by 5:00 pm on Friday, May 14, 2010. Physical education teachers/coaches conduct the school's fitness assessment.

Hitchcock Primary physical education classes average 26-40 students per 1 certified teacher and PE Aide. Crosby Junior High physical education classes average 26-40 students per 1 certified

teacher. High School physical education classes average 1-25 per certified teacher. 100% of HISD physical education programs are taught by certified education teachers.

Health Education in our District: High School graduation for the 2009-2010 graduation requirements will include health education. The graduating year of 2010-2011 will also include health. Crosby Junior high does not offer health education as an independent course, it is taught in Physical education class once a week.

Medical Staff: medical clinic staff collects statistics and data on diabetic, hypertension and asthmatic students.

HB 9840- Hitchcock Primary and Crosby clinic aide have been certified for care of the students with diabetes. RN is available for all campuses. High School is covered at this time by the District RN. Past coverage was provided by a LVN. Two High School staff members hold a RN license.

SB7 : integrating CPR instruction into high school health education is at 26-50%.

Human Sexuality- teen pregnancy/STD prevention/abstinence:

High school provides these topics in health education courses, PAPAS and PEP classes. Review of the PAPAS and PEP provides more parenting involvement than the above topics. The HIV prevention education policy is addressed in the blood borne pathogens programs. AIM For Success will cover this for 7th-12th grade students.

Nutrition: The Child Nutrition and WIC Reauthorization ACE of 2004 requires that each school district participating in the Schools Meals Program shall establish a local wellness policy. HISD Student Welfare Wellness and health Services: FFA (Legal) HISD has not started the required plan for measuring implementation of our local wellness policy. 2010-2011 School year District RN will work with contracted food services vendor to achieve this.

School Health Goals:

- Increase the membership in HISD SHAC and ensure that a community member becomes co-chair with the Coordinator of Health, Physical educators and clinic aides K-12 per SB 283.
- FITNESSGRAM teacher training and testing will be implemented in 2010-2011 school year.
- HISD Wellness and Health Services will work with the current food services manager to ensure a plan for measuring our local wellness policy is in place for the school year 2010-2011. –Child Nutrition and WIC Reauthorization Act of 2004.
- Select and implement an evidenced based alcohol awareness instructional program to use in the district's junior high and high school health curriculum. This is a new mandate, SB 1344, from TEA for the 2009-2010 school year.
- Implement letter to send to parents/guardians regarding human sexuality as required by SB 283, TEC 28.004. Provide this education for our students in the school year 2010-2011 and on-going.
- Continue to support and encourage lessons for the Primary and Junior high Healthy and Wise curriculum for 2009-2010 school year.