



# Hitchcock

## INDEPENDENT SCHOOL DISTRICT

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*Lee Knapp Interim Superintendent*

### **Hitchcock Independent School District School Health Annual Review School Year 2011-12**

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

**SHAC continues to support the approved Healthy and Wise/Spark Curriculum for elementary and junior high. This will include PK-8<sup>th</sup> grade.**

Components of this curriculum include:

- 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

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

**Physical activity:** 135 minutes a week is provided on the Primary, Stewart 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 2011-12 fitness assessment data to the Texas Education Agency. 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. Stewart physical education classes average 22-30 students with 1 certified teacher. Crosby Junior High physical education classes average 26-40 students per 1 certified teacher. Crosby has split girls and boys PE. Girls are supervised by a PE Aide. Boys have certified teacher. High School physical education classes average 1-25 per certified teacher. Per TEC 25.114 SHAC will be presenting to the HISD Board implementation needed for written policy to address student safety in physical education classes with student teacher ratio greater than 45 to 1.

**Health Education in our District:** High School students graduating the year of 2010-2011 will include health. Crosby Junior high does not offer health education as an independent course, it is also not provided consistently to our student. SHAC will present request for the School Board to implement once a week health education class during PE/Band for grades K-8<sup>th</sup>.

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

HB 9840- Hitchcock Primary, High School and Crosby clinic aide have been certified for care of the students with diabetes. RN covers Stewart campus and is available to all the other campuses as needed. Two High School staff members hold a RN license. HISD Day Care staff members have been trained as Unlicensed Diabetic Care Assistances.

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

Improving closed head injury documentation and notification to staff and parents for 2012-13 school year.

**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 was presented to the student in 7<sup>th</sup>-12<sup>th</sup> grades this school year. Aim for Success results show and increase in sexual activity on our campuses. Will continue to support abstinence, research and improve student education on risks and prevention.

**Mental Health/Bullying policy:**

HISD District policy defines bullying, but does not categorize into gender, race/ethnicity, sexual orientation/identity, physical characteristics, or cyber bullying.

**Nutrition:** The Child Nutrition and WIC Reauthorization ACE of 2004 require 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.

**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.
- HISD Wellness and Health Services will continue to work with the current food services manager to ensure a plan for measuring our local wellness policy is in place for the school year 2012-13. –Child Nutrition and WIC Reauthorization Act of 2004.
- Support Concussion Oversight Team for the athletics program
- Continue to support and encourage lessons for the Primary, Elementary and Junior high Healthy and Wise curriculum for 2011-2012 school year.
- Support HISD in implementing health education into the physical education classes once a week.