



Hitchcock

INDEPENDENT SCHOOL DISTRICT

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Dr. Barbara Derrick, Superintendent

Hitchcock Independent School District School Health Annual Review School Year 2012-13

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

HISD Wellness Policies were reviewed by members this school year. Local and legal wellness policies meet standards of care. District RN will provide more rigorous training for PE coaches for recognizing asthmatic students and providing care.

SHAC continues to support the approved Healthy and Wise/Spark Curriculum for elementary and junior high. This will include PK-8th grade. This will end this school year due to the fact that this program will no longer be available. The Healthy and Wise program has merged with the Spark Health Program. This new program offers a coordinated health approach that accommodates a school's schedule and provides teachers, students, and parents' up-to-date health and fitness information every year.

Published in the traditional Healthy and Wise newspaper and online formats, the colorful, eight page publications feature an abundance of articles, stories, and activities for Middle School students and their families.

In addition, Healthy and Wise is coordinated with the SPARK Middle School Physical Education Program to provide districts even more physical education options and resources if they need them, and/or are already using a SPARK PE program.

SHAC voted for the **Spark Coordinated school health program.** SPARK is coordinated with the Healthy and Wise components and ensures that physical activity is a priority and emphasis in all Eight Components of Coordinated Health.

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 <http://www.sparkpe.org/coordinated-school-health/tx-coordinated-school-health/>

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 2012-13 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.

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.

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, along with two other staff members on each campus. RN covers Stewart campus and is available to all the other campuses as needed. One High School staff members hold a RN license.

SB7 : integrating CPR instruction into high school health education is at 26-50%. 27 HS students were trained in CPR. We will look to increase this number in the following school year. HB 2038-The new athletic trainer Dan Cook brought to our District an improved and up to date program with the concussion return to play program and organization of mandatory required parent and player education of heat related incident, blood borne pathogen, steroid use etc.

Human Sexuality- teen pregnancy/STD prevention/abstinence:

PAPAS and PEP classes were not offered this school year. PAPAS and PEP provides more parenting involvement than the above topics. The Teen Parenting Coalition was offered to our HS girls. Staff members representing HISD are Krystal Shaw, CNA and Cheryl Moffett, RN. The HIV prevention education policy is addressed in the blood borne pathogens programs. AIM For Success was presented to the student in 7th-12th grades this school year. Aim for Success results show an 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.

Digital Citizen was presented on all campuses this school year. This provided more education on the above topics. Crosby and Stewart elementary also provided video presentation on sex-texting and cyber bullying. Stewart Elementary also provided a sexual harassment program for the 6th graders.

Nutrition: The Child Nutrition and WIC Reauthorization Act of 2004 require that each school district participating in the Schools Meals Program shall establish a local wellness policy. Nutritional standards were present from Chartwells: fruits and vegetables offered daily, increasing whole grains, only fat-free or low-fat milk, limiting calories based on the age of children and reducing saturated fat, trans fats and sodium.

HB 742: food and drug allergy: HISD policies reviewed and standard of care is being provided on each campus. Will continue to increase staff and parent knowledge of food allergies.

School Health Goals:

- Goal met from 2012-13 school year: We had an increase in membership in HISD SHAC with parent participation and community members serving on our council. SB 283.
- Will continue to increase parent participation.
- 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
- Will implement SPARKs coordinated school health program for PK-8th.
- Increase health education at the Jr. High and HS level. Will discuss next year to determine if local credits will be offered at the HS level.