

Matagorda ISO Wellness Policy Activities 2016-17 School Year

The following activities will be used in conjunction with the Matagorda ISO Wellness Policy to help implement a successful wellness program. Documentation of participation, lesson plans, menus, and calendar of special events will provide the evidence for evaluation. School administrators will be responsible for providing evidence of compliance.

Nutritional Education Activities

- 0 Use the Great Body Shop curriculum for students, PreK-5¹h
- 0 Professional development opportunities offered through myplate.gov, squaremeals.com, EduHero (online), and other health organizations
- 0 Use PBS "In the Mix" for the required suicide prevention program
- 0 Use Cafeteria Promotions
 - 0 Have "My Plate" displayed
 - 0 Distribute Square Meals flyers
 - 0 Put a healthy snack tip in the Stingray Chronicles

Physical Activities

- 0 Limit inactive timeouts during recess or P.E.
- 0 Offer 45 minutes of P.E. daily
- 0 Include movement and dance in music class
- 0 Incorporate physical activities and breaks before and during STAAR testing
- 0 Use the Coordinated Health PE Curriculum: SPARK
- 0 Support the Athletic Program
- 0 Use physical activity to release hyperactive energy that is interrupting classwork

Nutritional Standards for Foods at our School

- 0 Use fresh fruit and vegetables in the cafeteria
- 0 Add fruit alternatives to the concession stand
- 0 Limit the number of desserts served with lunch
- 0 Use whole grain breads and pasta
- 0 Seek student input on menu ideas to increase the likelihood to consume healthy foods
- 0 Utilize more of the herbs to add flavor instead of salt; teach this use through classroom activities
- 0 Encourage students to try everything on their plate
- 0 Focus second servings on fruits and veggies

Other School-Based Activities

- 0 Participate in active health fundraisers
- 0 Seek community partners for health education and services
 - o The Pregnancy Crisis Center
 - o Carol Butler
 - o Ross Cunningham from The Crisis Center for our bully prevention program
 - o Joseph Ramsey from The Texas Department of State Health Services
 - o Colleen Labar from The Texas Department of State Health
 - o The NED Show
- 0 Promote outdoor activities as rewards
- 0 Post the SHAC minutes and events to the website
- 0 Hold a Field Day Event
- 0 Continue to seek playground renovations
- 0 Coordinate early registration with a health fair, including immunizations on site, a dental care mobile lab, free vision screenings, etc. (Every other year we will have a large health fair, 2018 will be the next one.)
- 0 Offer a car safety seat parent education class

Staff Professional Development Trainings

- 0 Blood Borne Pathogens
- 0 Proper Lifting
- 0 Stress Management
- 0 CPI (Crisis Prevention Institute) –almost 100% of staff is trained
- 0 CPR/First Aid (completed August 2015)
- 0 Mental Health SB460 Parts 1-3
- 0 Child Abuse Awareness
- 0 Bullying Management
- 0 Suicide Prevention HB 2186

We use Matagorda Volunteer Fire Department members for CPR and First Aid.

We use Matagorda County Education Service Center for CPI.

We use www.eduhero.com for the remaining courses

2016 2017 Recommendations:

Continue with 36 instructional hours of health instruction
5th – 3rd grade students will be taught human sexuality