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## **Introduction**

Everman ISD believes a systematic approach to health will lead to improved physical, mental and social well-being for its students, staff and community. This improved well-being will support the mission of Everman ISD to provide all students with an educational program which allows them to develop to their full potential intellectually, physically, and socially in order to be responsible citizens and contributing members of society.

Implementation of the Healthy, Hunger-Free Kids Act of 2010 (the Act) is well underway with the meal standards that took effect in 2012—and which have subsequently been revised—as well as the required implementation in July 2014 of the federal Smart Snacks rules. The Act also addresses school district wellness policies, with the intent of strengthening those policies and providing transparency to the public in key areas that affect the school nutrition environment.

There are many components in this Coordinated School Health plan. Each component makes a unique contribution while also complementing the others, ultimately creating a whole that is more than just the sum of its parts. The Everman ISD Coordinated School Health includes eight components:

- Health Education
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Family and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services

Everman ISD incorporates these eight components into its daily school schedule to ensure improved health and well-being for all its students and staff. The district uses the approved coordinated school health program *The Great Body Shop*.

## **Health Education**

Health education is a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health, and is taught by qualified teachers. Students in grades K-8 receive health instruction through PE and science instruction. Students in high school are required to take one semester of health for graduation. The curriculum is designed to motivate and assist students to improve and maintain their health, prevent disease, and reduce risky behaviors. It allows students to develop and demonstrate health-related knowledge, attitudes, skills, and practices.

Everman ISD health education incorporates the Texas Essential Knowledge and Skills (TEKS), is recommended by the district's SHAC and is approved by the district school board. It is a

curriculum designed to address all aspects of health. Health education can impact student success by:

- Increasing student knowledge and the ability to make healthy decisions.
- Forming the cognitive basis for the practical experience learned through other wellness activities in our school

Teachers use the TEKS, the adopted health textbook, *The Great Body Shop*, and other resources are used to meet student health instruction needs.

## **Healthy and Safe School Environment**

This includes the physical and aesthetic surroundings and the psychosocial climate and culture of the school. These factors include the school building, surrounding areas and anything present that may create a safety hazard, including air quality. The social condition of the school can affect the psychological environment and can emotionally affect the well-being of students and staff. Teachers, administrators, school staff, other students, and outside forces can impact the school environment.

A healthy school environment includes:

- A feeling of support by students from administrators, teachers and peers to reach their full potential
- A safe environment; free from environmental pollutants and other physical hazards including the presence of predators, drugs and weapons
- A positive affiliation with the safe school environment
- Students who are more likely to remain academically engaged and less likely to be involved in misconduct at school

## **Physical Environment**

Students perform better in facilities that are attractive, functional, safe, and secure. Everman ISD achieves this goal through:

- Use of contracted maintenance services
- Frequent and responsive facilities studies
- Superior inspection ratings
- Frequent safety drills
- Campus monitors at the intermediate school, sixth grade center, junior high and high school
- Student Resource Officers at junior high and high school who service all schools
- Annual school health fair
- Lock Down drills
- Metal detectors
- EOPT (Emergency Operating Planning Team)

## **Psychological Environment**

Students perform better in facilities that have a positive psychological environment. Everman ISD achieves this goal through:

- Full time counselors at all campuses
- Community in Schools at the Johnson Sixth Grade Center, Baxter Junior High and Joe C. Bean High School
- Use of purple paint to show school pride
- Posting of student work
- Uniform dress code to reduce peer pressure
- Motivational posters in the buildings
- Character building lessons
- Safe Haven Peer Group on Dating Violence
- The Women Center Play it Safe at the Elementary Schools

## **Counseling and Mental Health Services**

Everman ISD recognizes the need to provide services to students to improve mental, emotional and social health. These may include individual and group assessments, interventions, and referrals. Assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the overall health of the school environment.

Everman ISD supports effective programs that focus on prevention of mental health issues, facilitation of healthy behaviors, and enhancement of healthy student development. It also focuses on targeting students in high-risk situations.

### **Group**

Group counseling is available to all students through the school counselors at the elementary schools and through Community in Schools at Johnson 6<sup>th</sup> Grade Center, Baxter Junior High and Joe C. Bean High School.

### **Individual**

Individual counseling is available to all students through the school counselors at the elementary schools and through counselors and Community in Schools at the upper grade levels. Referrals are made to the Warm Place and other community organizations as needed. Counseling may also be provided to special education students through an ARD recommendation by a special education counselor or licensed specialist in school psychology.

## **Parent and Community Involvement**

An integrated school, parent, and community approach for enhancing the health and well-being of students is another key component of Coordinated School Health. SHACs, the school leadership team, coalitions, and broadly-based constituencies for school health can build support for program efforts. Everman schools actively solicit parent involvement and engage

community resources and services to respond more effectively to the health-related needs of students.

Family and community involvement benefits students in the following ways:

- Increases the likelihood of better attendance and better grades
- Student success improves when teachers and parents work together
- Reduces in-school suspension rates, inappropriate school behavior, and has a positive impact on academic achievement
- Increased student interest in co-curricular and after school community activities have a positive impact on grades and behavior
- Enhances linkages to community programs that support school objectives for student success

### **Parent Involvement**

Parents are invited and encouraged to participate in many of the district's health efforts. These include:

- Participation in the school district's annual school health fair
- Membership in the School Health Advisory Council (SHAC)
- Direct communication between school nurse staff and parents
- Early childhood intervention services for parents
- Johnson Park Family Event

### **Community Involvement**

The community is invited and encouraged to participate in many of the district's health efforts. These include:

- Participation in the district's annual school health fair
- Membership in the School Health Advisory Council (SHAC)
- Coordination between the school and community for National Night Out
- Coordination between JPS and the district for a school clinic
- Reduced fees for staff membership in health and/or exercise facilities
- Use of school buildings for immunization fairs
- Training by the fire and police departments in CPR, basic first aid, gang awareness, fire safety, and other topics
- Participation in the district's Red Ribbon Week
- City Crime Watch
- Lions Club vision program
- Vision for Life sponsored by Essilor/Alcon
- The Women Center
- Safe Haven
- Tarrant County Food Pantry Express
- Texas Health Huguley Mobile Clinic

## **Community Resources**

The Everman community, although small, has many community resources to support health and wellness. These include:

- Community sponsored events such as Halloween carnivals and fairs and National Night Out
- Church sponsored services such as food pantries, clothing closets, health benefits sign-ups, and small health services events
- City sponsored blood pressure checks and immunizations
- Church sponsored teen group sessions
- Local grocery store offers free prescription antibiotics
- Health promotion for staff focuses on developing adult health knowledge, skills and the practice of healthy behaviors. Benefits of this practice include:
  - Enhanced well-being of administrators, teachers and other staff
  - Staff role modeling for the students in their care; a critical reinforcement to sustaining healthy behaviors in both the adults and students
  - Increased productivity, decreased absenteeism and positive effects on health insurance costs
- Ryan Family YMCA
- Texas Health Huguley Staff Wellness Promotion
- Tarrant Area Food Bank Mobile Pantry

Everman ISD offers its staff members immunizations at local school sites and reduced membership costs to local health and/or exercise facilities. Everman ISD sponsors a Pink Out to promote breast cancer awareness in our district.

## **Health Services**

### **General**

The goal of Health Services is to promote the health and well-being of students through education and communication. Health services are provided for students by qualified professionals such as physicians, nurses, dentists and other allied health personnel from within the school and from the community to assess, protect and promote health. Health Service goals include:

- Promote access and/or referral to primary health care services
- Foster appropriate use of primary health care services
- Prevent and minimize the spread of communicable disease and other health problems
- Provide assessment and intervention for illness or injury during school hours
- Promote and model optimum sanitary practices for a healthy school environment
- Provide educational and counseling opportunities for promoting and maintaining student, staff, and family and community health

## **Pregnancy Related Services**

The district offers parenting education courses at the high school. It provides homebound instruction for mothers the six weeks following birth. It also provides day care for the child and transportation for both the mother and father.

## **Special Education Student Needs**

Special Education classroom staff are trained on special procedures including but not limited to trach care, g-tube feeding, catheterization and personal care. Our Registered Nurse will train and or provide instruction to our nurses assistants. Each campus that houses medical fragile students will have assistant nursing staff on campus; our high school has a licensed nurse.

## **School Health Services**

School health services include a variety of services that are available within the school or at the JPS School Base Clinic. These facilities are also preventative in nature and offer the following:

- Education
  - Classroom visits from the nurse
  - Instruction in hand-washing, tooth-brushing, and other daily hygiene
  - Posters regarding healthy habits
  - Blood Borne Pathogens instructions to faculty and staff
  - Educate and inform teachers of students with health issues
  - One on one instruction with students as needed in the health office
- Medication
  - Providing physician ordered medications to students according to policy
- Screenings
  - Vision
  - Hearing
  - Scoliosis
  - Acanthosis Nigricans
  - Height and Weight
  - Dental
- First aid
  - Available for school students and staff
  - Athletic trainers
  - Sports Medicine facility
- Appropriate management of students
  - Standard classroom management techniques
  - Crisis Prevention Intervention
- Administration of emergency care with special health care needs
- Providing care to
  - Students with tracheostomy
  - Students with diabetes

- Students with anaphylactic reactions
- Students with asthma
- Students with g-buttons
- Students with seizure disorders
- Students with syndromes affecting multiple organs
- Students with cardiac issues

Nursing Staff will develop individualized health plans with collaboration of parents and health professionals as needed for students with chronic health concerns.

## **Physical Education**

### **Curriculum**

Physical education involves promoting lifelong physical activity by instructing students in the Texas Essential Knowledge and Skills of physical education. Physical activity has the following benefits:

- Improves mental and physical health
- Improves classroom behavior
- Improves brain function

Students in Everman ISD participate in physical education daily in grades K-6, for a minimum of two additional semesters in grades 7 and 8, and a minimum of one credit in high school.

### **Fitness Gram**

All students in the district participate in the annual Fitness Gram that measures aerobic capacity, muscle strength, endurance and flexibility, and body mass index.

## **Nutrition Services**

Everman ISD provides school nutrition programs that adhere to the U.S. Dietary Guidelines for Americans to achieve nutrition integrity. School nutrition services offer students a variety of nutritious and appealing meals that accommodate the health and dietary needs of all students. They can also serve as a learning laboratory that mirrors classroom nutrition education, and a resource for nutrition-related community services. Qualified child nutrition professionals provide these services.

[Square Meals](#) (outside source)

School nutrition services involve more than school lunches. An effective program:

- Ensures that schools offer nutritious, appealing choices whenever and wherever food and beverages are available on campus
- Offers a school breakfast program that provides a healthy start for the day that may not otherwise be available

## **Student committees**

Each campus has a student nutrition committee. The committees give input on new recipes, food ideas, and service. The input is used by the Child Nutrition Department to create menus and support healthy eating habits.

## **School Health:**

[Health Education](#)

[Healthy and Safe School Environment](#)

[Counseling and Mental Health Services](#)

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