

# Barbers Hill ISD

## Campus Coordinated School Health Checklist

### Introduction

The Local Wellness Policy FFA was adapted by the Barbers Hill Independent School District's Board of Trustees on January 25, 2016. This policy sets the minimum wellness standards for the district and campuses. The policy was created by the Wellness Coordinator and Director of School Nutrition with help from the School Health Advisory Council (SHAC). This is made up of parents, staff, and community members. Campuses are required to follow guidelines that advance student health and reduce childhood obesity and shall promote the general social, emotional and physical well-being of all students through school-based education and activities.

### Purpose of the Checklist

This checklist is to be completed by the principal or designated administrator or staff member. The information provided by the campuses will assist the District SHAC in making recommendations for programmatic changes at the district level.

### Scale Rating:

- 3) Above Standard Expectation – implemented in a “significant” manner; demonstration of an “exceptional” implementation.
- 2) Met Standard Expectation – implemented in a steady and reliable manner which met requirements and expectations.
- 1) Emerging – developing competency or did not consistently achieve expectations; some improvement is needed.
- 0) Does not exist – not implementing; immediate action is necessary.

### Nutrition Education

Implement state approved Coordinated School Health program as a part of the Coordinated School Health Program that emphasizes the importance of proper nutrition at the elementary and middle school level

Yes            No

Nutrition messages are coordinated in the cafeteria, classroom, and school community

N/A            0            1            2            3

Educational nutrition information shared with families and the general public positively influences the health of students and community members via website

N/A            0            1            2            3

### Health Education

High school students are provided one semester (.5 credit) for elective credit (including the Parenting and Paternity Awareness (p.a.p.a.) and the District's Human Growth, Development, and Sexuality curriculum)

N/A      Yes      No

Campus has implemented teen pregnancy, STI prevention, and/or abstinence plus programs

N/A      Yes      No

Campus utilizes Health Education TEKS and curriculum roadmaps to deliver sequential and developmentally appropriate curriculum

N/A      0      1      2      3

Elementary content standards (including CATCH and the District's Human Growth, Development, and Puberty Education curriculum for 5th grade) are integrated in the campus curriculum and Coordinated School Health Program

N/A      0      1      2      3

Parents are encouraged to support their child's participation in physical fitness activities, be active role models, and include physical activity into family events

N/A      0      1      2      3

## Physical Education

Students (elementary only) participate in 30 minutes a day or 135 minutes a week of health fitness with ratios less than 45:1 (a week = Monday-Friday)

N/A      Yes      No

Students (middle school only) participate in 4 semesters of physical education that meets at least 225 minutes every two weeks with ratios less than 45:1

N/A      Yes      No

Students (high school only) complete 3 semesters (1.5 credits) for graduation with ratios less than 45:1

N/A      Yes      No

Health fitness courses offered on campus are taught by certified physical education teacher

Yes      No

Instructional management skills are being implemented to retain the teaching integrity of the curriculum content for those health fitness classes with a 45:1 or greater ratio (i.e., small groups or stations, small groups or stations with rotation of activities, clear signals for rotations, optimal position for monitoring all students, seek and coordinate volunteers for health fitness classes)

Yes      No

Physical fitness assessment is conducted and reported annually with FITNESSGRAM 3rd – 8th grade and all students enrolled in a Health Fitness course and/or substitute course (Athletics, Band, Drill, Cheer, R.O.T.C., Off Campus Health Fitness)

Yes          No

Health Fitness fosters safe and enjoyable fitness activities for all students, including noncompetitive activities and special needs students

N/A          0            1            2            3

Teachers attend staff development that promotes and encourages life-long physical activity and administration of CPR/AED to ensure qualified physical education teachers

N/A          0            1            2            3

Campus Fitnessgram team attend required training and follow district protocols for implementation, communication, and data input

N/A          0            1            2            3

Yearly campus Fitnessgram plan submitted to district

N/A          0            1            2            3

Health fitness teacher attends SHAC meeting

N/A          0            1            2            3

## **Physical Activity Recess**

Recess minutes are not counted as required minutes for Health Fitness

Yes          No

Elementary campus offers at least 20 minutes of unstructured recess in addition to at least 135 minutes per week of Health Fitness

N/A          0            1            2            3

The campus encourages teachers to integrate physical activity (i.e., brain breaks/energizers) into the campus academic curriculum where appropriate (K-12)

N/A          0            1            2            3

Campus provides recreation facilities/activity zones/recess during lunch (K-12)

N/A          0            1            2            3

Recreation facility/activity zones/recess is supervised by individuals

N/A          0            1            2            3

Physical activity (recess and/or physical education) is not withheld for any reason except health reasons

N/A      0            1            2            3

## Safety

Campus completes 90-day recreation facilities/activity zone safety check inspection

Yes          No

Campus has emergency operations plan on file and has conducted training

Yes          No

## Before and After School

Campus recreation facilities are available outside the school day

Yes          No

## Staff Wellness

Campus environment supports healthy behaviors

N/A      0            1            2            3

Employees are encouraged to participate in District wellness program activities

N/A      0            1            2            3

Wellness activities are initiated at the campus level

N/A      0            1            2            3

## Mental Health

Provide services to at-risk students through the Teen Pregnancy and Parent Program as outlined in the PEIMS Student Attendance Accounting Handbook, Pregnancy Related Services:

- Monitor attendance and grades

If services not needed at campus check N/A (counts as one point)

N/A          Yes          No

- Provide targeted case management and service coordination

If services not needed at campus, check N/A (counts as one point)

N/A          Yes          No

- Locate funding for childcare and related services

If services not needed at campus, check N/A (counts as one point)

N/A          Yes          No

- Provide supplemental services to the regular education program to increase academic achievement and reduce the dropout rate

If services not needed at campus, check N/A (counts as one point)

N/A      Yes      No

- Provide Compensatory Education Home Instruction (CEHI) services to students as outlined by the PEIMS PRS program

If services not needed at campus, check N/A (counts as one point)

N/A      Yes      No

Campuses ensure topical guidance lessons are offered by Counseling Services at the appropriate grade levels

N/A      0      1      2      3

Campus administrators request staff training on positive behavior and intervention supports

N/A      0      1      2      3

## Nutritional Guidelines

Snacks provided on standardized test days are compliant in that they are single service size and are not Food of Minimal Nutritional Value (FMNV)

Yes      No

Sale of competitive foods is not allowed during any meal period, including when after school snacks are served

Yes      No

Elementary school students are only provided one healthy snack each day that is not during meal time

N/A      Yes      No

Snacks that are provided comply with fat and sugar limits and are not foods of minimal nutritional value

N/A      Yes      No

Snacks in packages are single-size servings

N/A      Yes      No

Water is available at meal times and is offered throughout the day

Yes      No

A healthy environment is reinforced to encourage healthy eating

N/A      0      1      2      3

Foods and beverages are not used as a behavior management tool by offering as a reward or withholding punishment

N/A      0            1            2            3

Healthy eating is promoted in a variety of ways such as visual cues, marketing materials, line placement, and incentives to encourage healthy food selection

N/A      0            1            2            3

At least 10 minutes is offered of breakfast and 20 minutes for lunch

N/A      0            1            2            3

Lunch is scheduled as close to midday as possible

N/A      0            1            2            3

Dining room facilities provide adequate seating in a clean, safe, attractive, well lit, and comfortable cafeteria environment

N/A      0            1            2            3

Campus considers wellness issues and student allergies when planning incentives and promotional activities

N/A      0            1            2            3

Access to the food service facilities is only permitted by authorized personnel

N/A      0            1            2            3

Foods made available on school campus or school sponsored activities shall comply with state and local food, safety, and sanitation regulations

N/A      0            1            2            3

Ice machines are secure and handled only by authorized personnel

N/A      0            1            2            3

## **Health Services**

Campus health services follow policy to address blood borne pathogens (HIV, HEP, etc.) prevention education

Yes            No

Campus executes confidentiality and maintains reasonable procedures to protect HIV infected students and staff from discrimination

Yes            No

UDCA has attended the yearly training

Yes No

Assess, refer, exclude and report students or employees who have communicable diseases

Yes No

Implement and monitor students' immunizations and compliance with state requirements

Yes No

Conduct health appraisals and state required health screenings for health factors impacting student education

Yes No

Provide health assessments and participate in individualized Education Plan (IEP) development for students with special health needs

Yes No

Assess, intervene, refer and monitor the sick or injured

N/A 0 1 2 3

Provide chronic disease management and education

N/A 0 1 2 3

Provide, monitor and supervise administration of medication and special procedures

N/A 0 1 2 3

Campus utilizes universal precautions for protection of students and staff

N/A 0 1 2 3

Nurse attends SHAC meetings

N/A 0 1 2 3

## **Parent Engagement/Community**

District SHAC includes a parent/community member

N/A 0 1 2 3

District SHAC met four times during the school year to plan, implement and assess coordinated school health (CSH) programming

N/A 0 1 2 3

# Barbers Hill ISD

## Campus Coordinated School Health Checklist

Yes	Points	x1 =	Points
Emerging	Points	x1 =	Points
Met Standard	Points	x2 =	Points
Above Standard	Points	x3 =	Points
N/A (Mental Health Section)	Points	x1 =	Points
(All points added together)		TOTAL	Points

Were all 31 compliance items met?

Yes          No

**Exemplary Rating**                                  142 to 135

100% Compliance; 95% above standard on district expectation

**Recognized**                                        134 to 128

100% Compliance; 90% above standard on district expectation

**Acceptable**                                        127 to 115

95% Compliance; 80% above standard on district expectation

**Unacceptable**                                    Less than 114

Less than 95% Compliance; below 80% standard on district expectation

**Principal Signature**

**Date**