



# FRANKSTON INDEPENDENT SCHOOL DISTRICT LOCAL WELLNESS POLICY

UPDATED: JANUARY 2021

(Reviewed annually)

Coordinated school health plan is an effective model for connecting physical, emotional, and social health with education. The model consists of eight interactive components: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement. Using this model, schools work within the family and community structure to ensure optimal health and wellness for children.

The goal of Frankston ISD is to promote school health policies, procedures, and programs that improve health behaviors. Frankston ISD operates from the premise that healthy children are more capable of learning and, thus, are better students. The logical extension is that better students help create healthy communities. Frankston ISD emphasizes the connection between recommended health practices, academic achievement, and lifelong healthy behaviors.

### **Frankston ISD Objectives:**

1. Provide a school culture which values and emphasizes physical activity.
2. Provide a school culture that enhances healthy dietary choices.
3. Provide a school culture that continues to promote tobacco-free lifestyles.
4. Removal of barriers that impede progress toward developing healthy students.
5. Facilitate partnerships between school personnel, families, and communities to emphasize health within and outside the school setting.

### **Health Education**

A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education.

### **Physical Education**

A planned, sequential K-12 curriculum (TEKS) that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical activity.

\***Fitnessgram:** Students in grades 3-12 shall participate in the annual Fitness Gram that measures aerobic capacity, muscle strength, endurance, flexibility, and body mass index.

### **Health Services**

Services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services or both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health. Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health personnel provide these services.

### **Nutrition Services**

Frankston ISD participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. Qualified child nutrition professionals provide these services. The district is committed to offering school meals:

- Are accessible to all students
- Are appealing and attractive to children
- Meet or exceed current nutrition requirements
- Promote healthy food and beverage choices
- Use student surveys to promote menu development

### **Counseling, Psychological and Social Services**

Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors provide these services.

### **Healthy School Environment**

The physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-

being of students and staff. Teachers, administrators, school staff, students, and outside forces can impact the school environment. Frankston ISD supports a safe environment; free of from physical hazards, such as drugs or weapons and a promotes feelings of support by students from administrators, teachers, and peers to reach their full potential.

### **Physical Environment**

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

- Use of maintenance services
- Frequent safety drills
- Campus monitors at all campuses

### **Health Promotion for Staff**

Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs. Frankston ISD supports a healthy lifestyle for all staff by offering all employees a comprehensive benefits package.

### **Family/Community Involvement**

An integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory council for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students. Family Engagement Plans can be found on our district website. Here are some ways the community is invited and encouraged to participate in the district's health efforts:

- School Health Advisory Council (SHAC)
- Red Ribbon Week
- Mobile Mammogram Unit
- Blood drives put on by the district

At least every three years, as required by law, the district will measure and make available to the public the results of an assessment of the implementation of the district's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the

goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

### **Marketing**

Frankston ISD will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local online newspaper, social media, and school website ([www.frankstonisd.net](http://www.frankstonisd.net)).

All future marketing for foods and beverages sold to students on the school campus during the school day should meet or exceed competitive Food Nutrition Standards. Frankston ISD students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting.