

Advocating for Healthier students

Parents' Impact on School Wellness

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Texas Education Agency

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Today's topics

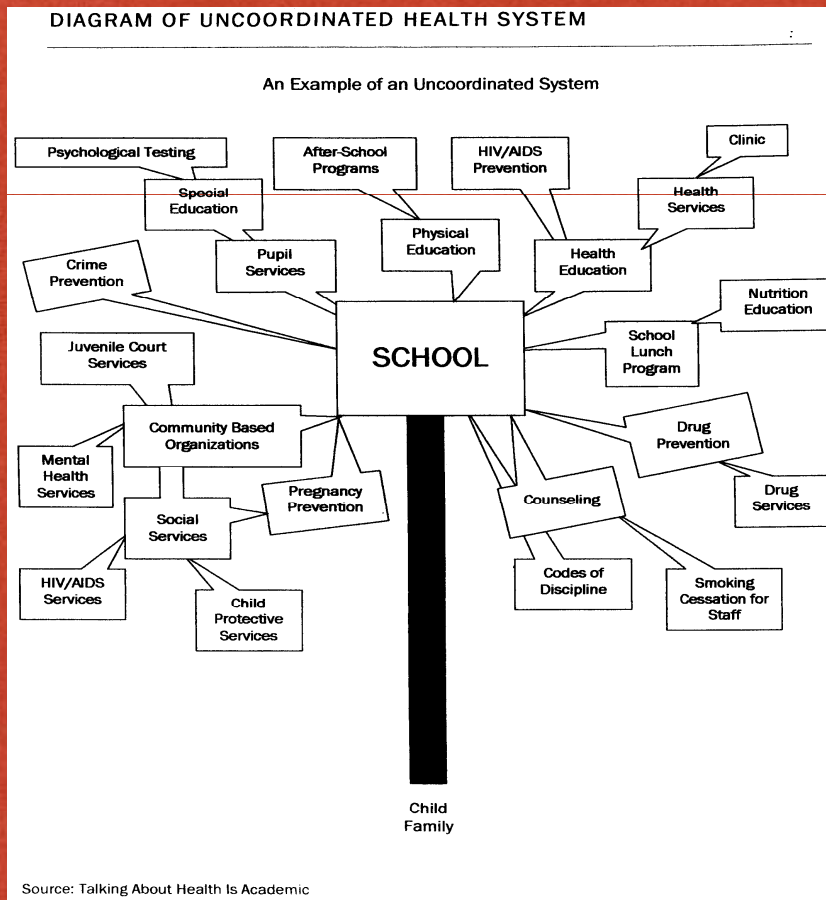
- TEA - Health and Safety Mission
- Coordinated School Health Model
- Approaching Decision-Makers
- School Health Law and Policy
- Tools and Resources

Mission of TEA



- The mission of the Texas Education Agency is to provide leadership, guidance and resources to help schools meet the educational needs of all students.
- The mission of the Division of Health and Safety is to provide leadership, guidance and resources to ensure that students have the skills, abilities and knowledge to live a safe and healthy life.

Coordinated School Health Model



approaching decision-makers

- Informed
- Fair
- Focused
- Flexible

Coordinated School Health (Grades K-8)

- The Texas Education Agency (TEA) shall make available to each school district one or more coordinated school health programs or allow for the development of school district programs designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary, middle, and junior high school students. Each program must provide for coordinating:
 - health education;
 - physical education and physical activity;
 - nutrition services; and
 - parental involvement.

School Health Advisory Council

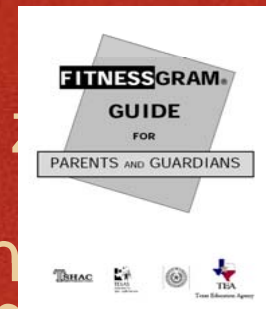
- Every independent school district is required by law to have a SHAC of which the majority of members must be parents who are not employed by the school district
- Provides advice to district on coordinated school health programming and impact on student health and learning
 - Meet 4 times per year, minimally
 - Local school board appoints a minimum of 5 members
 - Appoint parent as chair or co-chair
 - Recommend indicators for evaluating effectiveness of Coordinated School Health Programs
 - Report directly to school board at least once annually with detailed account of SHAC activities and recommendations

Campus Improvement Plan

- (CACs) Develop goals and objectives based on fitness assessment data, academic performance, attendance rates, academic disadvantages, the use of any method to ensure students are reaching moderate or vigorous physical activity, and any other indicator recommended by SHAC.
- Included in all Campus Improvement Plans on elementary, middle and junior high school campuses.

fitness assessment & Fitnessgram

- FITNESSGRAM physical fitness assessment is required to be administered to all students in grades 3-12
- Establishes a baseline of a healthy fitness zone
- Measures aerobic capacity, muscular strength, endurance, flexibility and body composition
- Provides recommended activity program options to help students reach healthy fitness zone in identified areas
- Schools are required to share a student's results if the parent or guardian requests the data



Physical Education & Activity

- Students below sixth grade are required to participate in moderate or vigorous daily physical activity for at least 30 minutes a day or 135 minutes a week as part of the district's physical education curriculum or through structured activity during recess.
- Students in grades 6, 7 and 8 are required to participate in moderate to vigorous physical activity for 30 minutes a day or 225 minutes per two weeks for at least four semesters.
- Students are required to earn 1 credit of physical education for high school graduation.

Recess



- The local school health advisory council must consider and make policy recommendations concerning the importance of daily recess for elementary school students, taking into account research on unstructured and undirected play, academic and social development, and the health benefits of daily recess.
- Any policy recommendation by the council to the district must reflect local community values.

Wellness Policies



- The Child Nutrition and WIC Reauthorization Act of 2004 requires that each school district participating in the School Meals Program shall establish a local wellness policy. At a minimum, the school wellness policy established for each school must:
 - involve parents, students, representatives of the school food authority, the school board, school administrators, and the public;
 - include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness;

- include nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity; and
- establish a plan for measuring implementation, including the designation of a person at the local education agency or school charged with this responsibility.
- Template developed by the Texas Association of School Boards



Texas Public School Nutrition Policy



- To promote a healthier environment in Texas schools and help ensure a healthier future for Texas children.
- Unless otherwise noted, all Texas public schools participating in the federal child nutrition programs must comply with the nutrition policies.
- These policies are intended to supplement federal policies defined by the U.S. Department of Agriculture's Food and Nutrition Services.
- As a result of local nutrition and wellness policies, school districts may have stricter nutrition guidelines.

Texas Public School Nutrition Policy



- FMNVS and All Forms of Candy K-12
 - Not allowed to be provided to students any time anywhere until after the end of the last scheduled class
- Competitive Foods
 - Elementary: Not allowed anywhere on school premises until after the end of the last scheduled class
 - Middle/Jr. High: Not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods
 - High School: Not allowed during meal periods in areas where reimbursable meals are served and consumed

Tools and resources

- Association of Supervision and Curriculum Development
 - <http://www.ascd.org/programs/hsc/healthyschoolcoordinators.aspx>
- Education Service Centers
 - <http://www.dshs.state.tx.us/schoolhealth/netlist.shtm>
- Health Service Regions
 - <http://www.dshs.state.tx.us/regions/default.shtm>
- Area Health Education Centers (AHEC)
 - <http://www.capitalahec.org>

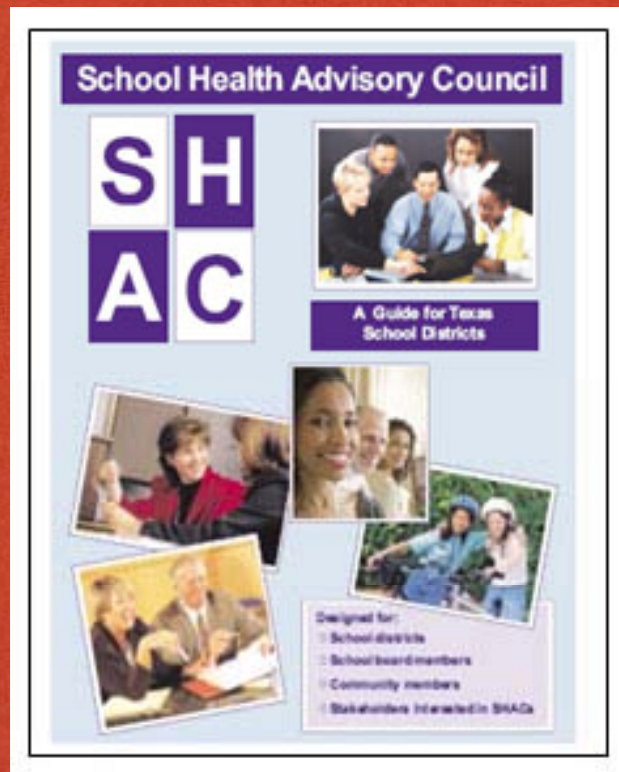
District & campus TOOLS

- School Health Advisory Council
 - http://www.tea.state.tx.us/CSH_Parent_Community.html
- District School Board
- Administrative Offices
- Campus Advisory Committee/Campus Improvement Planning Committee

TOOLS and Resources

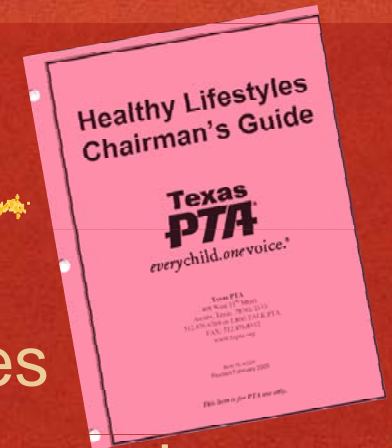
- Texas Legislature
 - www.legis.state.tx.us
- Texas Education Agency
 - www.tea.state.tx.us
- Texas Department of Agriculture
 - www.squaremeals.org
- Texas Department of State Health Services
 - www.dshs.state.tx.us/schoolhealth
- Texas School Health Advisory Council
 - www.dshs.state.tx.us/schoolhealth/shadvise.shtm

SHAC Guide



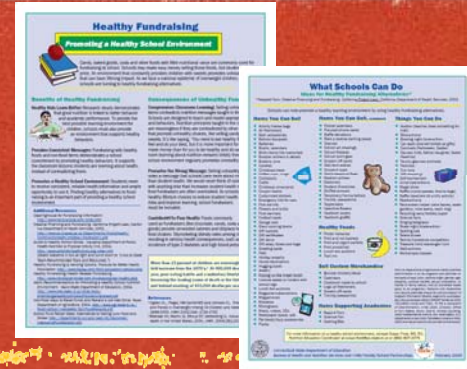
- What Do SHACs Do?
- How Do SHACs Get Started
- Who Are Members of SHAC?
- How Are SHAC Members Selected?
- How Are SHACs Structured?
- How Are SHAC Meetings Conducted?
- How Are SHACs Evaluated?

Texas PTA Healthy Lifestyles Chair and Committee Guide



- Elevates importance of Healthy Lifestyles
- Authority work on health and wellness issues
- Accessibility school board/admin, principals, students, parents, community
- Contact person health-wellness info, resources, requirements
- Recruit new members/new leaders
- Assist communication/implementation wellness policy
- Collaborate with campus administration, food service, parents, and staff on health and wellness goals

Competitive Foods: PTA and Fundraising



- The primary emphasis in PTA should be the promotion of the PTA mission and purposes.
 - Fundraising not primary function of PTA
 - Reflect high principles of association and have educational, social or recreational value
 - Children's roles either natural outgrowth of regular schoolwork or constructive leisure-time activity
 - Children should never be exploited or used as fundraisers

approaching decision-makers

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contact information

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