



# Canton Independent School District

www.cantonisd.net

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## Canton ISD Health and Wellness Plan

### Education

- A. Health Education
  - 1. Kindergarten thru 8<sup>th</sup> Grade will use the Coordinated Approach to School Health (CATCH) curriculum for Health Education in the classrooms/PE.
  - 2. 9<sup>th</sup> thru 12<sup>th</sup> Grade will use the Health Course for Health Education.
  - 3. 9<sup>th</sup> thru 12<sup>th</sup> Grade will have CPR exposure in the Health classes.
- B. Sex Education
  - 1. 6<sup>th</sup> thru 12<sup>th</sup> Grade will use the CISD adopted Scott and White's *Worth the Wait* program.
  - 2. 6<sup>th</sup> thru 12<sup>th</sup> Grade will include puberty in Health, Biology, and Principles of Human Services/Child Development.
- C. Physical Education
  - 1. Elementary thru Junior High
    - a) Kindergarten thru 6<sup>th</sup> grade will provide at least 225 minutes of physical activity during Physical Education courses per week of instruction.
    - b) Students will be assessed using the Fitness assessment system annually to measure aerobic capacity, body composition, and muscular strength, endurance and flexibility with parents being informed of results.
  - 2. High School
    - a) 9<sup>th</sup> grade thru 12<sup>th</sup> grade will require one credit of Physical education or Athletics prior to graduation.
    - b) Students will be assessed using the Fitnessgram assessment system annually to measure aerobic capacity, body composition, and muscular strength, endurance and flexibility with parents being informed of results.

### Services


- A. Health Services
  - 1. Canton ISD will provide a Registered Nurse (RN) and a Licensed Vocational Nurse (LVN) for the students attending Kindergarten thru 12<sup>th</sup> Grade.
  - 2. Each campus where diabetic students are enrolled will have at least three Unlicensed Diabetic Care Assistants.


- B. Nutrition Services
1. All campuses will follow the National School Lunch and Breakfast guidelines from the USDA.
  2. All school personnel will follow the Texas Public School Nutrition Guidelines from the Texas Department of Agriculture.
  3. Access to vending machines will be denied to students during the school day on the elementary, intermediate, and middle school campuses.
  4. On the High School campus, only carbonated vending that meets the Texas Public School Nutrition Guidelines School will be available. Violation result in the building principal removing said vending machines.
  5. The cafeteria staff will promoted the CATCH curriculum: Go, Slow, and Woo foods.
  6. Periodic promotions to encourage healthy meals.
  7. The cafeteria staff will prepare healthy meals: Baked foods when possible; Serve fruits and vegetables; No whole milk will be served.
  8. The cafeteria staff will utilize [www.nutrikids.com](http://www.nutrikids.com)


Counseling, Psychological and Social Services

- A. K-5 counselors will provide character education for the classrooms
- B. 6-8 counselor will provide character education in the student planners
- C. CISD counselors and psychologist for will provide the necessary services for the students they serve
- D. Involvement and Support
  1. Family and Community Involvement
  2. Encourage the use of the various facilities for after school hours. Examples: walking track, tennis courts, baseball fields, and gymnasiums.
  3. Host the Relay for Life when schedule permits
- E. School Staff
  1. Support the faculty involvement in the various fundraisers
  2. Encourage the use of the school facilities for after school hours. Examples: shot clinic for the nurse, workout groups, etc.

This Canton ISD Health and Wellness Plan has been reviewed and approved by the Canton ISD School Board of Trustees on November 16, 2015.

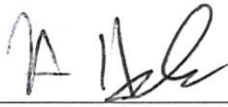
  
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