



Knox City - O'Brien CISD



606 East Main Street, Knox City, Texas 79529

Phone: (940)657-3621

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Business Manager: Tammy Gonzales

Superintendent: Colin Howeth

PEIMS: Coordinator: Sharon Wainscott

School Health Advisory & District Wellness Plan Committee

1st Quarterly Meeting Location: Knox City-O'Brien Administration Building - Board Room

AGENDA

A. Review purpose of SHAC & District Wellness Policy

1. Overview of Requirements
2. Quarterly Meetings
3. Committee Membership
 - Parents
 - Administration
 - School Health Professional
 - Community Representative
 - Student Representative
 - Counselor

B. Review the BISD Wellness Policy

C. Consider Health & Wellness Curriculum for K-12

D. CPR Training for Senior Class

E. Sex Education Curriculum



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MINUTES

Parent Members Present: Melisha Cox, Raul Martinez

KCOB Adopted Health Curriculum:

- Effective with the 2016 graduating class, students must have instruction in CPR. Mr. DeVille has discussed providing this training to KCHS students. Trainings must be limited to 10 per group.
- Sex Education Curriculum covered in the following courses: Biology and Junior High PE. Parent permission letters go home prior to any instruction.

SHAC

- Quarterly meetings suggested at minimum. Membership should include at minimum 2 Parents, School Nurse, School Nurse, Administration Representative. One parent will serve as the chair/co-chair of the committee.

The KCOB CISD Wellness Policy was reviewed

- Appeared to be up-to-date.



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FFA(LOCAL) - STUDENT WELFARE: WELLNESS AND HEALTH SERVICES

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Wellness

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Development of Guidelines and Goals

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]

Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO].

Wellness Goals

Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education



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component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

In addition, the District establishes the following goal for nutrition education: students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

School-Based Activities

In an effort to create an environment conducive to healthful eating and to express a consistent wellness message, the District will allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

Implementation

The campus principals shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.