

White Settlement ISD Coordinated School Health Program

Updated April 22, 2019

Health Education: A planned, K-12 curriculum that addresses the physical, mental, and emotional and social dimensions of health.

Districtwide

- Every elementary school and Tannahill Intermediate are **Common Sense Media Campuses**, and WSISD is a **Common Sense Media District**. The schools were tasked with ensuring that students become safe, responsible technology users. Teachers received professional development in digital citizenship, and students then participated in a variety of lesson modules including communication, privacy, cyberbullying, internet searches, citing internet sources and more. Common Sense Media is the nation's leading independent non-profit organization, led by child advocates dedicated to kids thriving in a world of media and technology. (June 2019)

Brewer Middle School and Brewer High School will continue building on the Common Sense Media (CSM) recognized district status in the next two years, implementing the curriculum and trainings for teachers and students in 2018-19 at Brewer Middle and in 2019-20 at Brewer High. All elementary campuses will continue utilizing the CSM platform.

Elementary Schools

- All fourth graders view the **Growing Up** film in the spring, which discusses puberty and the changes students experience, anatomy, etc.

Intermediate Schools

- **Character Education Classes**
Tannahill Intermediate - 5th and 6th graders learn the 6 Pillars of Character, leadership qualities/skills and community service
- All fifth graders view the **Growing Up** film, which discusses puberty and the changes students experience, anatomy, etc.

Middle School

- **Health Class**
Brewer Middle School eighth graders can take a health class for high school credit.
- **First Aid and CPR** taught in all health classes
- **Health Fair** - Students create displays to illustrate what they've learned about the human body.

High School

- **Health Class**
Brewer High School students must earn a ½ credit to fulfill graduation requirements.
- **Safe Haven of Tarrant County Safe Dating Presentations in Intro. to Health Science and Health Care Science Technology Courses.**
- All high school students attended the **AIM For Success Focus on Success** program, an abstinence based, age-appropriate sex education program. (November 2018)
- All high school parents were invited to attend a preview of the AIM for Success Focus on Success program. (November 2018)

Physical Education: A planned K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills.

Districtwide:

- Districtwide participation in **Special Olympics**
- Annual **Bear Tracks Meet** for special needs students (adapted PE and life skills)
- The Brewer Athletic Department offers a variety of summer camps to students of all ages.
- **The Brewer Athletic Department will offer Summer Pride ...**

Elementary Schools:

- All elementary schools participated in **Little Dribblers** basketball program, enabling students to learn basketball skills and perform during a high school basketball game.
- **WSISD PE Requirements:** Kindergarten through grade 5: 30 minutes daily or 135 minutes weekly
- **After-School Running Clubs**
Blue Haze Elementary, Liberty Elementary, West Elementary, Tannahill Intermediate, North Elementary, Fine Arts Academy
- **Participation in Cowtown Calf 5-K**
Fine Arts Academy, Blue Haze Elementary, Liberty Elementary, West Elementary and North Elementary

- Through the **Running Bears** program, students keep track of the miles they run once a week, and they are recognized each time they achieve 5 miles.
- **Jump Rope/Hoops for Heart Program**
North Elementary, West Elementary, Fine Arts Academy (Ongoing)
- **Super Stackers** provides PE students with sport stacking cups that promote hand-eye coordination, speed and ambidexterity.
West Elementary, North Elementary, Fine Arts Academy, Liberty Elementary
- **Go Noodle** online program through Cook Children's
Fine Arts Academy, Blue Haze Elementary, Liberty Elementary, North Elementary, West Elementary
- **Early Morning PE:** Students can participate in free fitness play from 7-7:30 a.m. daily.
North Elementary, West Elementary
- **Boosterthon Fun Run**
Blue Haze Elementary & Fine Arts Academy (2016-19)
West Elementary (2017-18)
- **Jingle Bell Fun Run**
Liberty Elementary
- **School Athletic Clubs:** Students pick athletic clubs (yoga, soccer, basketball, etc.) to participate in on Fridays.
North Elementary, Fine Arts Academy
- **Color Run Fun Run**
North Elementary (Spring 2016-19); Blue Haze Elementary (2016-19)

Intermediate Level

- **After-School Intramurals (Football, Basketball, Volleyball, Soccer)**
Tannahill Intermediate
- **Participation in Cowtown Calf 5-K**
Tannahill Intermediate

- **Super Stackers** provides PE students with sport stacking cups that promote hand-eye coordination, speed and ambidexterity.
Fine Arts Academy
- **After-School Running Clubs**
Tannahill Intermediate
- **Super Stackers** provides PE students with sport stacking cups that promote hand-eye coordination, speed and ambidexterity.
Fine Arts Academy
- **Go Noodle** online program through Cook Children's Hospital
Fine Arts Academy
- **Referral Free Fridays** - Additional PE time every 6 to 9 weeks for students with no referrals
Tannahill Intermediate
- **Fun Fridays** - Every week, students who meet the criteria earn free time with an option to participate in physical activities.
Tannahill Intermediate
- **School-wide Dodgeball Tournament** to raise funds for the WSISD Paw Pantry

Middle School

- **WSISD PE Requirements:** Grades 6-8: 30 minutes daily or 225 minutes over a two-week period
- **GRIT time clubs during study hall that include walking club, yoga, basketball, etc.**
- **School-wide Volleyball Tournament** to raise funds for WSISD Thanksgiving Food Basket Donation Drive
Tannahill Intermediate
- **Athletic program offers Football, Basketball, Tennis, Cross Country, Track, Cheer, Volleyball, and Soccer**
- **Fine Arts program offers Color Guard, Dance, and Introduction to Marching Band**
- The Brewer Athletic Department offers a **six-week workout program, concentrating on strength and conditioning**, to all middle school students.

High School

- **WSISD PE Requirements:** Grades 9-12: 1 credit to fulfill graduation requirements

- **Athletic program offers Football, Basketball, Tennis, Cross Country, Track, Cheer, Volleyball, Powerlifting, Soccer, Wrestling, Golf, Softball, Baseball and Powerlifting**
- **Fine Arts program offers Color Guard, Dance, Drill Team and Marching Band**
- **Outdoor Education Class** provided as an alternative to PE for students interested in outdoor activities such as archery, fishing, camping, hunter safety and boater education
- **The Brewer Athletic Department offers a six-week workout program, concentrating on strength and conditioning, to all high school students.**

Health Services: Services provided for students to appraise, protect, and promote health.

Districtwide:

- WSISD is among 13 Texas school districts to be recognized as a **Project ADAM Heart Safe School District**, and every school earned the designation. Districts must successfully implement a quality sudden cardiac arrest program that consists of awareness, training and an emergency plan of action in the event of a sudden cardiac arrest.
- **Tarrant County Health Department Immunization Collaboration Clinic**
All WSISD students
- Participation in **Tarrant County Back to School Roundup** which provides qualifying students with free school supplies, free health/vision/dental screening, immunizations and haircuts (2009-Present)
- Partnership with **JPS School-Based Health Clinic** to provide medical services for WSISD students and their siblings
- Lead nurse attends monthly Tarrant County Medical Society and Cook Children's School Nurse Advisory Council meetings.
- All district nurses are CPR instructors and teach courses to district staff.
- Each campus has a **CPR/AED team** of staff members who are certified.
- Monthly nurses meetings

Elementary Schools:

- **Healthy Smiles Dental Program**
All Elementary Campuses

- **Kids Vision for Life Mobile Bus:** Low-economic students in kindergarten through sixth grades receive free eyeglasses and exams (2012-Current)
- WSISD nurses conduct annual **hearing screenings** for pre-kindergarten, kindergarten, first, third, fifth and seventh grade students in the fall.
- WSISD nurses conduct annual **vision screenings** for pre-kindergarten, kindergarten, first, third, fifth and seventh grade students in the fall.
- WSISD nurses conduct annual **Acanthosis Nigricans screenings (diabetes marker)** for first, third, fifth and seventh grade students each fall.
- The counselor and nurse speaks with all students about the importance of having good hygiene.
Liberty Elementary, West Elementary
- **P.S. It's My Body! Presentations to all classrooms by Alliance for Children (personal safety/abuse prevention)**
Blue Haze Elementary, Liberty Elementary, North Elementary, Fine Arts Academy
- **Kupperman Orthodontics Presentations in Grades Kindergarten through 2**
Fine Arts Academy

Tannahill Intermediate:

- **Kids Vision for Life Mobile Bus:** Low-economic students in kindergarten through sixth grades receive free eyeglasses and exams (2012-Current)
- WSISD nurses conduct annual **hearing screenings** for fifth grade students in the fall.
- WSISD nurses conduct annual **vision screenings** for fifth grade students in the fall.
- WSISD nurses conduct annual **Acanthosis Nigricans screenings (diabetes marker)** fifth grade students each fall.
- WSISD nurses conduct annual **scoliosis screenings** for sixth grade students.

Middle School:

- **\$10 Athletic Physicals** offered to athletes annually
- WSISD nurses conduct annual **hearing screenings** for seventh grade students in the fall.
- WSISD nurses conduct annual **vision screenings** for seventh grade students in the fall.
- WSISD nurses conduct annual **Acanthosis Nigricans screenings (diabetes marker)** for seventh grade students each fall.
- An athletic trainer is now at the middle school athletic events to enhance student safety.

High School:

- Brewer High School is the recipient of the **National Athletic Trainers' Association (NATA) Safe Sports School award** for its Sports Medicine Department. The award champions safety and recognizes secondary schools that have met the recommended standards to improve safety in sports. The award reinforces the importance of providing the best level of care, injury prevention, and treatment.
- **\$10 Athletic Physicals** offered to athletes annually
- WSISD nurses conduct annual **scoliosis screenings** for ninth grade students.
- **Several of Brewer High School's pregnant and parenting teens attended the Building Families Conference with the district's social worker. The conference provides breakout sessions regarding job placement, infant/toddler care, ensuring that a home is safe for children, child care and more.**
(November 2017)
- **Athletic Performance and Rehabilitation** is available any BHS athlete to provide strength and conditioning programs, injury treatment and rehab protocols, and nutritional counseling.

Nutrition Services: Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity.

Districtwide

- **Tarrant Area Food Bank In School Snack Program** that provides counselors with **healthy snack** items for students during school day (Implemented 2016-19)

Brewer High School & Liberty Elementary (2014-Present); Blue Haze Elementary & West Elementary (2015-16-Present)
Fine Arts Academy, Tannahill Intermediate, Brewer Alternative Campus, Brewer Middle School, North Elementary

- **Tarrant Area Food Bank In-School Food Pantry Program** (Implemented February 2016): Provides qualifying families with produce, meat and non-perishable grocery items once a month on designated day
- **Child Nutrition Website** provides links to healthy recipes and wellness sites.
- **School Breakfast and Lunch Week Celebrated**
- **Nutrition information provided on backs of Monthly Menus** that are sent home with students
All Elementary and Intermediate Students
- In accordance with the State's Nutritional Standards, **WSISD's fundraising guidelines** only allows each school to have up to 6 exempt days in which a campus can sell food items that do not meet the state's nutritional standards during the school day.
- **Posters promoting nutrition** are displayed in all cafeterias
- **Two social workers** provide assistance with food and other necessities when needed.
- All students who attend **summer school** receive **free breakfast**.
- The Child Nutrition Department provides **free breakfast and lunch** to all children 18 years and younger as well individuals over age 18 who meet the federal definition of mentally or physically disabled for a month during the summer.
- **Collection of height and weight data by PE teachers and office nurses**
- The District adheres to the **state's nutrition guidelines** regarding food fundraising and distribution of snacks and meals to students throughout the school day. WSISD has restricted the sale of all sodas (diet and regular) as an allowable beverage fundraiser. Also, No Specially Exempted Fundraiser for foods or beverages may be sold in competition with school meals in the food service area during the meal service.
- The Child Nutrition Department encouraged students to eat breakfast in the cafeteria during **National School Breakfast Week** by holding drawings in which students who ate breakfast could win a variety of balls (i.e. football, soccer, etc.), tennis rackets, jump ropes, etc.

- School officials attended the 2019 Tarrant Area Food Bank Partner Agency Conference and Resource Fair. (October 2019)

Elementary Schools:

- All third and fourth grade students receive a **free, healthy breakfast on STAAR test days.**
Liberty Elementary, North Elementary
- Partnerships with local churches and organizations to provide **snack packs** for low-economic students
All Elementary Schools
- **Taste Testing in cafeteria:** Students can sample new products and uncommon fruits and vegetables so they are introduced to new food items
All Elementary Schools

Intermediate:

- **Taste Testing in cafeteria:** Students can sample new products and uncommon fruits and vegetables so they are introduced to new food items.
- All fifth and sixth grade students receive a **free, healthy breakfast on STAAR testing days.**
Fine Arts Academy
- Extra fruits and milk are provided in the cafe

Middle School:

- All students receive a **free snack and water on STAAR test days.**

Brewer High

- Brewer High will offer a **Free Supper Program** for students attending After School Tutorials or the Athletic Performance and Rehabilitation program.
2018-19
- The Child Nutrition Department provided a **Seamless Summer Program** in June and July in which students could receive free breakfast and lunch.

Counseling Services: Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals.

Districtwide:

- **Two district social workers** serve students at every campus and provides support for campus counselors and provides outside referrals to families as well as household necessities/toiletries, etc. for families in financial need, facing catastrophic circumstances, etc.
- **Community Resources Flyer** posted on website and distributed by counselors to families that includes contact information for a variety of health and human service programs that assist families and provide resources and services such as food, clothing and shelter, counseling, transportation, rent or utilities assistance, legal help, drug and alcohol prevention and treatment, and more.
- Quarterly **counselor meetings**
- **Counselors' Canvas Campus Page**
- Annual **Suicide Prevention Training** (Question Persuade Refer - QPR) for all teachers and instructional staff (implemented 2015-16)
- **QPR Team/Gatekeepers:** Designated staff on each campus trained to serve as “gatekeepers” who assist students in crisis or who are having suicidal thoughts. (Implemented 2016-17 school year)
- School officials attended the Bring the Conversation to Light luncheon to discuss suicide prevention. (November 2016-2018)
- School officials work with community agencies, attending open houses, meetings, conferences, etc. to ensure that the district has partnerships with a variety of resources within the community and Tarrant County.
- Districtwide implementation of **HOPE Squad Program** in 2017-18: The Suicide Prevention program changes campus culture to create Hope. HOPE Squads are comprised of students who are trained to watch for at-risk students and provide friendship, identify warning signs, and seek help from adults. Adult Hope Squad advisors train students who have been identified by their classmates as trustworthy peers to serve as Hope Squad members.
- Nearly 50 staff members were initially trained as HOPE Squad advisors in August 2017. Additional advisors are trained annually receive annual training
- District-wide implementation of a **suicide protocol** that provides guidance for school counselors to assess a student in crisis, determine a preliminary risk level, and advise parents of means to recommended resources (2017-18)

- The district has a Student Services Coordinator as well as two **behavior coaches** and a **behavior specialist** who work with students and staff to ensure their success in school. The staff provides classroom management and other training for educators; supports students and their parents to improve student attendance and behavior.
- **Community-wide HOPE Rally** presented by WSISD HOPE Squads (February 2019)
- District social workers participate in the annual **School Social Workers Conference**. They attended Secrets of the Screen which provided an overview about how screentime (video games, social media, etc.) has an effect on the central nervous system. Suggestions on ground rules for usage, and steps to break negative technology habits were discussed. (February 2019)

Elementary Schools:

- The elementary counselors provided an evening **Connect with the Counselors parent meeting** to address test anxiety. In 2019-20, Connect with the Counselors will address test anxiety, bullying, anticipating puberty and other topics.
- **LLC Comfort Dog** program visits every other week to assist and support select students.
North Elementary (Implemented 2015)
- **Reading dog** comes twice a week to allow struggling reading students to read to the dog.
Liberty Elementary, Blue Haze Elementary (1x week)
- **Small group counseling** for anger management, grief, social skills, etc.
- **Testing Anxiety Counseling** for all third and fourth grade students before STAAR test.
Liberty Elementary, Fine Arts Academy, West Elementary, Blue Haze Elementary
- **Lunch Bunch:** Counselor eats with a small group of kids every day during lunch away from the lunchroom.
Fine Arts Academy, Blue Haze Elementary, and West Elementary
- **Classroom Guidance Counseling**
Weekly guidance lessons - North Elementary
Monthly guidance lessons - West Elementary and Blue Haze Elementary
- **Morning Club** Discussions with select students
North Elementary

- **Cool Cats De-escalating/Cooling Therapy System**
North Elementary
- **Play It Safe “Safe Touch” Presentation** in grades kindergarten through 4
Liberty Elementary
- **Connect with the Counselors Quarterly Meetings** to help families

Intermediate School:

- **Teen Life Support Group:** The eight-week support group provides a safe place for teens to talk with peers dealing with similar issues. These groups get together to talk about issues that are going on in teens’ lives. These may be things like grief, depression, anger, or could be prompted by issues with cutting, alcohol, or drugs. In these groups, students will also learn life skills that will help them deal with stress, relationships, challenges, school and more. (Implemented 2016-2017)
- **Safe Haven PALS program:** Safe Haven presents its PALS program to all fifth grade students. Peer Abuse Learning SafeHaven covers bullying, decision making, refusal skills, anger management styles, communication, support systems, and the role of a bystander.
- During GRIT time, each class has a **Bullying Prevention Program** that includes various stories and activities for students.
Tannahill
- Brewer High School PALS program visits weekly to mentor students.
Tannahill, Fine Arts Academy

Middle School:

- **Small group counseling** - variety of issues

High School:

- **Recovery Resource Council** small groups for at-risk students twice a week
DAEP
- **Teen Life Support Groups:** The eight-week support group provides a safe place for teens to talk with peers dealing with similar issues. These groups get together to talk about issues that are going on in teens’ lives. These may be things like grief, depression, anger, or could be

prompted by issues with cutting, alcohol, or drugs. In these groups, students will also learn life skills that will help them deal with stress, relationships, challenges, school and more. (Implemented 2016-2017)

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.

Districtwide:

- White Settlement ISD partners with GermBlast®, a service that kills microorganisms in the environment that cause illness and infection such as the flu, stomach bug, staph infection, strep throat and much more.
- WSISD partners with the Good Canine Academy to provide **comfort dogs** in our schools.
- The Good Canine Academy will provides **dogs in our schools that search for gun powder residue.**
- **Drug detection dog searches** are performed in the secondary schools.
- Districtwide implementation of the **House System:** Inspired by training attended by approximately 80 WSISD educators at the Ron Clark Academy, the House system is designed to unify ALL students and staff members. All students and staff members are divided into four houses of GRIT (Gumption, Resilience, Integrity and Tenacity). Students are motivated to have good attendance and behavior, demonstrate GRIT and excel in school by earning points for their house. The system inspires teachers and students to be involved in school events, instills school pride, gives kids a reason to come to school, and motivates the entire campus to make good decisions and attend school every day.
- Districtwide annual **Red Ribbon Week Campaign** promoting education regarding the dangers of drug and alcohol use
 - Video contest
 - Nightly emails to parents with prevention and awareness information
- Employees required to watch **Bloodborne Pathogens video** annually
- Employees required to complete **allergies and anaphylaxis training** annually
- **Choose Kind/Hope Messages Throughout Schools**

- WSISD implemented a districtwide, **Growth Mindset/GRIT initiative** that will (2015-Present) to improve both the students' and staff members' motivation and achievement by teaching them a growth mindset. All instructional and administrative personnel were trained in Growth Mindset in August 2015.
- **School-wide incentive programs promoting good citizenship, attendance, academics, etc.** and rewarding students with an End of Year Celebration at a local water park
- District-wide implementation of an **online bullying reporting system** that enables students to report bullying anonymously.
- **2018-19 HOPE/Choose Kind Week/Month Activities:**

Districtwide

- Dress Up Days
- HOPE Rally
- Daily Messages on Social Media & Via Email

Brewer High

- Daily announcements - Hope quotes and kindness tasks/challenges
- Posters around school - encouraging messages
- Hold doors open each morning of Hope Week
- Chain the Hope Pledge: Students will sign yellow strips of paper to pledge to create safe space at BHS for hurting students. We will make yellow chain to hang in C hall
- Compliments Wall - Kindness challenge will be to take a compliment sticky note from the Compliment wall and give it to a peer or someone that could use a smile.
- Semicolon face painting and sharpie tattoos during lunch "Your story is not over"
- Balloon representation of teenagers lost to suicide in art atrium or school entrance

Fine Arts Academy

- Hang Posters Throughout School
- Open Car Doors
- Daily announcements
- Pass our hearts to each student-Each student will write what they love about FAA and we will hang on wall.
- Chalk to sidewalk with affirmations
- Kindness Bingo
- HOPE Squad reads books in classrooms and passes out snack coupons to teachers
- Kindness Event- Each hour a Remind notification was sent out to teachers and HOPE Squad members passed out 2 candy bars to each classroom and the teacher passed out candy to those who they feel have been kind that hour

Liberty Elementary

- Morning Hope Kindness announcements linked to the Kindness daily challenges
- Kindness video for the campus
- Kindness Assembly during lunch - . Students will perform and announce messages during lunch
- Kindness Poster Contest
- Hope Squads helping with carpool
- Pass out candy- jolly ranchers, to help kids feel "jolly and happy" rather than gloomy and sad.
- Read to younger kids-kinder and 1st graders
- Hope/Kindness Pledge Wall-Hope Squads kids will go to classrooms, read the pledge to the classrooms and have them sign pledge on a sticky label for our wall.
- Kindness Station at lunch time-Students will be able to go to the blue room where Hope Squad kids will guide them into writing kindness notes.
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North Elementary

- Videos of how to be a good friend, being nice, etc.
- Record HOPE SQUAD dance for school to watch.
- Flash dance with HOPE SQUAD dance
- Posters/signage
- Passed out note cards with lifesavers
- Kindness quotes during announcements

Blue Haze

- Open car doors in a.m.
- Announcement: kind word of the day
- Chalk sidewalks and playground with words of affirmation
- Wing wall of HOPE
- Classroom door decoration contest (Theme: Hope/choose kind) 1st place gets a donut party. Winner will be revealed on Friday.
- Campus wide chain link activity: Yellow strips of paper (write someone's name who gives you hope). The link will start at the main doors of the school.
- Make hearts for students. They will write something they love about BHE (will post in café)
- Semi-colons at lunch to represent "our story isn't over; we have lots of life to live."
- Teacher appreciation notes
- School performance from the Hope Squad members (another chance to practice)
- Read with younger grades (Kinder and first grade)

Brewer Middle

- Posters and other messages of hope throughout the cafe and commons area - this is our center of hope for the week
- Stairs of Hope - displayed in cafe stairs
- Announcements
- Random Acts of Kindness Teacher Challenge
- Commit to Kindness - wall to pledge and sign
- Lunch - chain link activity table - fill out a name of something or someone who gives you
- Hope is....wall/pictures at lunch with dry erase boards

Tannahill Intermediate

- Inspirational messages/quotes on morning announcements delivered by Hope Squad Members
- HS members served as greeters to welcome students and staff
- HS students made posters to invite staff and students to the Rally and to advertise district dress up days
- HS sponsored school-wide door decorating contest, "Messages of Hope."
- HS greeters handed out candy one day next week to the staff and students

West Elementary

- Morning Announcements Daily: Words of Hope
- Hearts of Hope (drawn on hands-washable marker-during lunch)
- Chalk sidewalks and playground with words of affirmation
- Teacher appreciation notes
- Semi-colon “tattoos” at lunch (washable marker)
- Read with younger grades (Kinder and first grade)

Red Ribbon Week Activities

Districtwide

- Daily emails to parents
- Facebook posts providing facts about drug use
- Districtwide special dress days

West Elementary

- Poster Contest

Liberty Elementary

- Red Ribbon daily announcements
- Red Ribbon Healthy Choices Contest – 1 winner per grade level. Students participated in a writing/message about how to live a healthy life. Students were able to do this activity at home with the help of parents.
- Students created Red Ribbon posters with their High School PALS.

Fine Arts Academy

- Facebook postS
- Morning announcements

Blue Haze Elementary

- Red Ribbon daily announcements
- HOPE Squad students created banner that all kids signed, committing to be drug free
- Created big sign with everyone's handprint
- Morning meetings focused on making healthy choices, dress up days, and informative announcements
- Red candy contest to see who could guess most accurately as to how many pieces were in the jar. The winner received the jar of candy at the end of the week.

Tannahill Intermediate

- Art classes created RRW posters with sayings and illustrations to not use drugs. Hung them up all over the building and on a bulletin board in the main hallway.

Brewer High

- Made signs about drug use
- White Settlement PD had demonstration with the drunk goggles and provided information about drinking and driving, texting and driving, and drug use during lunches.
- Passed out Smarties and Dum Dums at lunch and kids signed pledge to not do drugs.
- Student Council students provided presentation during study hall to the StuCo class (75 kids) about the dangers of drugs and alcohol.

Elementary Schools:

- **Partnership with Brewer High School PAL (Peer Assistance and Leadership) Mentoring Program.** PALS train junior and senior students in Communication, Listening, and Facilitation Skills, Understanding Behavior, Decision-Making and Problem Solving, Referral

Resources, and Self-Awareness. Students then complete service delivery, which includes serving as mentors to younger students and peers in the district, as well as numerous other community and school-district service projects.

Blue Haze Elementary, Fine Arts Academy, Liberty Elementary, North Elementary, West Elementary

- **2018-19 HOPE/Choose Kind Week Activities:** See districtwide activities.
- **Red Ribbon Week Activities:** See districtwide activities.

Intermediate Schools:

- **Partnership with Brewer High School PAL (Peer Assistance and Leadership) Mentoring Program.** PALS trains junior and senior students in Communication, Listening, and Facilitation Skills, Understanding Behavior, Decision-Making and Problem Solving, Referral Resources, and Self-Awareness. Students then complete service delivery, which includes serving as mentors to younger students and peers in the district, as well as numerous other community and school-district service projects.
- **Red Ribbon Week Activities:** See districtwide activities.
- **Annual TannaCamp gives incoming fifth graders opportunity to be more acclimated to campus life prior to the first day of school.**
- **2018-19 HOPE/Choose Kind Week Activities:** See districtwide activities.

Middle School

- **Red Ribbon Week Activities:** See districtwide activities.
- **2018-19 HOPE/Choose Kind Week Activities:** See districtwide activities.
- **Sunshine Club**
Brewer Middle School
- **GRIT Time Clubs** twice weekly offered to students who are not in extra STAAR tutorials. Improves the psychosocial climate of BMS; gives students a place to belong who might not otherwise be involved in athletics. Clubs include Food & Travel, Outdoors, Crafting, Card Games, Tech Club, Harry Potter, Design, Chess, etc.
- **Peer Mediation Program (Implemented fall 2016)**

High School

- Partnership with Tarrant County District Attorney Office initiative to address intimate relationship violence (verbal, physical, emotional). Not in Our Schools Commitment by young men and women to not condone dating or relationship violence. How men are treating women intimate.
- Establishing Young Men's Movement, which will be a club at high school that will address acceptable behaviors for young men and how women should be treated.
- Tarrant County District Attorney's Office to speak to law enforcement class about dating violence.
- **Red Ribbon Week Activities:** See districtwide activities.
- **2018-19 HOPE/Choose Kind Week Activities:** See districtwide activities
- **Random Drug Testing Program for Student Athletes**
Brewer High School
- **Drug Education Class for High School students who test positive for random drug testing**
- **PAL (Peer Assistance and Leadership) Mentoring Program** that trains junior and senior students in Communication, Listening, and Facilitation Skills, Understanding Behavior, Decision-Making and Problem Solving, Referral Resources, and Self-Awareness. Students then complete service delivery, which includes serving as mentors to younger students and peers in the district, as well as numerous other community and school-district service projects.
- **Center for Transition Services:** The district provides a Transition Center for seniors with a significant cognitive disability or a disability that affects their ability to function in daily life socially or independently. Seniors who have completed their high school academic requirements participate in the center's PRIDE program, which enables these students to transition from high school to higher education, employment, community involvement and independent living. PRIDE offers six areas of transition that focus on: social skills; independent living; self-advocacy such as asking questions, speaking up for yourself, knowing your strengths and weaknesses; career exploration and vocational training; community access; recreation and leisure.
- **Center for Transition Services DREAM program:** DREAM serves 18- to 21-year-old adults with severe cognitive disabilities. It focuses on developing students' independence in self-care skills, basic daily living skills, and developing transition options for adulthood.
- **Restorative Discipline:** a philosophy and system-wide process that works to change the school culture rather than merely responding to student behavior. When implementing restorative practices a shift in practice occurs that results in a culture that is inclusive, builds fair process into decision-making practices, and facilitates students learning to address the impact of their actions through an approach that allows

for true accountability, skill building, cooperation, and mutual understanding. (implemented 2016-17)

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.

- **Texas Health Resources Wellness Mobile Program** provides annual onsite mammograms.
- Annual **flu shot clinic** provided for staff.
- **Biggest Loser Contest**
Fine Arts Academy, Brewer High School, Brewer Middle School
- **Cowtown 5K** Faculty Group Run 5K
Brewer Middle School
- Partnership with **Camp Gladiator** to promote physical fitness among staff and offer discounts to WSISD employees
- Partnership with **24 Hour Fitness** to promote fitness among staff and offer discounts to WSISD employees
- Partnership with **LA Fitness** to to promote fitness among staff and offer discounts to WSISD employees

Family/Community Involvement: An integrated school, parent, and community approach for enhancing the health and well-being of students.

District-wide:

- District officials attend monthly **Challenge of Tarrant County meetings** to be apprised of local trends regarding drug and alcohol use and to network and partner with outside community and private organizations
- The district’s **School Health Advisory Council** comprised of parents, citizens, business members and school officials meets at least four times a year to discuss annual goals and initiatives that provide health and wellness education to WSISD students and families.
- The district’s **Parent Involvement Committee**, comprised of parents and school officials, meets at least four times a year to discuss annual goals and initiatives that provide family/community involvement opportunities.
- **Community-wide Healthy Families Rally** (Implemented 2015)

- **Opening Day:** a community-wide celebration to kick off the softball and baseball seasons. To increase participation at the elementary level, three contests were held in which students in grades 2 through 4 competed (Throwing, Timed Base Running and Hitting). (Implemented 2016)
- **Annual Districtwide Thanksgiving Food Drive**
- **White Settlement Jets Team** for WSISD students and individuals under age 25 who desire to compete in the annual Special Olympics Meet.
- **District-wide Pink Out Day** to promote breast cancer awareness
- **District-wide Cancer Awareness Day** to promote awareness of various cancers
- Members of School Health Advisory Council attend **Prevention Provider Coalition meetings**, sponsored by Challenge of Tarrant County. The meetings enables school districts, treatment facilities and other organizations to brainstorm new ideas and efficiencies to ensure Tarrant County youth are provided educational opportunities and intervention strategies to avoid substance abuse issues.
- Through district-wide implementation of **Creating a Culture of Achievement/5 Critical Pillars**, all students, families and community members will feel welcome and safe to visit a child's campus and communicate with teacher, staff and administration, which is crucial to the student's success and to ensuring that families are involved in the student's education. (2015-Present)
- Lead nurse attends monthly **Tarrant County Medical Society** and **Cook Children's School Nurse Advisory Council meetings**.
- The community-wide **Back to School Kick Off Rally** included the fall Brewer High School athletic teams as well as the drill team and cheerleaders, which promotes participation in extra-curricular activities and generates interest among the younger grade levels. The event also included participation by the local sports and youth organizations such as the White Settlement Youth Association and White Settlement Recreation Center. (2016-19)
- The **Winter Sports Rally** included Brewer High School's winter sports teams as well as the drill team and cheer, which is designed to promote community interest in all athletics as well as create excitement among the lower grade levels. The event will involve activities/competitions that include the high school athletes and the younger students. (January 2017/January 2018)
- The WSISD Educational Foundation sponsored a **Dodgeball Tournament** in which students, families and businesses sponsored a team to play in an evening tournament. (March 2017-19)
- The Educational Foundation sponsored a **Field Goal Challenge**, in which a student from every school had an opportunity to compete in a field goal contest at a home football game. (September 2016-19)
- The Educational Foundation sponsored a **Basketball Shootout** and **Soccer Kick**, in which six students from every elementary through middle school campus had an opportunity to compete in contests during the community-wide Winter Sports Rally. (January 2017/January 2018)
- **WSISD Family Game Challenge Night** (April 2019)
- **Community First Luncheons** in which youth pastors meet with WSISD personnel to discuss current trends and ways to help WSISD students.
- **Transition Fair**

Elementary Schools:

- **Participation in Cowtown Calf 5-K**
Blue Haze Elementary, Liberty Elementary, North Elementary, West Elementary, Tannahill Intermediate
- **Walk for the Cure**
West Elementary
- **Career Day:** Several professionals from the WS and FW area visited our school and talked to classrooms about different types of careers, their preparation it took to reach their careers, and the importance of commitment to future goals.
West Elementary, North Elementary (implemented 2016-17)
- **Eating Healthy Parent Workshop** (October 2015)
Fine Arts Academy
- **Jingle Bell Run** (December 2015)
Liberty Elementary
- School-wide **Cystic Fibrosis Fundraiser** (2016-17)
Fine Arts Academy
- **Color Fun Run** (May 2017-2019)
North Elementary, Blue Haze Elementary
- **Pizza Patrol** delivers pizza to students who had perfect attendance
Blue Haze Elementary
- **Home Visits** to kick off the school year
Blue Haze Elementary
- **Home visits** to deliver STAAR scores to families
Fine Arts Academy
- **Watch DOGS**
North Elementary, Liberty Elementary, Fine Arts Academy, Blue Haze Elementary
- **Parent Academy:** Parents learn effective strategies for improved discipline and communication, Latino literacy and healthy and fitness to learn how to exercise and lead healthier lifestyles
West Elementary

Intermediate Schools:

- Cowtown Calf Run
- Participation in Benbrook Run
- Participation in Warrior Run
- **Teacher phone calls home** to all families to welcome students/families to new school year
- **Cultural Night** - A night to bring our community together in unity and celebration

Middle School:

- **Career Day:** Ten professionals from the WS and FW area visited our school and talked to classrooms about different types of careers, their preparation it took to reach their careers, and the importance of commitment to future goals. (2016 & 2017)
- **Spanish Information Night:** All school information is presented in Spanish.
- **Watch D.O.G.S**
- **Home visits** to kick off school year