

**White Settlement ISD Coordinated School Health Program**  
**Updated June 20, 2016**

**Health Education**

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

1. **Interactive Health Technologies Pilot program:** Select group of students wear a simple, heart rate monitor to observe how their heart rate and cardio-respiratory fitness improve and fluctuate based on the intensity of the activity. Students learn how nutrition, leadership, group camaraderie and daily habits affect their health, performance, academics, behavior and self-confidence.  
Brewer High School
2. **Play It Safe Program**  
Blue Haze Elementary & Liberty Elementary (2014-15)  
Fine Arts Academy (2015-16)
3. **Wonder:** 8-week curriculum that utilizes “Wonder” book to teach Choosing Kind  
Brewer Middle School (2014-15 Character Education Classes & 2015-16 Career Exploration Classes)
4. **\$30,000 Project Fit America grant** provided campus with outdoor fitness equipment, staff development and curriculum so students can be active, fit and healthy as part of the everyday school experience. The program will help students develop their upper body strength and endurance.  
West Elementary
5. **Character Education Classes**  
Tannahill Intermediate -5th and 6th graders learn the 6 Pillars of Character, leadership qualities/skills, community service  
Brewer Middle (2014-2015)
6. **Health Class**  
Brewer Middle School eighth graders can take a health class for high school credit.  
Brewer High School students must earn a ½ credit to fulfill graduation requirements.
7. All fourth and fifth graders view the **Growing Up** film in the spring, which discusses puberty and the changes students experience, anatomy, etc.
8. **Safe Haven of Tarrant County Safe Dating Presentations** in Brewer High School Intro to Health Science and Health Care Science Technology Courses.
9. **TCU Liink Program** at Blue Haze Elementary (Fall 2016)

## 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.

1. **WSISD PE Requirements**

Kindergarten through grade 5: 30 minutes daily or 135 minutes weekly

Grades 6-8: 30 minutes daily or 225 minutes over a two-week period

Grades 9-12: 1 credit to fulfill graduation requirements.

2. **After-School Running Clubs**

Blue Haze Elementary, Liberty Elementary, West Elementary, Tannahill Intermediate

North Elementary (started in 2015-16)

3. **Participation in Cowtown Calf 5-K**

Blue Haze Elementary, Liberty Elementary, West Elementary, Tannahill Intermediate

North Elementary (starting 2015-16)

4. **After-School Intramurals (Football, Basketball, Volleyball)**

Tannahill Intermediate

5. **Jump Rope/Hoops for Heart Program**

North Elementary, West Elementary, Liberty Elementary, Fine Arts Academy (Ongoing)

6. **Super Stackers** provides PE students with sport stacking cups that promote hand-eye coordination, speed and ambidexterity.

West Elementary, North Elementary, Fine Arts Academy

7. **Go Noodle** online program through Cook Children's

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

8. Teaching correlation of growing strong muscles to building strong brains through GRIT Initiative and utilizing popular dances to facilitate gross motor skills and coordination

Fine Arts Academy

9. Making Strides Against Breast Cancer 5K Walk (October 2015)

Brewer Middle School

10. Districtwide participation in **Special Olympics**

11. Annual **Bear Tracks Meet** for special needs students (adapted PE and life skills)

12. **Karate and Fitness After-School Club** (2015-2016)

Liberty Elementary

13. **Referral Free Fridays** - Additional PE time every 6 to 9 weeks for students with no referrals (Tannahill Intermediate)

14. **Fun Fridays** - Every week, students who meet the criteria earn free time with an option to participate in physical activities. (Tannahill)
15. Students receive voluntary recess time after lunch or before school. (Brewer Middle)
16. **Early Morning PE:** Students can participate in free fitness play from 7-7:30 a.m. daily. (North Elementary)
17. **Boosterthon Fun Run** (Blue Haze Elementary & North Elementary)
18. **Jingle Bell Fun Run** (Liberty Elementary)
19. **Volleyball and Football Clubs** in the fall for 6 weeks period (2014-15 & 2015-16)  
Liberty Elementary
20. **Color Run** (North Elementary)

### Health Services

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

1. **Healthy Smiles Dental Program**  
All Elementary Campuses
2. **Kids Vision for Life Mobile Bus:** Low economic students in kindergarten through sixth grades receive free eyeglasses and exams (2012-Current)
3. **Tarrant County Health Department Immunization Collaboration** (May 2015 & 2016)  
All WSISD students
4. **\$10 Athletic Physicals** offered to athletes annually  
Brewer High & Brewer Middle
5. Partnership with **JPS School-Based Health Clinic** to provide medical services for WSISD students and their siblings
6. Lead nurse attends monthly Tarrant County Medical Society and Cook Children’s School Nurse Advisory Council meetings.
7. WSISD nurses conduct annual **hearing screenings** for pre-kindergarten, kindergarten, first, third, fifth and seventh grade students in the fall.
8. WSISD nurses conduct annual **vision screenings** for pre-kindergarten, kindergarten, first, third, fifth and seventh grade students in the fall.
9. WSISD nurses conduct annual **Acanthosis Nigricans screenings (diabetes marker)** for first, third, fifth and seventh grade students each fall.
10. WSISD nurses conduct annual **scoliosis screenings** for WSISD sixth and ninth grade students.
11. All district nurses are CPR instructors and teach courses each semester to district staff.
12. Each campus has a **CPR/AED team** of staff members who are certified.

13. Participation in **Tarrant County Back to School Roundup** which provides qualifying pre-kindergarten through intermediate students with free school supplies, free health/vision/dental screening, immunizations and haircuts (2009-Present)
14. All fourth grade students receive **hygiene bags** with toothbrushes, toothpaste, educational information, and other toiletries. The counselor, and the nurse speaks with all students about the importance of having good hygiene.  
Liberty Elementary

### **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.

1. Child Nutrition Website provides links to healthy recipes and wellness sites
2. **School Breakfast and Lunch Week Celebrated**  
Districtwide
3. **Nutrition information provided on backs of Monthly Menus** that are sent home with students  
All Elementary and Intermediate Students
4. **Taste Testing in cafeteria:** Students can sample new products and uncommon fruits and vegetables so they are introduced to new food items  
All Elementary and Intermediate Students
5. 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.
6. **Posters promoting nutrition** are displayed in all cafeterias
7. Partnerships with local churches & organizations to provide **snack packs** for low-economic students.
8. **Tarrant Area Food Bank In School Snack Program** that provides counselors with **healthy snack** items for students during school day  
Brewer High School & Liberty Elementary (2014-Present); Blue Haze Elementary & West Elementary (implemented in 2015-16)  
Fine Arts Academy (Implemented 2016)
9. **Social worker** provides assistance with food and other necessities when needed.
10. **Tarrant Area Food Bank Emergency Assistance Program** coordinated through Communities in Schools social worker to assist BHS at-risk students and their families with emergency groceries.  
Brewer High School
11. **Tarrant Area Food Bank In School Food Pantry Pilot Program** (February 2016)
12. The WSISD Family Resource Center provides a variety of evening classes for families to promote health and wellness including the **Healthy Foods, Healthy Families Series**. (2011-Present)
13. All students who attend **summer school** receive **free breakfast**.
14. 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**.

15. 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.
16. 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.
17. The **Tarrant Area Food Bank** provides a monthly **Mobile Food Pantry** with produce and meat to eligible families. WSISD promotes the pantry to families.
18. All third and fourth grade students receive a free, healthy breakfast on STAAR test days.  
Liberty Elementary
19. **Lunch Lady Hero Day** Lunch Ladies dressed as Super Heroes and each had a poster detailing their super powers (i.e. Vegetable Lady helps give Vitamin A). They created a nutrition workbook/coloring book for each student and passed out prizes (tennis racquets, soccer ball, sport watches, jump ropes, gym bag). They also gave away 6 "Lunch Day Hero" books to students and the library.  
West Elementary (May 2016)

### **Counseling Services**

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

1. **Communities in Schools Grant:** WSISD pays partial salary of social worker who provides services for at-risk students through Communities in Schools grant  
Brewer High School
2. **Recovery Resource Council** small groups for at-risk students  
Brewer High School, MESA High School/DAEP
3. Play It Safe "**Can't Take It Back Presentation**" discussed the dangers of **sexting** (emotional impact; cyber-bullying, etc.)  
Brewer High School & Brewer Middle School World History Classes (2014-15)
4. Play It Safe Presentation regarding **Sexual Harassment** to Brewer High School Life Skills and CBI Classes (2014-15)
5. **District social worker** serves 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.
6. **District special education counselor** serves students at every campus and provides support for campus counselors.

7. **Gracefully Strong Empowering Girls with Inner-Strength and Self-Worth Program:** 20 students at each campus will be impacted and participate in 8-week group counseling sessions promoting positive self-esteem (2015-16)  
Blue Haze, Liberty, North, West, Tannahill, Fine Arts and Brewer Middle
8. **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.
9. Monthly counselor meetings (implemented 2015-16)
10. **Counselors' Canvas Campus Page** (implemented 2015-16)
11. **LLC Comfort Dog** program visits every other week to assist and support select students.  
North Elementary (Beginning 2015)
12. **Reading dog** comes twice a week to allow struggling reading students to read to the dog.  
Liberty Elementary
13. **Small group counseling** for anger management and grief is available.
14. Testing Anxiety Counseling for all third and fourth grade students before STAAR test.  
Liberty Elementary
15. **No More Suicide Prevention and Awareness Symposium** (June 2016)
16. Annual **Suicide Prevention Training** (Question Persuade Refer - QPR) for all teachers and instructional staff (implemented 2015-16)
17. **QPR Team:** Designated staff on each campus will be trained to serve as "gatekeepers" who assist students in crisis or who are having suicidal thoughts. (Starting 2016-17 school year)

### **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.

1. Districtwide annual **Red Ribbon Week Campaign** promoting education regarding the dangers of drug and alcohol use  
Partnership with White Settlement Lions Club to have a Red Ribbon Balloon Release during pre-game of a varsity football game as (2014 and 2015)
2. Districtwide **Annual Day Without Make-Up** every February
3. **Coin Drive Benefiting Children's Craniofacial Association** promoting Choosing Kind and accepting others for their differences

4. Empowered Generation (Zach Gryder) **Anti-Bullying Assemblies** – October 2014  
MESA High School (school-wide), Fine Arts Academy (grades 3-6), Brewer Middle School (school-wide), Tannahill Intermediate (school-wide)
5. **Morris Brothers (Character Education) Assembly**  
West Elementary, North Elementary (Spring 2015); Liberty Elementary & West Elementary (February 2016)
6. Districtwide **Choose Kind Campaign**: Choose to do something kind for someone else, identify someone who has chosen kind
7. Districtwide **Choose Kind Week**: Special dress themes coinciding w/ anti-bullying

**2015-16 Activities:**

- **Districtwide Choose Kind Selfie Contest** through social media platforms
- Districtwide **Paw Pantry Donation Drive**
- **Choose Kind Messages Throughout Schools**
- **Daily Random Acts of Kindness Calendar** - Students receive a calendar so they can perform 1 random act of kindness daily throughout month of February  
(Blue Haze Elementary, Fine Arts Academy, Liberty Elementary, North Elementary, West Elementary, Brewer Middle, Tannahill Intermediate)
- **Kindness Club/Chain of Kindness** - Teachers initially nominate a student who has demonstrated kindness as a kindness leader. The student receives a chain link and add their name to the link, which is placed on a chain that is strung around the school. That student nominates another student and the chain continues with each student nominating another daily throughout the month.  
(Blue Haze Elementary, North Elementary & West Elementary)
- **Guidance Lessons through Counselor**: 1<sup>st</sup> - 4<sup>th</sup> - Boomerang Affect video, Chrysanthemum/toothpaste/wrinkled heart/5<sup>th</sup> & 6<sup>th</sup> - Boomerang Affect/Only Kindness Matters video (Fine Arts Academy); (Liberty Elementary)
- **Kindness Heart Tree**: Students (Fine Arts Academy & Liberty Elementary)
- **Morris Brothers Character Education Assembly** - Liberty Elementary & West Elementary
- **Keith Davis Character Education Assembly** - Tannahill Intermediate & Fine Arts Academy
- Students participating in **letter writing campaign to Wonder Kids** (children with craniofacial syndrome) through Children's Craniofacial Association  
(Blue Haze Elementary 3rd & 4th grade, Fine Arts Academy, Liberty Elementary 4th Grade & Tannahill Intermediate Campus-Wide through writing classes)
- **Choose Kind Student Assembly** (Fine Arts Academy)
- Cheerleaders participate in student pickup (Brewer High & Fine Arts Academy)
- Notes/gifts to homes in the neighborhood (Fine Arts Academy)
- **Choose Kind Door Decorating Contest** (Liberty Elementary)
- **Kindness Spirit Sticks & Kindness Cards** - Students receive motivational messages and/or are recognized for good behavior and Choosing Kind. (Fine Arts Academy)
- **Daily Kindness Shoutouts, Quotes, & Messages over announcements** (Fine Arts Academy, Brewer Middle School & Tannahill Intermediate)
- **Heart Bulletin Board**: Students earn heart by giving compliment to someone (North Elementary)
- **Bullying Starts and ENDS with Us PowerPoint** shown to students during Choose Kind Week (Brewer Middle School)

- Brewer High:
  - Every **Monday Matters** - Have a Hug: Stuco kids greet students as they come to school and hand out Hershey's Hugs with positive/kindness messages
  - Why Choose Kind? Video created by students and played to classes
  - **Choose Kind Pledge Poster** in cafe
  - **Take What You Need**: Students take paper strip with feeling/emotion they need that day-posted in bathrooms and around school

8. **Dude Be Kind School-wide Assembly** (Mike Smith) (2014-15)  
Brewer High School

9. Employees required to watch **Bloodborne Pathogens video** annually

10. Employees required to complete **allergies and anaphylaxis training** annually

11. **Random Drug Testing Program for Student Athletes**  
Brewer High School

12. **Drug Education Class for High School students who test positive for random drug testing**

13. **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.

Brewer High School juniors and seniors

14. **Upstanders Club**  
Brewer Middle School

15. **The Wand Show Anti Bullying Program**  
West Elementary (2014-15); Blue Haze Elementary (October 2015), North Elementary (January 2016)

16. **Center for Transition Services**

17. **Character Education Classes**  
Tannahill Intermediate: participate in Community Service Projects; help with school and district anti-bullying initiatives  
Assisting with promotion of GRIT (2015-16)  
Brewer Middle (2014-15)

18. **Anti-Bullying Week** - Special Dress Days (2014-15 to Present)  
West (October 2015)

19. **Empowered Speak Drug and Alcohol Awareness Assemblies** – October 2015  
Fine Arts Academy (grades 3-6), Brewer Middle School (school-wide), Tannahill Intermediate (school-wide);  
Brewer High School (school-wide)

20. **Partnership with Empowered Speak** to provide Sports Drink Drops and visits during school lunches (2014-Present)  
Brewer High; Brewer Middle



21. WSISD implemented a districtwide, three-year **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.
22. **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.
23. **Leukemia & Lymphoma Society Student Series:** Students donate change to support children with Leukemia and Lymphoma.  
Blue Haze Elementary
24. **Shattered Dreams:** a school-based program that promotes responsible decision-making among high school students regarding underage drinking and impaired driving (driving after drinking or riding with a drinking driver) by showing them how irresponsible choices can end all dreams. It emphasizes the results of alcohol-related crashes: the shattered dreams of those who drive after drinking, the innocent victims, and their friends and families. - Spring 2016  
Brewer High School
25. **Aubrey Huff Assemblies:** Brewer grad and two-time World Series Champion Aubrey Huff provided school-wide assemblies centered around GRIT.  
Brewer High School (May 2016)
26. **Peer Mediation Program** (Starting fall 2016)  
Brewer Middle School

### 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.

1. Texas Health Resources Wellness Mobile Program provides annual **onsite mammograms**.
2. Annual **flu shot clinic** provided for staff.
3. **Biggest Loser Contest**  
Fine Arts Academy, Brewer High School, Brewer Middle School
4. **GRITTY Group Training Classes** at MESA High School for any WSISD staff
5. Partnership with **Camp Gladiator** to promote physical fitness among staff and offer discounts to WSISD employees (implemented 10-15)
6. Partnership with American Heart Association to implement **Check. Change. Control.** blood pressure monitoring program. (Starts January 2016)

### Family/Community Involvement

An integrated school, parent, and community approach for enhancing the health and well-being of students.

1. **Participation in Cowtown Calf 5-K**  
Blue Haze Elementary, Liberty Elementary, North Elementary, West Elementary, Tannahill Intermediate

2. 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
3. **A Day Without Make-Up:** Teaches young girls that inner-beauty is more important than appearances
4. **White Settlement Jets Team** for WSISD students and individuals under age 25 who desire to compete in the annual Special Olympics Meet.
5. **West Elementary Walk for the Cure**
6. **Districtwide Pink Out Day to improve breast cancer awareness**
7. **Community-wide Healthy Families Rally – Oct. 19, 2015**
8. **Annual Districtwide Thanksgiving Food Drive**
9. **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.

West Elementary

11. Lead nurse attends monthly **Tarrant County Medical Society and Cook Children’s School Nurse Advisory Council meetings.**
12. Members of Drug and Alcohol Task Force attend **monthly 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
13. **Eating Healthy Parent Workshop** (October 2015)  
     Fine Arts Academy
14. **Jingle Bell Run** (December 2015)  
     Liberty Elementary
15. The WSISD Family Resource Center provides a variety of evening classes for families to promote health and wellness including the **Healthy Foods, Healthy Families Series** (2011-Present); **Cooking Matters Family Nutrition Classes (2013-Present);** and **Families First Parenting Series** (2014-Present). Families First provides methods for improving family communication, reducing stress, dealing with behavioral problems and encouraging honesty and respect.
16. 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)