

Program Opportunities for Extension of Campus Physical Education Activities*

North Early Learning Center

1. Toothbrushing with Dr. Rabbit
2. Hand Washing with Scrubby Bear
3. Healthy Heart
4. 9-1-1 Safety
5. Summer Bicycle Safety
6. Stranger Safety
7. Germbusters

Anderson Elementary

1. Jump Rope for Heart, American Heart Association
2. LifeShare Blood Cell-abration
3. Healthy Eating Habits
Orange County Extension Office
4. Family Health Night
5. "How to Be Healthy for a Lifetime" Poster Contest sponsored by Department of State Health Services School Health Program
6. Relay for Life / American Cancer Society
7. Wii Fitness**
8. Health Rocks!** (4-H Curriculum)

Lorena Oates Elementary

1. LifeShare Blood Cell-abration
2. Pennies for Patients
3. Wii Fitness**
4. Health Rocks!** (4-H Curriculum)

West Orange - Stark Middle School

1. Diabetes Training for Parents & Students
(Targeted, Small group program)
2. Step With It
3. Texas Fitness Now /Swimming Lessons
4. Wii Fitness**
5. Health Rocks!** (4-H Curriculum)

West Orange - Stark High School

1. Relay for Life / American Cancer Society
2. Student Blood Drive
3. Wii Fitness**
4. Health Rocks!** (4-H Curriculum)

**Program listings represent 2008-2009 student opportunities.*

***Afterschool Centers on Education funded by 21st CCLC Program*

Statement for Public Inspection

1. West Orange - Cove CISD has adopted policies to ensure that elementary school, middle school, and junior high school students engage in physical activity. These policies are EHAB (Legal) and EHAC (Legal).
2. The West Orange - Cove CISD School Health Advisory Council plans to meet during the Fall and Spring in the 2009-2010 school year. A meeting was not held in 2008-2009 as a result of Hurricane Ike.
3. West Orange - Cove CISD has adopted policies to ensure compliance with applicable vending machine and food service guidelines for restricting student access to vending machines. These policies are FFA (Local) and FFA (Legal).
4. West Orange - Cove CISD has adopted policies and procedures that prescribe penalties for the use of tobacco products by students and others on school campuses or at school-sponsored or school-related activities. See www.tasb.org/policy/pol/private They are DH, FNCD, and GKA. Use of tobacco products is also addressed in all student handbooks.

The Statement for Public Inspection is also available on the West Orange - Cove CISD web page: www.woccisd.net/shac.pdf



WOCISD SCHOOL HEALTH ADVISORY COUNCIL

Go Mustangs!

The West Orange - Cove CISD School Health Advisory Council has been established by the Board of Trustees as a Board Internal Organization Citizen Advisory Committee through Legal Policy BDF.

The role of the local school health advisory council is to collaborate with the District in ensuring that local community values and health issues are reflected in the District's health education instruction.

- Members of the council may be comprised of:
- A majority of parents of students enrolled in the District and who are not employed by the District
 - One or more public school teachers
 - Public school administrators
 - District students
 - Health-care professionals
 - Members of the business community
 - Law enforcement representatives
 - Senior citizens
 - Clergy
 - Representatives of nonprofit health organizations or of another group

Wellness

West Orange - Cove CISD 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.

Policy FFA (Local)

Goals for Nutrition Education

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

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.

Free/Reduced Lunch Forms are available at the office of each WOCCISD campus. They are also available in each lunchroom and/or counselor's office. Questions regarding applications for free lunch or reduced rate lunch can be directed to the West Orange - Cove CISD Food Service Department, 409-882-5446.

Goals for Physical Activity

1. 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.
2. Physical Education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Goals for School -Based Activities

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

Nutrition Policy

The West Orange - Cove Food Service Department follows Nutrition Policy established by the Texas Department of Agriculture, Food and Nutrition Division, in accordance with Federal law and U.S. Department of Agriculture policy. The policy identifies portions served at elementary, middle, and high school levels, as well as foods of minimal nutritional value and restrictions associated with them. Exemptions and frequently asked questions are also identified.

All Goals listed, as per Local Policy FFA, were developed with the input of the WOCCISD SHAC.

Coordinated Health Programs

Elementary

The Texas Education Agency will make available to the District one or more coordinated health programs designed to prevent obesity, cardiovascular disease, and Type II diabetes in elementary school students. Each program must provide for coordinating health education, physical education and physical activity, nutrition services, and parental involvement.

Secondary

TEA shall make available to the District one or more coordinated health program designed to prevent obesity, cardiovascular disease, and Type II diabetes in elementary, middle, and junior high school students. The District participates in appropriate training to implement TEA's coordinated health program and has implemented the program in the middle and high school in the District.

CATCH Program

As per District policy, the West Orange - Cove CISD SHAC Committee has adopted the "Coordinated Approach to Child Health" curriculum as the District coordinated health program [Policy EHAB (Legal) and EHAC (Legal)].

For more information regarding the West Orange - Cove CISD School Health Advisory Council contact
Jane Stephenson,
the Executive Director of Educational Services at 409-882-5555
or Anita Goodwin, the Executive Director of Federal Programs at 409-882-5462.