

Required Postings for NISD Website

(K) 1.

Elementary School Physical Activity Requirements

Students in grades kindergarten through 5 are required to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's physical education curriculum or through structured physical activity led by the classroom teacher.

Middle School Physical Activity Requirements

Beginning with the 2008-2009 school year, students in grades 6 through 8 are required to participate in at least 30 minutes of daily moderate or vigorous physical activity for at least four semesters. This new curriculum requirement begins with an entering class of students. Therefore, students enrolled in grade 6 during 2008-2009 are expected to have completed four semesters of structured physical activity by the end of their eighth grade year.

During the 2007-2008 school year and years prior, many of the middle schools required physical education for more than four semesters between the sixth and eighth grade.

(K) 2 a.

School Health Advisory Council

During the 2006-2007 school year, Northside's School Health Advisory Council met six times including:

- January 25, 2007
- February 22, 2007
- March 22, 2007
- April 26, 2007
- May 24, 2007
- June 21, 2007

In the current 2007-2008 school year, the Council met six times including:

- September 20, 2007
- October 17, 2007
- January 17, 2008
- February 21, 2008
- April 17, 2008
- May 15, 2008

All meetings are held at the Student Services Building at 5651 Grissom Rd., San Antonio, Texas 78238. The meeting begin at 6:30 PM. Twenty-eight members attend regularly. Linda Seewald, Coordinator of the Physical Education and Health, serves as the chair of the School Health Advisory Council.

(K) 2 b.

Northside has adopted policy related to vending machines in the school (COC Local) to include:

VENDING MACHINES	Vending machines shall be permitted on campuses only as provided for in the District, state, and federal guidelines.
ELEMENTARY SCHOOLS	No food or beverage vending machines shall be permitted for student use on elementary campuses.
MIDDLE SCHOOLS	Beverage vending machines may be placed on middle school campuses for student use. The locations of such machines and the items stocked for sale must meet District, state, and federal guidelines.
HIGH SCHOOLS	Both food and beverage vending machines may be placed on high school campuses for student use. The locations of such machines and the items stocked for sale must meet District, state, and federal guidelines.

Northside ISD also adopted a Wellness Policy (FFA Local). See below:

Northside ISD – Bexar County
015915

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

WELLNESS POLICY	Northside ISD is committed to providing healthy and safe school environments for students, staff and community members by teaching and promoting wellness as a healthy lifestyle. The primary focus is to protect and promote children’s health, well-being, and the ability to learn by supporting healthy eating habits and physical activities.
DEVELOPMENT OF GUIDELINES AND GOALS	The Northside ISD School Health Advisory Council will develop school wellness goals and make recommendations to the Board of Trustees.
NUTRITION GUIDELINES	The Northside ISD will ensure that nutritional 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. The nutrition guidelines will include:

1. Federal and State guidelines for food and beverages.
2. District nutrition standards for vending machines, snack bars, and competitive food sales.
3. District nutrition standards for after school programs.
4. Information available to parents about healthy snacks.

NUTRITION EDUCATION

Northside ISD will ensure that Coordinated School Health Programs are implemented in grades kindergarten-8 and that nutrition education is emphasized in health education courses in grades kindergarten -12. Nutrition education will include:

1. C.A.T.C.H (Coordinated Approach to Children's Health), selected for the required Coordinated School Health Programs in grades Kindergarten – 5.
2. A Coordinated School Health program to be selected for grades 6-8.
3. Nutrition education provided in health education textbooks, and integrated, as appropriate into the core subjects, such as reading in grades kindergarten- 8.
4. Nutrition education materials from the C.A.T.C.H. program will be integrated in science lessons in grades 3-5.
5. Nutrition messages promoted throughout the school including the cafeteria and classrooms.
6. Nutrition education will be available to families including healthy food preparation, risk factors for poor nutrition and inactivity.

PHYSICAL ACTIVITY

Northside ISD will ensure that Coordinated School Health Programs are implemented in grades kindergarten-8 and that the state mandated time for daily/weekly physical activity is provided. Students in high school shall meet the physical education component as required for graduation. In addition, the District establishes the following goals:

1. A safe environment that fosters fitness activities for students and their families.

2. Certified physical education teachers will emphasize full participation of students in activities at the moderate to vigorous level of exercise.
3. Physical activity programs will be offered before and after school and students will be encouraged to participate.
4. Campus administrators will generate annual reports for the required minutes of physical activity.
5. Parents will be encouraged to support their children's participation, to be active role models, and to include physical activity in family events.
6. Teachers and other school staff will receive opportunities to promote enjoyable, life-long physical activity for themselves and students.
7. Daily, unstructured recess will be available for elementary students.
8. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

SCHOOL BASED ACTIVITIES

Northside ISD is committed to creating an environment that promotes healthy eating, physical activity, and a consistent wellness message through all school-based physical activity. Goals will include:

1. Cafeteria areas will be clean, safe, and comfortable.
2. Sufficient time will be scheduled for students to eat once seated in the cafeteria.
3. Wellness for students, families, and staff will be promoted at suitable school activities.
4. The School Health Advisory Council will provide resources (website, brochures) to assist the schools to promote wellness.
5. Intramural programs in grades 6-8.
6. UIL sports programs in grades 7-12.

HEALTH EDUCATION

Northside ISD will provide Health Education to students at all levels in accordance with the TEKS. Goals will include:

1. Students at all levels will have access to Health textbooks
2. Elementary Health will be integrated into classroom instruction.

3. Middle School Health will be taught in 6, 7, and 8 grades.
4. High School Health will be taught in health classes.
5. Innovative teaching techniques will be used as methods to teach health education.
6. Staff development will be provided to all teachers teaching health.

HEALTH SERVICES

Northside ISD will provide quality health screening and services to students at all levels. Goals will include providing:

1. Vision, hearing and Spinal Scoliosis screenings.
2. Acanthosis Nigrican screenings.
3. Teaching of prevention and developmental health.
4. Automatic External Defibrillators will be provided at secondary schools and District buildings. Staff will be trained at sites.
5. Licensed registered nurses at all schools.

GUIDANCE AND COUNSELING

Northside ISD will help students develop positive, decision making skills related to health and wellness in order to maximize education opportunities to function, contribute and compete in a changing world.

Counselors will provide:

1. Individual planning for students.
2. Classroom guidance.
3. Responsive services.
4. System support.

SCHOOL

Northside ISD will make school spaces and facilities available for exercise and recreation to students, staff, and community members after school, on weekends, and during school vacations. Availability of facilities shall in accordance with Board Policy GKD Local.

Examples of available school spaces include:

1. Gyms in elementary schools.
2. Playgrounds and field spaces at elementary schools.
3. Outdoor spaces at middle schools and high schools, such as tracks, fields, and tennis courts.

**MONITORING AND
IMPLEMENTATION**

This policy shall be monitored and implemented by the Director of School Health Services, the Director of Food Services and the Health and Physical Education Coordinator, in conjunction with the School Health Advisory Council.

(K) 2c

Northside ISD has adopted a policy that prohibits the use of tobacco products by students and others on school campuses or at school-sponsored or school – related activities. GKA (Legal). See sections of policy related to tobacco below.

TOBACCO

The Board shall prohibit smoking or using tobacco at a school-related or school-sanctioned activity on or off school property. Students are prohibited from possessing tobacco products at a school-related or school-sanctioned activity on or off school property. School personnel shall enforce these policies on school property.

**SMOKING IN
BUILDINGS**

The District shall not permit smoking within any indoor facility used for provision of routine or Regular kindergarten, elementary, or secondary Education or library services to children; or regular or routine health care of day care or early childhood development (Head Start) services to children or for the use of employees who provide such services.