

School Health Advisory Council

District policies adopted to ensure that elementary school, middle school, and junior high school students engage in physical activity;

Purpose:

To develop knowledge & skills that are necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. District staff are also encouraged to participate in and model physical activity as a valuable part of a healthy lifestyle.

The Physical Education Department promotes physical activity because:

- Physical activity can help increase a student's capacity for learning by positively affecting mental health.
- Physical activity has favorable effects on endurance, muscular strength, body weight, and blood pressure.
- Physical activity leads to positive experiences that can lay a foundation for regular exercise throughout life.

Physical fitness activities at Mathis I.S.D. are planned, organized, and implemented by well-prepared specialists who are certified by the State of Texas to teach physical education. Our staff is adequately prepared and trained to effectively deliver the Physical Education program in accordance with the state requirements and local policies.

Kindergarten – 8th Grade:

We have adopted the CATCH (Coordinated Approach To Child Health) program beginning the 2007-08 school year. The coordinated approach involves family, school district, nutrition center, and community to work together as one to create a healthy lifestyle for our students/children.

High School:

We are on the state plan offering four different courses. These are one semester of Physical Education: Foundations of Physical Education, Individual Sports, Team Sports, and Aerobics/Dance. All Physical Education Classes at Mathis I.S.D.

- Physical Education classes are 45 minutes per day, 225 minutes per week. At least 50% of the class time each week is devoted to flexibility, cardiovascular fitness, and moderate to vigorous activity.
- Provide a variety of age appropriate physical activities.
- Include cooperative and competitive games.
- Meet the needs of all students
- Teach management and movement skills.
- Teach cooperation, fair play, and responsibility.
- Promote participation in physical activity outside of school.
- Aim towards an enjoyable experience for students.
- Provide exercise and nutritional education for students.
- Demonstrate and model safety in all activities.
- Empower youth to take responsibility for healthy habits, improving self-esteem, building self-assurance and to foster a lifelong commitment to health and fitness.

Physical Fitness Assessment:

Mathis I.S.D. has adopted Fitness Gram 8.0 in 2007-08 as their state approved fitness assessment tool. Testing components:

- Cardiovascular endurance

- Muscular Strength
- Muscular Endurance
- Muscular Flexibility
- Body Composition

PACER TEST

- Measures cardiovascular endurance.
- Objective: Run as long as possible back and forth across a 20-meter space at a specified pace that gets faster each minute.

CURL-UP

- Measures muscular strength and endurance.
- Objective: Complete as many curl-ups as possible up to a maximum of 75 at a specified pace.

PUSH-UP

- Measures muscular strength and endurance.
- Objective: Complete as many push-ups as possible at a rhythmic pace.

TRUNK LIFT

- Measures trunk extensor strength and flexibility.
- Objective: Lift the upper body off the floor using the muscles of the back and hold the position to allow for measurement.

SHOULDER STRETCH

- Measures flexibility.
- Objective: Touch the fingertips together behind the back by reaching over the shoulder and under the elbow.

BODY MASS INDEX (BMI)

- Measures body composition.
- Objective: Provides an indication of the appropriateness of a child's weight relative to height. Students heights and weights will be recorded into the FITNESSGRAM software to determine BMI

The Mathis I.S.D. staff will maintain confidentiality of the test results, which will be made available to the student. At the end of the school year, a parent may submit a written request to the school principal to obtain the results of his or her child's physical fitness assessment conducted during the school year.

The number of times during the preceding year the council has met

January 28, 2010

February 25, 2010

April 1, 2010

May 13, 2010

District policies to ensure compliance with applicable vending machine and food service guidelines for restricting student access to vending machines

Mathis ISD adopts and enforces the following policy. Per Texas Public School Nutrition Policy, Foods of Minimum Nutritional Value which consist of soda water, popsicles, chewing gum, certain candies, and certain snack chips are NOT available in vending machines on ANY school campus accessible by students. The vending machines that are being used on campus accessible to students only have plain bottled water and 100% juice available in 12 oz. bottles ONLY for middle/junior high/high schools. Elementary schools have 6 oz. plain bottled water accessible by students in vending machines.

District 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.

The Board shall prohibit smoking or using tobacco products 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. *Education Code 38.006*