



Canton Independent School District

1045 S. Buffalo, Canton, Texas * 903-567-4179 * 903-567-2370
Jay Tullos, Superintendent

Canton ISD Health and Wellness Plan

Education

A. Health Education

- Kindergarten thru 8th Grade will use the Coordinated Approach to School Health (CATCH) curriculum for Health Education in the classrooms/PE.
- 9th thru 12th Grade will use the Health Course for Health Education.
- 9th thru 12th Grade will have CPR exposure in the Health classes.

B. Sex Education

- 6th thru 12th Grade will use the CISD adopted Scott and White's *Worth the Wait* Program.
- 6th thru 12th Grade will include puberty in Health, Biology, and Principles of Human Services/Child Development.

C. Physical Education

- Elementary thru Junior High
 - Kindergarten thru 6th grade will provide at least 225 minutes, per week of instruction, of physical activity during Physical Education courses.
 - Students will be assessed using the Fitness assessment system annually to measure aerobic capacity, body composition, and muscular strength, endurance and flexibility with parents being informed of results.
- High School
 - 9th grade thru 12th grade will require one credit of Physical education or Athletics prior to graduation.
 - Students will be assessed using the Fitnessgram assessment system annually to measure aerobic capacity, body composition, and muscular strength, endurance and flexibility with parents being informed of results.



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Services

A. Health Services

- Canton ISD will provide 2 Registered Nurses (RN) and a 2 Licensed Vocational Nurses (LVN) for the students attending Kindergarten thru 12th Grade.
- Each campus where diabetic students are enrolled will have at least three Unlicensed Diabetic Care Assistants.
- SHAC (Student Health & Advisory Committee) meets four times a year.

B. Nutrition Services

- All campuses will follow the National School Lunch and Breakfast guidelines from the USDA.
- All school personnel will follow the Texas Public School Nutrition Guidelines from the Texas Department of Agriculture.
- Access to vending machines will be denied to students during the school day on the elementary, intermediate, and middle school campuses.
- On the High School campus, only carbonated vending that meets the Texas Public School Nutrition Guidelines School will be available. Violation result in the building principal removing said vending machines.
- Periodic promotions to encourage healthy meals.
- The cafeteria staff will prepare healthy meals: Baked foods, no fried foods; serve a variety of fresh and canned fruits and vegetables; No whole milk will be served. Pre-K students will be served non-flavored skim milk.
- The Food Service Department will utilize webtrition to plan and analyze the district menus.
- Menus can be obtained by parents, students and staff at the nutrislice website or they may download the nutrislice app.
- The Food Service Department will accommodate children with special dietary needs.
- Foods offered to students will meet the smart snack guidelines.



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Counseling, Psychological and Social Services

- K-5 counselors will provide character education for the classrooms
- 6-8 counselor will provide character education in the student planners
- CISD counselors and psychologist for will provide the necessary services for the students they serve

A. Involvement and Support

- Family and Community Involvement
- Encourage the use of the various facilities for after school hours. Examples: walking track, tennis courts, baseball fields, and gymnasiums.
- Host the Relay for Life when schedule permits

B. School Staff

- Support the faculty involvement in the various fundraisers
- Encourage the use of the school facilities for after school hours. Examples: shot clinic for the nurse, workout groups, etc.

This Canton ISD Health and Wellness Plan has been reviewed and approved by the Canton ISD School Board of Trustees on August 20, 2018.

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Board Vice-President

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