

Coordinated Junior High School Health Program

2010-2011

Health Education

- Health classes offered in 8th grade.
- Nurse distributes information for teachers to share with students and places hygiene posters around the school.

Physical Education

- All 6th graders take physical education classes.
- All 7th graders will take physical education, lifetime sports, or athletics.
- 8th graders have the option to choose physical education, lifetime sports or athletics.

Parent and Community Involvement

- Parents have opportunity for input on campus improvement committee.
- Athletic booster clubs are sponsored by parent and community groups.
- Parents and community members assist with basketball tournaments and track meets.

Staff Wellness Promotion

- Nurse distributes information on illness prevention for teachers.
- Weight loss competition.
- Principal provides fruit for snacks periodically.
- Workout facilities at the junior high and high school are available for staff use.
- Healthy eating and exercise in-service provided by Marka Riddle RD

Counseling and Mental Health Services

- Counselors consult with students, families, and teachers providing resource information on agencies that are able to assist with mental health issues.

Healthy and Safe School Environment

- School is kept clean daily.
- Procedures in place for campus visitors.
- Staff trained on health and safety issues.
- Students do not carry backpacks in order to prevent back strain.
- Fire and Storm drills are held periodically.

Health Services

- Registered nurse is employed full time at the school to administer all health service needs.

Nutrition Services

- Cafeteria is trained in and follows guidelines for meal preparation .
- Students are offered three options for lunch.
- Nutrition posters are on display in the cafeteria.