

MCKINNEY ISD

2025-2026

Every Student, Every Day!



HEALTH SERVICES, COORDINATED HEALTH, HEALTH & PE CURRICULUM, and SHAC Update

December 15, 2025

Coordinated Health

Coordinated Health has 8 key components that the campus coordinated health teams and the School Health Advisory Council (SHAC) collaborate to facilitate (Health Education, Health Services, Physical Education, Counseling/Psychological and Social Services, Family/Community Involvement, Nutrition Environment and Services, Safety/Healthy School Environment and Employee Wellness). The district SHAC meets 4 times per year.

- Campus Coordinated Health and Safety Teams (combined for 25/26) meet 6 times per year at the campus
- Central Office Coordinated Health team meets 3-4 times per year
- Wellness Policy/Guidelines reviewed

Coordinated Health

Newsletters

- “HealthWhys” for staff and families
- Weekly email for nurses
- Elementary PE staff newsletter
- Wellness workouts at Central Office
- Monthly Wellness Newsletter to all staff
- Meeting minute templates for consistency district wide



Health Services

- STOP the BLEED training continues – approximately 50 additional staff trained since August 2025
- Unlicensed Diabetic Care Assistant training – approximately 380 staff members trained since July 2025
- Staff specific trainings around health services as a related service for special populations continue to increase (choking, diapering, tube feedings, seizure awareness)
- 43 doses of unassigned albuterol given since August 2025 for reactive airway for students without medications in the clinic ** **saved 34 student EMS calls/transport**
- Narcan available on all campuses
- Unassigned EpiPens 6 doses given since August 2025

Health Services

Diabetes and Other Chronic Health Conditions

- Attended and collaborated with 504/ARDs to assure cell phone is noted as a medical device for students with diabetes to utilize for blood glucose monitoring related to new state law banning cell phones
- Collaborated with 504 and ARDs Committees to assist with decisions on needed accommodations and cared for students in clinic with the medical conditions listed below:

genetic disorders affecting muscular; skeletal, nervous and digestive processes; rhabdomyolysis; asthma; cardiac; cyclical vomiting; anxiety; life threatening allergies; seizures; sickle cell anemia; cystic fibrosis; muscular dystrophy; spina bifida; cerebral palsy; pancreatic issues; feeding and swallowing disorders; vision and hearing; diabetes; migraines; respiratory disorders; colostomies; catheterizations; incontinence; and orthostatic hypotension

Health Services

Assessments for specific health needs since August 2025

- 53 Wellness Assessments for suspected chemical/substance use
- 18 Full Health Evaluations for health services as a related service
- 42 Feeding & Swallowing reevaluations/evaluations completed with Special Populations
- 178 ARD/504s attended for medical concerns
- 75 students with Type 1 diabetes

Health Services

- Detailed Nurse Orientation for 10 newer RNs (1st or 2nd year school nurses) in last 12 months
- 6th year to Utilize and Educate on the Red Square Project for medication administration safety- Permanent Red Squares added to each clinic Fall 2025
- Replace all PPE
- Update Bleeding Control stations
- Assure all AED pads/batteries are in compliance
- Unassigned emergency EpiPens/Narcan/Albuterol are in date across the district

Physical Education / Activity

- Go Noodle /Brain Breaks for indoor recess and classroom breaks
- Off-campus PE – 130 students
- APEX .5 HS PE credit/Canvas Course .5 PE credit online
- Open Curriculum - trained annually – utilized K-12
- 6th grade – pre-athletics in curriculum continues
- Fitnessgram state requirement adopted a new platform for submission to TEA
- GenFit and Performance Course Curriculums
- Weekly health and safety topics from the Year at a Glance

Health Education

- Risk Watch Fire Safety Pilot Program partnering with McKinney Fire Department
- CPR/AED – High School Health as a graduation requirement
- Goodheart-Wilcox Health Text Book and all health curriculum placed in Canvas
- All 6th grade students not in PE are enrolled in a Canvas course to meet health TEKS
- “Winning the Fight” drug awareness continues
- Fentanyl Drug Awareness course at all middle schools to meet Texas law requirements for October
- Online Health Education through APEX

Family / Community Involvement

- Walk to School Days
- After hours workout groups
- Bike Rodeos
- Run Clubs
- Fitness Nights
- Field Days
- Health Themes throughout the school year communicated at the campus level

Counseling / Psychological and Social Services

- Collaborating with counselors to discuss Family Violence, Sex Trafficking, and Dating Violence topics
- Threat Assessment team members and upload documentation to the student electronic health record for these assessments

Nutrition Environment and Services

- Cafeterias brightly lit and updated, healthy promotions
- SMART snack ideas shared with all campuses
- Taste It Tuesdays at the Elementary campuses continue
- Pack Assorted Colors (PACK) week

Safety / Healthy School Environment

- Cardiac/AED drills each semester as part of Hold for Medical Emergencies
- Campus Crisis Kits, Emergency Medication Evacuation Carts, and Nurse Emergency Bags inventoried each semester and use is practiced during safety drills
- 20 minutes of required unstructured recess at the elementary level
- Physical activity PE minutes required 135 minutes weekly in elementary; 225 minutes every 2 weeks in secondary
- Music and activities incorporated into class changes at the secondary level
- Campus Intruder Walk Throughs/Door Safety Checks
- All PE equipment and activities discussed for safety and consistency before use at campus
- Clinic supplies consistent across the district and purchased through Health Services

Employee Wellness

- Canvas Course “The Best Version of You – A Wellness Journey” – updated each year with new content
- Canvas Course “Mental Health for Educators”
- Fitness for Life Professional Development for all staff
- The Well Balanced Teacher – Professional Development 2025/26 –
All new teachers received copy of the book
- *180 Days of Self Care for Educators* PD for all staff - annually
- Adult vaccine and flu shot clinics at all campuses
- Medical City McKinney 21 Day Staff Healthy Snack Challenge - 1st year Spring 2025

School Health Advisory Council (SHAC)

Meeting Agendas:

January 6, 2025 - Aramark Food Nutrition Update and Lunch provided
“KID POWER” Cook Children’s resource for classroom movement activities

May 1, 2025 - “The Student and Family Wellness Center of Collin County” - free counseling opportunities
“Cook Children’s Center for Community Health” - resources available, education opportunities, and programs

September 11, 2025 - “21 Day Snack Challenge for Staff Medical City McKinney” - review of data
“Suicide Awareness” MISD video script approval

November 6, 2025 - “MISD Wellness Regulation” committee review
“ReTHINK Ed”- Mental Health resources for the County Residential Center Campus (CRC)

Related to Type 1 Diabetic in clinic -- ""This is in large part because you are so actively involved in her care!!!!"

"I am so thankful that you provided the spinal screenings last year. You flagged my daughter, and she is now being followed by Scottish Rite. They believe that by catching this curvature early we will be able to use a brace and hopefully avoid surgery."

"Thank you so much for the hearing test you did on my daughter. She never complained of ear pain, but when we followed up with her ENT they found that she has persistent fluid behind her eardrum that is hindering her ability to hear. We are scheduling her to have ear tubes placed. I don't know how long it that would have gone unnoticed without that screening."

"Thank You for your help and being so kind. Where we come from, they do not help us like you do here in McKinney. Thank you for your supportive with our daughter."

"We are so thankful for your invaluable support at school for our daughter. Because of your dedication and care, we are truly able to send her to school each day with confidence, knowing she is in excellent hands."

"Thank you so much! I can't even tell you how much your support means to me and how comforting it has been throughout the past couple days. I can honestly say you are the best school nurse I have ever ever met! You are appreciated ❤️"

Just wanted to give you an update on my daughter and how off campus PE has allowed her to devote additional time to her passion. The extra time and amazing training at Hathaway Academy of Ballet is providing valuable opportunities. This past summer she was accepted to the prestigious NYC American Ballet Theatre Summer Intensive...for 5 weeks, to learn from some of the best in the business! 4 hour round trip commute with a long 8 hour dance day - it was exhausting but she loved every minute of it! Rehearsing 6 to 7 days a week right now preparing for 4 shows, the extra off campus PE time is being put to good use 😊

"I took my son to urgent care, and he has two broken fingers. Thank you for being urgent, but not scaring me. I appreciate your calmness and for taking care of my son."

Thank You for Your Support!