

MCKINNEY ISD

2024-2025

Every Student, Every Day!



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

December 16, 2024

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 Teams meet 3-4 times per year at the campus
- Central Office Coordinated Health team meets 3-4 times per year
- Wellness Policy/Guidelines reviewed

School Health Advisory Council (SHAC)

Meeting Agendas:

January 11, 2024 - Aramark Food Nutrition Update and Lunch provided

May 9, 2024 - *“Positive Action”* substance-abuse prevention curriculum -

Drug Free McKinney - Karen Sanchez and Anthony Garcia

“Texans Against Fentanyl” - Mike Land

September 12, 2024 - Bedrooms, Backpacks, and Beyond October 26, 2024 - Errin French

“Dead On Arrival” fentanyl curriculum - *“Train the Trainer”* - Lana Van Deusen/

Drug Free McKinney

November 9, 2024 - Fentanyl Awareness Month follow-up; Bedrooms, Backpacks, and Beyond follow-up

Wellness Regulation follow-up ; WBGT temperature information/guidelines

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 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

Health Services

- Detailed Nurse Orientation for 9 newer RNs (1st or 2nd year school nurses) and 2 clinic assistants in last 12 months
- 5th year to Utilize and Educate on the Red Square Project - Presented at the Texas School Nurse Organization annual Conference November 2024 - Article in *NASN School Nurse Journal* published March 2024 (first school district to utilize for increased medication safety)
- Behind the scenes

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

- Wet Globe Bulb Thermometer (WGBT) implemented to mirror Athletics/Fine Arts heat guidelines

Health Services

STOP the BLEED training continues - 50 additional staff trained since August 2024

Unlicensed Diabetic Care Assistant training - 400 staff members trained since July 2024

Staff specific trainings around health services as a related service for special populations continue to increase (choking, diapering, tube feedings, seizure awareness)

28 doses of unassigned albuterol given since August 2024 for reactive airway for students without medications in the clinic ** saved 16 student EMS transports

Narcan given for 3 incidents since January 2024 and Unassigned EpiPens given twice since August 2024

Assessments for specific health needs since August 2024

- 61 Wellness and Threat Assessments
- 20 Full Health Evaluations for health services as a related service
- 44 Feeding & Swallowing reevaluations/evaluations completed with Special Populations
- 64 ARDs and 200 504s attended
- 73 students with Type 1 diabetes enrolled

Physical Education / Activity

- Go Noodle /Brain Breaks for indoor recess and classroom breaks
- Off-campus PE - 120 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
- Outdoor Education Grant K-12 for \$10,000 received to purchase equipment
- Weekly health and safety topics from the Year at a Glance

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

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



Nutrition Environment and Services

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



PACK WEEK ASSORTED COLORS FOR KIDS!

Dear Parent/Guardian:
McKinney ISD Health Services will be participating in our nine annual healthy eating initiative called PACK (Pack Assorted Colors for Kids). Start April 17 through April 21st.

The focus of PACK Week is eating a wide variety of colorful fruits and vegetables, as each has its own nutritional benefits. Each day PACK week has been assigned a different color, and we are asking you to help your child eat the color of the food for that day.


All items count! [Fresh](#), [Frozen](#), [Canned](#) or [100% Juice](#).

You do not have the color of food? NO problem!
• Look a food up on the internet and discuss its benefits, texture and taste. • Draw or color a picture of the food! [WEEX](#), website for fun activity pages here:
www.mckinneyisd.com/weex
• Check out the PACK WEEK poster to your school's Facebook site!
• View the color for the day! Post pictures to your school's Facebook site!

April 17	April 18	April 19	April 20	April 21
Yellow Baby carrots or string beans, corn, peas, or orange sweet potatoes	Orange Oranges, baby carrots, sweet potato fries, canned peaches	Red Red apples, strawberries, raspberries, purple grapes, cherry tomatoes, grape cabbages	Green Green beans, broccoli, green apples, green grapes	Purple Purple grapes, blueberries, blackberries, eggplant, purple cabbage

Thank you for helping us celebrate this fun and educational program which is aimed at encouraging our children to eat more fruits and vegetables while promoting good eating habits and a healthy lifestyle.

McKinney ISD Health Services



Taste it Tuesday
Try Something New!
October 17th

Starfruit

- Native to Sri Lanka & Southeast Asia
- Grows on Carambola trees & one tree produces 200-400 lbs of fruit per year
- Rich in vitamin C, vitamin A, phosphorous, & potassium

Kabocha Squash

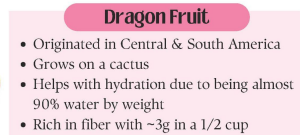
- Popular in Japan since it was introduced by Portuguese sailors in the 16th century
- In Japanese, "kabocha" means winter squash or pumpkin
- Rich in vitamin C, vitamin A, & magnesium



Taste it Tuesday
Try Something New!
September 19th

Yellow Watermelon

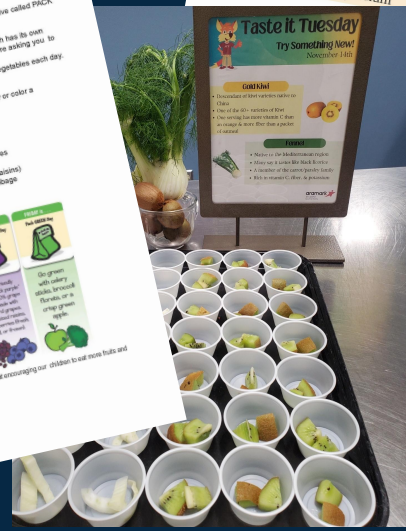
- Originated in Africa 5,000 years ago
- Helps with hydration due to being over 92% water by weight
- Rich in Vitamin A & C



Taste it Tuesday
Try Something New!

Dragon Fruit

- Originated in Central & South America
- Grows on a cactus
- Helps with hydration due to being almost 90% water by weight
- Rich in fiber with ~3g in a 1/2 cup



Safety / Healthy School Environment

- 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
- Reunification
- 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
- Campus Crisis Kits, Emergency Medication Evacuation Carts, and Nurse Emergency Bags inventoried each semester and use is practiced during safety drills

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 2024/25 -
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





Thank You
for Your
Support!