

Vision - To be recognized as facilitating a generational behavior change towards healthy choices and an active lifestyle.

Mission – Healthy Habits: Live them. Teach them.

The Office of Health & Wellness has a clear vision and mission, which leads our program development and strategic planning. Our programming is both comprehensive and integrated as illustrated in the brief summaries below:

Coordinated School Health Program



- Based on the Centers for Disease Control Eight-Component Model
- **Wellness Teams** in place at all 94 of our campuses

Elementary Health Curriculum

- Health lessons integrated into the **core subject areas** (Language Arts, Math, Social Studies, Science) – with a focus *tested TEKS* to support state exam success
- Supporting components include campus-wide personnel (nurses, counselors, physical education teachers, cafeteria managers, & administrators)
- Specialty component offering **free fresh fruits and vegetables** to all of our 2nd grade students, tied to academic instruction.

AQ Zones (Elementary)

- Designed to provide students with an opportunity to in a friendly, fun, and safe environment that requires activity.
- Takes place **before or after school** depending on each needs.



participate
physical
school's

Middle School Comprehensive Health

- Current Health curriculum is designed to focus on written, taught, tested objectives
- Lessons include **best practice instructional strategies**, student centered activities, and is an on-line living document

Wellness Toolkits



- Promotes a **positive school culture** with all students
 - 6 themes available for yearlong implementation (Staff Wellness, Stop Bullying Around; Social Smarts; Forever Fit; Drug Free, The Way to Be; and Go Green)

Wellness Centers (Middle)

- Designed to offer extra opportunities for middle school students to be physically active
- Utilized before, during, and afterschool with motivating '**teen-friendly**' activities

"Brain Friendly" Classrooms



Partnership with EPISD's Language Arts department to enhance the learning process by modifying the physical environment and **integrating physical activity** into classroom lessons

Classroom Activity Breaks

- HOPSports virtual physical activity breaks available via EPISD intranet
- Classroom teachers implementing 3 – 5 minute physical activity breaks to improve attention & behavior throughout the day
- Physical activity can now be considered a strategy for enhancing academic performance

Recess B4 Lunch



- Can increase nutrient and fluid intake
- Allow students to return to class ready to learn
 - Generate less food waste
- Students drink more milk and eat more
 - Fewer discipline problems
 - Fewer visits to the school nurse

Quality Physical Education (QPE)

- QPE emphasizes health related fitness, physical competence, positive social behaviors, and cognitive understanding about physical activity for students. (Movement, Fitness, and Attitudes)
- Vertically aligned with both the Texas State Standards and National Standards
- Teaches self-management skills, such as goal setting and self-monitoring.
- Utilization of **technology** such as heart rate monitors, pedometers, on-line assessments, ACTIVITYGRAM, and FITNESSGRAM. The **Apple iTouch** is our newest teacher clipboard, used to improve instruction, data entry and collection, and the monitoring of student activity and fitness levels.

