



Board Agenda Item #	Agenda Item # IIID- Discussion Item
Date:	September 12, 2018
To:	MPS Magnolia Board of Directors- Academic Committee
From:	Alfredo Rubalcava, CEO & Superintendent
Staff Lead:	Erdinc Acar, Chief Academic Officer
RE:	Health Education in Magnolia Public Schools

Proposed Board Motion
Information Only

Introduction

Addressing Board requests regarding health education in Magnolia Public Schools.

Background and Analysis

MPS Schools strive to ensure the health and wellness of all students at our school, as a critical component of each student's academic and life success. In addition to maintaining a Wellness Policy, all MPS schools comply with all state federal and authorizer requirements in terms of health, safety and wellness of its students and personnel. MPS offer comprehensive health education classes for grades TK-12. MPS provides staffing, training and support in the maintenance and operations of its health and wellness programs.

Budget Implications

None

Exhibits (attachments):

- State of the Health Education in Magnolia Public Schools

STATE OF THE HEALTH EDUCATION IN MAGNOLIA PUBLIC SCHOOLS

A- Compliance

- MPS Schools comply with all applicable federal, state, and local requirements related to school and student health, safety, and emergency preparedness
- MPS Schools adopt, implement, and maintain at all times a current, comprehensive, and site-specific Health, Safety, and Emergency Preparedness Plan including requirements and procedures for protecting student health and safety during off-campus school-sponsored activities, including but not limited to field trips and transportation.
- MPS Schools ensure that all staff members receive annual training on Charter School's health, safety, and emergency procedures, including but not limited to training on bloodborne pathogens, and shall maintain a calendar for, and conduct, emergency response drills for students and staff through Charter SAFE trainings.
- MPS Schools provide all employees, and other persons working on behalf of the schools who are mandated reporters, with annual training on child abuse detection and reporting.
- MPS Schools stock and maintain the required number and type of emergency epinephrine auto-injectors onsite and provide training to employee volunteers in the storage and use of the epinephrine auto-injector as required.
- MPS Schools comply with the of athletic program requirements
- MPS Schools comply with the Healthy Schools Act, which details pest management requirements for schools.

B- Immunization and Health Screening Requirements

- MPS Schools require all employees, and any volunteer or vendor/contracting entity employee who may have frequent or prolonged contact with students, to undergo a risk assessment and/or be examined and determined to be free of active tuberculosis (TB) within the period of 60 days prior to employment/service, or otherwise meet the requirements of Education Code.
- MPS Schools comply with all federal and state legal requirements, including but not limited to the requirements related to student immunization, health examination, and health screening, including but not limited to screening for vision, hearing, and scoliosis, to the same extent as would be required if the students were attending a non-charter public school. MPS Schools maintain student immunization, health examination, and health screening records on file.

C- Student Health and Wellness

MPS Schools strive to ensure the health and wellness of all students at our school, as a critical component of each student's academic and life success. A nutritious hot lunch program, along with breakfast and snacks, are provided for all students via food vendors through the National School Lunch Program. Students have ample opportunities for physical activity and development of healthy lifestyles through P.E. classes, as well as after-school activities including competitive sports clubs for basketball, volleyball, soccer and flag football.

During weekly middle school students' **Life Skills classes**, students engage in health education, including nutrition and the importance of physical activity, drug and alcohol abuse awareness, healthy relationships, sexual health and more. The Charter School conducts regular health, vision, hearing and scoliosis screenings. Counseling services are provided for all students in need of additional social and emotional health support.

School Wellness Policy

Magnolia Public Schools (MPS) is committed to the optimal development of every student. MPS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines MPS' approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in MPS have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of MPS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- MPS will coordinate the wellness policy with other aspects of school management, including the schools' LCAP, when appropriate; and
- MPS establishes and maintains an infrastructure for management, oversight, implementation,

communication about and monitoring of the policy and its established goals and objectives. This policy applies to all students, staff, and schools in MPS. Specific measurable goals and outcomes are identified in each section below.

MSA-SA invites parents and community to our School Wellness Committees (SWC). Either as members of the SWC or just as participants, we invite and involve the communities we serve to be partners in our school wellness program, attend meetings to establish goals for and oversee school health and safety policies and programs, and review and update our school wellness policy.

Suicide Prevention Support

MPS Schools recognize that suicide is a major cause of death among youth and should be taken seriously. To attempt to reduce suicidal behavior and its impact on students and families, MPS have developed prevention strategies and intervention procedures. In compliance with Education Code section 215, the MPS Suicide Prevention Policy has been developed in consultation with MPS and community stakeholders, MPS school-employed mental health professionals (e.g., school counselors, psychologists, social workers, nurses), administrators, other school staff members, parents/guardians/caregivers, students, local health agencies and professionals, law enforcement, and community organizations in planning, implementing, and evaluating MPS’ strategies for suicide prevention and intervention. MPS must work in conjunction with local government agencies, community-based organizations, and other community supports to identify additional resources.

D- Health and Physical Education

Students at grades TK-5 attend weekly PE and health classes. The teacher uses SPARK curriculum which is aligned to grade level physical education and health standards. Students are taught about physical fitness, athletics, health and nutrition, and sportsmanship. Classes are once a week for sixty minutes. In addition, classroom teachers lead their own PE sessions which range from thirty to sixty minutes a week.

In grades 6 through 8, students are offered Physical Education courses as electives.

HEALTH AND PHYSICAL EDUCATION
HEALTH AND PHYSICAL EDUCATION (Non-core, Non-college preparatory)
<p>Courses offered in the Health and Physical Education department are designed to help the students develop psychomotor skills such as fundamental movement patterns, sports skills, and the five components of physical fitness. In addition, students’ will develop a positive self-image and the ability to work with other classmates. The curriculum includes sports such as basketball, volleyball, football, soccer, track and field, softball, cooperative/teamwork games, mile run/mile and a half run, anaerobic activities, warm-up (Jogging or J.J.), stretching, push-ups, abdominal exercises, jump-rope, fun trust/games.</p> <p>The Health and Physical Education program consists of students in grades six through eight. Students will participate in skill building activities, introduction to sports and activities, and physical activities that link to the exploration of culture and history. The goal is to develop a lifelong program of activity to develop and maintain healthy habits and wellness. These courses are based on the Health and Physical Education Model Content Standards for California Public Schools.</p>

LIFE SKILLS
LIFE SKILLS (Non-core, Non-college preparatory)
MPS schools use the “Second Step” program in middle grades. Second Step is a classroom-based social skills program developed by the Committee for Children for students in preschool through junior high (ages 4–14 years), with a distinct curriculum for each grade. It is designed to reduce impulsive, high-risk, and aggressive behaviors and increase children’s social competence and other protective factors. This program contains units on Life Skills, Study Skills, Test Taking Skills, Drug Prevention, Environmental Issues, Career Awareness, and Character Development. Each middle grade students attends Life Skills one period per week. Life Skills themes are integrated into broader school wide activities including assemblies, field trips, displays, announcements, and the general curriculum. Parents are informed about the topic of the week to cultivate their involvement and support at home.

In grades 9 through 12, students are required to take two years of P.E.

PHYSICAL EDUCATION I A/B (Non-core, Non-college preparatory)	PHYSICAL EDUCATION II A/B (Non-core, Non-college preparatory)
This course is the first year of the high school physical education sequence. It includes the required content areas; aquatics, rhythms/dance, individual and dual activities, mechanics of body movement, and the effects of physical activity on dynamic health.	This course is the second year of the high school foundation courses, it expands the content of course I and includes the remainder of the required content areas; gymnastics/tumbling, combatives, team sports, mechanics of body movement, and the effects of physical activity on dynamic health.

E- Personnel

In addition to school admin teams and office staff below are staff involved in health of wellness of MPS students;

PE and Health Teachers

PE and Health teachers implement the required PE and Health curriculum in addition to administering the Physical Fitness Test.

School Psychologists

Provide in-service training and workshops for teachers and staff regarding mental health issues and proper procedures for the identification and referral of students.

Contracted Service Providers

MPS contracts out **Certified Nurse** and **Certified Nurse Aid** needs to third party service providers.

MPS Director of Student Services

The Director of Student Services is responsible for the effective coordination, delivery, evaluation and refinement of student services throughout MPS schools, and for ensuring that all programs are aligned with the outcomes for student success. Student services programs include student health services, psychological services, social work services, guidance services, and other student services.

MPS Assistant Director of Student Services

The Assistant Director of Student Services coordinates the administration, implementation, and evaluation of the MTSS, Positive Behavioral Support Program, Restorative Justice Implementation and support Deans to create a positive school climate.