

DRIPPING SPRINGS INDEPENDENT SCHOOL DISTRICT

School Health Advisory Council

ANNUAL REPORT AND RECOMMENDATIONS 2020-2021

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School Health Advisory Council

Vision Statement

All Dripping Springs ISD students will reach their full personal, health, and academic potential.

Mission Statement

The mission of the Dripping Springs I.S.D. School Health Advisory Council is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Purpose & Scope of Work

Each school district in the State is required in Chapter 28, Subchapter A-K, and Chapter 38.013 of the Texas Education Code, to establish and maintain a district-level school health advisory council. The School Health Advisory Council (SHAC) of the Dripping Springs Independent School District is specifically authorized by the Board of Trustees in District policy.

The scope of work for the DSISD School Health Advisory Council includes:

- Health Education
- Nutrition Services
- Health Services
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Staff Wellness and Promotion
- Parent and Community Involvement
- Physical Education

Specific responsibilities of the School Health Advisory Council include:

1. the number of hours of instruction to be provided in health education;
2. curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type 2 diabetes through coordination of health education, physical education and physical activity, nutrition services, parental involvement, and instruction to prevent the use of tobacco;
3. appropriate grade levels and methods for human sexuality instruction; and
4. strategies for integrating the curriculum components specified above, with the following elements in a coordinated school health program: school health services, counseling and guidance services, a safe and healthy school environment, and school employee wellness.

School Health Advisory Council

REPORT CONTENT

- 2020-2021 School Health Advisory Council Members
- Executive Summary: Activities of the 2020-2021 School Health Advisory Council
- Council Recommendations
- Health, Nutrition, & Wellness Plan 2021
- Public Notices

2020-2021 SCHOOL HEALTH ADVISORY COUNCIL MEMBERS

NAME	ROLE OF REPRESENTATION	TERM YEARS
Stacy Baugh*	DSHS & Secondary PTA	2019-2020, 2020-2021
Erin Kethley	Community Member	2020-2021
Jim Misko*	Community Member	2019-2020, 2020-2021
AJ Burgeron	DSHS Student Representative	2020-2021
Vicky Metzger*	DSISD Nurse Representative	2019-2020, 2020-2021
Brecca Tracy*	DSES Parent	2019-2020, 2020-2021
Justin Hudman	WSES Parent	2020-2021
Megan Balsdon	SSES Parent	2020-2021
Linda Rowell*	DSMS Parent	2019-2020, 2020-2021
Kristen Ray	DSISD-Admin	2020-2021
Karen Kidd	DSISD- Admin	2020-2021
Jennifer Foreman*	Counselor/Advisor	2019-2020, 2020-2021
Marisa Grijava	Board Member	2020-2021
Amanda Luddy	Elementary PTA Parent	2020-2021
Daniel Myane	WSE Parent	2019-2020, 2020-2021
Sue Schumacher	DSMS Parent	2020-2021

**Asterisk denotes members serving their second two-year term*

EXECUTIVE SUMMARY OF 2020-2021 SHAC ACTIVITIES

The purpose of this portion of the 2020-2021 School Health Advisory Council Annual Report is to provide a detailed account of the activities that have taken place within or on part of the School Health Advisory Council for the 2020-2021 school year.

Early August-

September 4, 2020 Recruitment for membership on the School Health Advisory Council facilitated through an electronic interests survey disseminated through campus parent-communications and on the DSISD Community Committees website. This effort was aimed at ensuring the resultant committee was composed of members who had not exceeded previous term limits and were representative of all campuses in DSISD with additional members selected for community and business representation with specific health-related areas of expertise.

October 26, 2020 Board appointment of the members to the 2020-2021 School Health Advisory Council. [See page 3.]

November 9, 2020 SHAC Meeting 1

- Review Purpose & Scope of Work
- Review ByLaws
 - District Coordinator: Karen Kidd
- Reviewed SHACs role
- Discuss Future Meeting Dates & Agendas

December 7, 2020 SHAC Meeting 2

- Vote on Chair, Co-Chair, and Secretary
 - Justin Hudman Chair
 - Erin Kethley Co-Chair
 - Amanda Luddy- Secretar
- Presentation from Child Nutrition- John Crowley
- Review fitness gram and health TEKS/Grades
- Action: Review Wellness Plan

February 8, 2021 SHAC Meeting 3

- Presentation from Mental Health Professionals/Counselors
- Review SB11 Priorities
 - Mental health resources for students and staff, -Instruction about mental health conditions -Substance abuse -Maintaining positive relationships
 - -Suicide prevention
 - -Recognizing suicide-related risk factors and warning signs.
- Break out Groups established

February 22-26, 2021 SHAC Small Group Breakout

- | | |
|----------------|---|
| March 8, 2021 | SHAC Meeting 4 <ul style="list-style-type: none"> ● Report back to whole group the brainstorming activities in small groups ● Establish timeline for recommendations |
| March 24, 2021 | SHAC Small Group <ul style="list-style-type: none"> ● Complete each area's recommendations and timeline to present at the April 26th board meeting. |
| April 5, 2021 | SHAC Meeting 5 <ul style="list-style-type: none"> ● Review, collaborate and provide feedback on each small group recommendation. ● Review suggestions regarding sexual education curriculum feedback. |

NEW RECOMMENDATIONS

The 2020-2021 School Health Advisory Council proposed the following new recommendations to promote student and staff safety and wellness in DSISD:

Recommendation 1: Health and Fitness Subcommittee, Committee Lead: Megan Balsdon

Short Term Recommendations:

Time Frame: suggest implementation ASAP in the remainder of the 2020-2021 school year or before the start of 2021-2022 school year

Current:

- Align the Character traits TEKS and CASEL core competencies (completed by SEL Advisory Committee).
- Adopt revised DSISD Student Nutrition/Wellness Plan: edits made to increase accessibility of the document as well as to shift language from childhood obesity centered to include concerns regarding eating disorders and to focus on a Whole School, Whole Community, Whole Child (WSCC) approach.

Next steps:

- Creation of a nutrition-focused social media presence on Instagram as a resource and outreach to students and parents. Recommend partnering with the DSHS Health Sciences Academy to promote healthful eating and enjoyment of movement using the Whole School Community Child approach and including age-appropriate information on positive body image, understanding eating disorders, etc.
 - Improve accessibility of nutritional resources on district website under "Health Tab" providing a Toolbox for Parents/Students and align across all campuses with links such as: information on the Mediterranean Diet (recommended by the American Heart Association for heart health, high blood pressure and high cholesterol control), "Profile of the Whole Child," "Profile of the Healthy Parent", etc.
- Potential resources:

- CDC's Whole School, Whole Community, Whole Child site:
<https://www.cdc.gov/healthyschools/wsccl/>.
- Youth compendium of physical activity (energy cost of 196 activities)
<https://www.nccor.org/nccor-tools/youthcompendium/>.

- Body and Mind nutrition fact labels
<https://www.cdc.gov/healthyschools/bam/nutrition/nutrition-facts-label.htm>.
- CDC parenting information <https://www.cdc.gov/parents/>

Future Recommendations:

Time Frame: plan for implementation in the 2021-2022 school year and carry forward

- District-wide campus participation “National Nutrition Month” in March 2022. Would seek to promote nutrition, food safety, etc. in the classroom and at home.

Potential Resources:

- <https://www.actionforhealthykids.org/activity/celebrate-national-nutrition-month/>
- <https://www.eatright.org/food/resources/national-nutrition-month>
- Smart Kids Fight BAC! Curriculum:
<https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/>.

- Elementary campus participation in “Every Kid Healthy Week” in April 2022 (dates for 2021 are April 26-30). SSES is piloting a “Healthy Habits Week” this year, led by Coach Overby and the PE department as part of the “Leader in Me” Program. Would like to see this idea shared with all elementary schools.

Potential Resource:

<https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>.

- Encourage physical activity breaks in middle schools and high school.

Potential Resources:

- “Take a Break teacher initiative”:
<http://www.coloradoinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>.
- Youth compendium of physical activity (energy cost of 196 activities)
<https://www.nccor.org/nccor-tools/youthcompendium/>.

- Promotion of Parent University with additions for health and fitness.
- Engage middle school students with a healthy eating cookbook project.
- Culinary fair to try new foods from different cultures, perhaps featuring cooking demonstrations.
- Consider a Farm-to-School program with local farmers (learn about agriculture, potential for field trips, etc.): <http://www.farmtoschool.org>.
- App development by the DSHS Health Sciences Academy to promote cookbook and partner with HEB to link where to find ingredients locally.

Potential Resource:

- Body and mind healthy eating app:
<https://www.cdc.gov/healthyschools/bam/mobileapp.html>.

Recommendation 2: Mental Health

Goal: To provide opportunities to improve the mental wellness of students, their families and staff/administration of the Dripping Springs Independent School District.

The members of the Mental Health Sub-Committee of SHAC have been meeting to identify and address several issues related to mental wellbeing throughout the school district. Areas of concern include suicide prevention, self-harm reduction, eliminating the stigma associated with mental illness by normalizing mental health, educating parents on mental health issues and creating social opportunities for remote learners. We have identified four actionable recommendations.

- Making all mental health programs and education more accessible to students, parents and staff by creating a tab that is easily identified at the District web site as well as creating age-appropriate visible campaigns with resources within each of the schools.
- Engage with the PTA and DSEF to create educational resources and marketing within Parent University.
- Provide staff education consistently throughout each school within the district. Utilizing the model currently being used at Sycamore Springs Elementary (or something similar), which includes Health Wellness, Changing Habits, Creating Boundaries and Stress Management.
- Teen Mental Health First Aid, which would strive to reduce youth suicide through education, training, and peer intervention. This type of program strives to

Create a safe school environment
Promote connectedness
Support anti-bullying
Encourage mental wellness
Reduce mental health stigma
Prevent substance misuse

Recommendation 3: Tobacco and drug use

- Parent University
 - what to look for with vaping devices, dangers and risk factors, long term effects
 - Prescription drug use and addictions

Future recommendations

- Recommend vaping education and intervention utilizing curriculum/ resources such as "Catch my breath" <https://catchinfo.org/modules/e-cigarettes/> or Scholastic's "The Real Cost of Vaping" <https://www.scholastic.com/youthvapingrisks/index.html>
- Review programs such as "Hidden in Plain Sight" <https://hiddeninplainsight.info> for community/parent awareness

Other Recommendations: Sexual Education

- 8th Grade Students
 - A. Guardians of current 8th grade students will be given the opportunity to request the guardian-led, asynchronous lessons that will be provided to the current 7th grade remote learners.
- Current 7th Grade Students
 - B. Using the designed curriculum framework, the DSISD Curriculum Team will train 7th grade science teachers in the curriculum resources, scope and sequence, and activities to be used during the five day instructional block.
 1. In-Person Learners: Will receive instruction in the classroom following the adopted curriculum and framework
 2. Remote Learners: Will be provided parent-led, asynchronous lessons following the adopted curriculum and framework.
- Note:
 - A. After review of the published adopted Human Sexuality Curriculum, an error in the scope and sequence was identified
 1. The first unit listed for DAY 2 is titled "*Essential Human Needs (7th Grade Curriculum, Lesson 5)*." Based on the other information provided, we concluded that this should be "*Why Do Some Teens Have Sex? (7th Grade Curriculum, Lesson 5)*."
- Recommendation to review sexual education curriculum, as noted in the 2018-2019 SHAC recommendation to the Board of Trustees, the sexual education curriculum is on a three year evaluation cycle. It has been recommended by previous SHAC members and stakeholders that the 2020-2021 SHAC committee expand the evaluation cycle by one year due to the impact COVID had in the 2020 spring semester. The 2019-2020 school year was to be year one of the implementation, however, due to the shut down, the curriculum was not delivered as anticipated. This adjustment would mean that the curriculum would be reviewed again in spring of the 2022-2023 school year.

HEALTH & WELLNESS PLAN 2020 (Current)

Recognizing that good student health fosters student attendance and education and that schools play a vital part in influencing and promoting wellness, DSISD's Health, Nutrition & Wellness Plan emphasizes lifelong wellness practices and consistent wellness messages for students, families, and school staff.

The district and campus administrators will oversee the implementation and monitoring of this plan. DSISD will continue to develop guidelines and goals for this health, nutrition & wellness plan with input from students, parents, school administration, school food service personnel, the Board, and the community, through the School Health Advisory Council.

At the heart of the DSISD Health, Nutrition & Wellness Plan is a coordinated school health program that focuses on eight health related areas including:

- Health Education
- Physical Education and Physical Activity
- Nutritional Services
- Parental Involvement
- Instruction to Prevent the Use of E-Cigarettes,
- School Health Services
- A Safe and Healthy School Environment
- School Employee Wellness

The DSISD is committed to ensuring that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide health, nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the United States Department of Agriculture and Texas Department of Agriculture School Nutrition Policies.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, and National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The DSISD Health, Nutrition & Wellness Plan includes nine key components:

Component 1: A Commitment to Nutrition and Physical Activity

- One of its missions shall be to address and implement nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school based activities.
- Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- The Dripping Springs Independent School District will offer breakfast and lunch when applicable. Students and staff are highly encouraged to promote and participate in these programs.
- School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- Food safety will be a key part of the school food service operation. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of health choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students.

Component 3: Other Healthy Food Options

- The SHAC may recommend guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).
- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- No foods or beverages other than those provided through the school food service department may be made available to elementary students at any time. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents, or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day. Food may be used to enhance education curriculum.
- School staff shall not use food as a reward for individual student accomplishment.
- Schools shall limit celebrations that involve food during the school day. Celebrations should include foods and beverages that are in compliance with the Texas Public Schools Nutrition Policy.
- The withholding of food as punishment for students is prohibited.
- The school district will provide nutritional information to parents that will equip parents with resources to choose safe and nutritious foods for their children.
- Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

Component 4: Pleasant Eating Experiences

- Facility design will be given priority in renovations and new construction.
- Drinking fountains will be available for students to get water at mealtimes and throughout the day..
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times unless the meal may be consumed during the activity.
- Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 15 minutes for lunch.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- Dripping Springs Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered in the school with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics. Child Nutrition staff are encouraged to also connect directly with students and parents via social media, newsletters, etc.

Component 6: Physical Activity Opportunities and Physical Education.

- All students in grades K-5 will receive physical education a minimum of 30 minutes per day or 135 minutes per school week for the entire school year.
- Students in grades 6-8 will participate in moderate or vigorous physical activity for a minimum of 225 minutes during each period of two school weeks for at least four semesters during these grade levels. All physical education will be taught by a certified physical education teacher.

- All elementary school students will have a minimum of 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Dripping Springs Independent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The staff should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Component 7: Marketing

- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- Schools will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Schools will promote healthy food choices emphasizing fruits and vegetables through a variety of tools- i.e. posters, social media posts, etc.
- Nutrition and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Open Houses, Health Fairs, teacher-in services, etc.
- Schools will work with a variety of media such as local newspaper and the schools newsletter to inform the community about a healthy school nutrition environment.

Component 8: Implementation

- The Dripping Springs Independent School District Board of Trustee and superintendent shall appoint a School Health Advisory Council (SHAC). At least five members must be parents of students enrolled in the district who are not employed by the district. The Chairperson of the committee shall be a parent selected to serve on the committee by the Board of Trustees. The Council shall include school nurse, counselor, administrative, and teacher representatives. Others may serve in an advisory capacity such as the Student Services Coordinator, Athletic Director, Child Nutrition Director, etc.
- The SHAC shall meet a minimum of four times per year.
- The SHAC will provide a written report to the Board of Trustees annually regarding the council's activities for the year including meeting dates, recommendations about the district's health education curriculum, student nutrition plan, and student wellness plan as deemed necessary.
- The SHAC will provide a written notice to a parent of each student enrolled in the district of the board's decision regarding whether the district will provide human sexuality instruction. If instruction

will be provided, the notice must include a summary of the basic content of the course, and a statement regarding the parent's right to review the curriculum and remove the student without subjecting the student to any disciplinary action, academic penalty, or other sanctions.

Component 9: Monitoring

- The Assistant Superintendent for Learning and Innovation will ensure compliance with this plan. In each school, the principal or his/her designee will ensure compliance with this policy in his/her school and will report as needed on this matter to the Superintendent.
- The DSISD Director of Child Nutrition will ensure compliance with nutrition requirements within the school food service areas and will report as needed on this matter to the Superintendent.

PUBLIC NOTICES

In accordance with Education Code 28.004, the following public notice is given:

On October 30, 2020, the Board of Trustees appointed a local School Health Advisory Council to assist the District in ensuring that local community values and health issues are reflected in the District's health education instruction.

In accordance with recent legislation, the following information is posted on the district website www.dsisd.txed.net.

2020-2021 SCHOOL HEALTH ADVISORY MEETING DATES

November 9, 2020

December 7, 2020

February 8, 2021

February 22-26, 2021 SHAC Small Group

March 8, 2021

March 24, 2021 SHAC Small Group

April 5, 2021

PUBLIC NOTICES

ACCESS TO INFORMATION

Copies of Board policies can be obtained from the DSISD Superintendent's Office at (512) 858-3000 or online at www.dsisd.txed.net. Copies of district policies governing food service guidelines and vending machine access issues can be obtained from the Director of Child Nutrition, Mr. John Crowley at (512) 858-3049.

ACCESS TO VENDING MACHINES

Recent changes to state and federal law affected district food services rules and regulations. In response, Dripping Springs ISD complies with agency vending machines and food service mandates for restricting students' access to vending machines.

PROHIBITION AGAINST TOBACCO

District policies and procedures prescribing penalties for the use of tobacco products by students can be found in the Dripping Springs ISD Student Code of Conduct. Signage at our public schools prohibits tobacco use on school campuses by both students and others. Violators may be referred to law enforcement agencies for prosecution.

PUBLIC NOTICES

CONTINUED

Board Policy DH (LOCAL) Employee Standards of Conduct: Tobacco Use

Employees shall not use tobacco products on District premises, in District vehicles, or at school or school-related activities. [See also GKA]

Board Policy FMA (LOCAL) Student Activities: School-Sponsored Publications Advertising Advertising in individual school publications may be accepted from bona fide business firms, subject to the approval of professional employees exercising editorial supervision over the publications. Advertising deemed inappropriate for student readers or that advertises products presenting a health hazard, such as alcohol or tobacco products, shall not be accepted.

Board Policy FNCD (LEGAL) Student Conduct:

Tobacco Use and Possession by Students

The Board shall prohibit students from smoking, using, or possessing tobacco products at a school-related or school-sanctioned activity on or off school property.

Enforcement

The Board shall ensure that District personnel enforce the policies on school property.

Board Policy GKD (LOCAL) Community Relations: Non-school Use of School Facilities

Required Conduct

Persons or groups using school facilities shall: Abide by all laws and policies, including but not limited to those prohibiting the use, sale, or possession of alcoholic beverages, illegal drugs, and firearms, and the use of tobacco products on school property. [See GKA]

REQUIRED PHYSICAL ACTIVITY

Per state law, DSISD school policies require elementary school students in grades K-5 to engage in at least 30 minutes per school day or 135 minutes per school week of physical activity. Students in grades 6-8 are required to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks for at least four semesters during these grade levels.

Board Policy FFA (LOCAL) Student Welfare Wellness and Health Services: Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC]. In addition, the District establishes the following goals for physical activity:

PUBLIC NOTICES

CONTINUED

1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.

Board Policy EHAC (LEGAL) Basic Instructional Program Required Instruction (Secondary):

Physical Activity Requirements The District shall require students in grades 6–8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the District’s physical education curriculum. The District may as an alternative require a student enrolled in a grade level for which the District uses block scheduling to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks. The District must provide an exemption for:

1. A student who is unable to participate in the required physical activity because of illness or disability; and
2. A student who participates in an extracurricular activity with a moderate or vigorous physical activity component that is considered a structured activity under rules adopted by the Commissioner. The Commissioner may adopt rules permitting an exemption for a student who participates in a school related activity or an activity sponsored by a private league or club.

Education Code 28.002(l), (l-1)

Board Policy EHAB (LEGAL) Basic Instructional Program Required Instruction (Elementary):

Daily Physical Activity

The District shall require students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the District's physical education program or through structured activity during a campus's daily recess. If the District determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the District may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week. The District must provide an exemption for a student who is unable to participate in the required physical activity because of illness or disability.

Education Code 28.002(l)