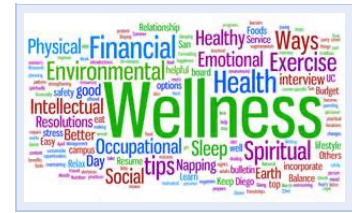


The Pro-Vision Academy

Health and Wellness Policy

Proper nutrition and regular exercise contribute greatly to a healthy lifestyle—but they do not tell the entire story.

Below are just a few of the ways that the Pro-Vision Independent School District (PVISD) ensures that its students get proper nourishment: with whole grains, lean proteins, low-fat dairy products, and lots of fresh fruits and vegetables.



Physical Fitness

Regular exercise is a critical component of physical fitness—it not only helps keep one’s body strong and flexible; it also contributes to one’s sense of emotional and mental well-being by acting as a stress-reliever. The Pro-Vision Academy efforts to support students’ fitness goals include:

- **Physical Education:** Students enrolled in grades K–5 participate in moderate to vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's physical education curriculum (as required by Senate Bill 530). Every child in grades 3 through 12 must also pass a physical fitness test every year.
- **Athletics:** Whether it’s football, basketball, track, or cheerleading, The Pro-Vision Academy’s extracurricular athletic programs for girls and boys challenge students to excel in both team and individual sport settings.

First Class Breakfast

PVISD has consistently offered free breakfast to all of its students since having a functioning cafeteria. In conjunction with Houston Independent School District (HISD) in 2007, PVISD launched its First Class Breakfast program. The program delivers a tasty, hot, nutritious meal directly to students in order to ensure an effective, focused learning environment.

Stricter Nutritional Standards

Although no national standards or restrictions exist for the amount of sodium used in the preparation of meals provided to children at school, PVISD has set its own limits to reduce students’ daily salt intake, while still maintaining the flavor of its offerings.

Food Services Student Committee

This committee gives students a forum in which to share their ideas about the meals and snacks provided to students at PVISD facilities. Members work with representatives from HISD Food Services/ARAMARK to create menus and programs that support healthy eating practices and emphasize positive nutrition at all schools. The committee makes recommendations to the superintendent based on the results of studies, focus groups, taste-tests, and other activities.

Free and Reduced Price Lunch

100% percent of PVISD students come from economically disadvantaged households, in which regular, nutritious meals are sometimes not available. Children from qualifying households may participate in the Free and Reduced Lunch program, in which students receive midday meals at no charge or at a fraction of the regular cost. Applications are available at the Main Office.

Summer Food Service Program

From late May through early July, the district also runs the Summer Food Service Program, through which students up to age 18 can obtain free breakfast and lunch, when applicable, on campus.

Foods of Minimum Nutritional Value

To help students make better decisions when choosing their meals, school districts like HISD began restricting students' access to Foods of Minimum Nutritional Value (FMNV) on campuses in 2003, and offering fresh fruit and baked chips as snack options. PVISD has worked with HISD and ARAMARK for years to develop reduced-fat, -sugar and -calorie versions of students' favorite foods, such as breakfast sandwiches, pizzas, hamburgers and tacos.

Health and Wellness Resources

- **Accident Insurance**—By law, public schools are not liable for injuries that students suffer while on campus. The Pro-Vision Academy does, however, make available affordable voluntary accident insurance. Parents can buy full-time coverage (24 hours per day) or coverage only for those hours when their child is at school. Enrollment information is available through Texas Kids First (1-800-388-5620 or www.texaskidsfirst.com). Questions may also be directed to The Pro-Vision Academy Risk Management Officer at 713.748.0030.
- **Counseling & Guidance**—A variety of comprehensive programs are available to help students grow personally and academically. Additional information about these programs is available from your child's school and the Student Support Services Web site.

- **Health Insurance**—Access to healthcare providers often starts with access to affordable health insurance, and The Pro-Vision Academy works with the Children’s Defense Fund in June 2014 to ensure that every uninsured student was enrolled in the Children's Health Insurance Program or Children's Medicaid.
- **Homeless Students**—The Pro-Vision Academy Counseling and Guidance Department (713-748-0030) serves the needs of students at local shelters and other temporary homes through a partnership with various agency.
- **Immunizations**—The Pro-Vision Academy posts updated immunization information and a list of immunizations required by the district every fall and publicizes health fairs and other local offers of free shots throughout the year.
- **Medical Care at School**—Prescription medication can be administered at school only when advance written parental and physician permission is on file and only by designated personnel. The Pro-Vision Academy will contact parents or a designated relative or family friend if a student becomes ill or suffers an injury.
- **Mobile Health Services**—Partnerships with the ABC Dental and the University of Houston’s Mobile Eye Institute provide the students with on-site dental and eye care.
- **Pregnancy and Parenting Programs**—The Pro-Vision Academy offers all pregnant students special support services to help them stay in school and care for their children.
- **School-Based Clinics**—The Pro-Vision Academy has partnerships with a number of healthcare providers (such as Baylor College of Medicine, the Harris County Hospital District, and Texas Children’s Hospital) that serve thousands of students at dozens of school-based clinics across the Houston and surrounding areas.
- **Substance Abuse**—Discussing various ways of keeping students away from drugs, alcohol, tobacco, and other harmful substances is the exclusive focus of The Pro-Vision Academy “Say No To Drugs Campaign”. Substance-abuse prevention is also apart of the Pro-Vision Academy character education curriculum.