

Kerrville Independent School District Coordinated Health Program

Coordinated Health Program Overview

The Coordinated Health Program consists of eight components. All components work together to maintain the well-being of students

The following are working descriptions of the eight components of the KISD Coordinated Health Program.

1. **Health Education:** A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.
 2. **Physical Education:** A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity.
 3. **Health Services:** Services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services.
 4. **Nutrition Services:** Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.
 5. **Counseling and Psychological Services:** Services provided to improve students' mental, emotional, and social health.
 6. **Healthy School Environment:** The physical and aesthetic surroundings and the psychosocial climate and culture of the school.
 7. **Health Promotion for Staff:** Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.
 8. **Family/Community Involvement:** An integrated school, parent, and community approach for enhancing the health and well-being of students.
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