



104 Hawn Street • Athens, Texas 75751 • (903) 677-6900 • Fax (903) 677-6908

Blake Stiles, Superintendent

Health and Wellness

Education:

Health Education:

- Kindergarten thru 8th grade will use a coordinated approach to health through physical education classes and science curriculum
- Health is a required course for graduation and is taught in the 9th grade
- CPR requirements will be met through Health and Interpersonal Studies at the high school level

Sex Education:

- 6th grade and 9th grade—Henderson County HELP Center

Physical Education:

- Elementary (K-5)
 - The required 135 minutes per week will be provided through physical education class as well as Mindful Mondays
- Middle School (6-8)
 - Students in grades 6th-8th will be required to participate in physical activity for at least 30 minutes a day for at least four semesters
- High School (9-12)
 - Requirement of one credit of physical education

Physical Fitness Assessment (FFAA Legal):

- Annually, a district shall assess the physical fitness of students in grade 3 or higher in a course that satisfies the curriculum requirements for physical education under Education Code 28.002(a)(2)(C), using an assessment instrument adopted by the commissioner of education (currently FitnessGram®). *Education Code 38.101(a), 102(a)*
 - A district is not required to assess a student for whom, as a result of disability or other condition identified by commissioner rule, the assessment instrument is inappropriate. *Education Code 38.101(b)*
 - The assessment instrument must be based on factors related to student health, including aerobic capacity; body composition; and muscular strength, endurance, and flexibility, unless a particular factor is inappropriate for that student because of a health
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classification defined in 19 Administrative Code 74.31 [see EHAA]. *Education Code 38.102(b)(1); 19 TAC 103.1001(b)*

- Parents may request information about their child's physical fitness assessment by contacting the schools physical education teacher

Services:

Health Services:

Athens ISD will provide one Registered Nurse (RN) and 4 Licensed Vocational Nurses (LVN) on the following campuses:

- Athens High School
 - Vanessa Bledsoe (RN)
- Athens Middle School (LVN)
 - Kelley Quade
- Bel Air Elementary (LVN)
 - Rebecca Ramirez
- Central Athens Elementary (LVN)
 - Polly Williams
- South Athens Elementary (LVN)
 - Lindsey Pugh
- Each campus where diabetic students are enrolled will have at least three trained unlicensed Diabetic Care Assistants
- Athens ISD SHAC (School Health Advisory Council) meets at least four times a year

Behavioral Health Services:

The following behavioral health resources are provided as a courtesy, not as an endorsement, for parents whose children may be demonstrating risky behavior, including concerns about suicide:

- Henderson County HELP Center
 - <http://www.thehelpcenter.org>
 - 903-675-4357
 - UT Health Systems
 - <https://uthealthathens.com/>
 - 903-676-1000
 - Andrews Center
 - 6901 TX19, Athens, Texas
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- o 903-675-8541

- Andrews Children’s Unit
 - o 210 S. Pinkerton, Athens, Texas
 - o 903-675-8541

- Mental Health Tx.org
 - o <https://mentalhealthtx.org/>

- Texas Behavioral Health Resources
 - o <https://mentalhealthtx.org/sites/mentalhealthtx/files/docs/behavioral-health-resource-guide.pdf>

- Prevention and Early Intervention in Mental Health
 - o <https://www.mhanational.org/issues/prevention-and-early-intervention-mental-health>

- Mental Health America Back to School Toolkit
 - o <https://www.mhanational.org/back-school>

- Texas Education Agency Early Mental Health Intervention
 - o https://tea.texas.gov/About_TEA/Other_Services/Mental_Health/Early_Mental_Health_Intervention

- Human Trafficking and School Age Children
 - o https://tea.texas.gov/About_TEA/Other_Services/Human_Trafficking_of_School-aged_Children

Nutrition Services:

- All campuses will follow the National School Breakfast and Lunch Guidelines from the USDA
- Access to vending machines will be denied to students during the school day on the elementary and middle school campus
- On the high school campus, only vending that meets the Texas Public School Nutrition Guidelines will be available
- Menus may be accessed on our website @www.athensisd.net under “Parents/Students”
- Children with special dietary needs will be accommodated
- Snacks are provided daily to all students

Counseling Services:

Athens ISD counselors provide necessary services for students.

Counselors are as follows:

- Athens High School—903-677-6920
 - Thelma Griffin- Lead Counselor
 - Crystal Langley
 - Stephanie Wynne
 - Andi Patterson-ECHS

 - Athens Middle School—903-677-3030
 - Maureen Bogowitz
 - Tami Mason

 - Bel-Air Elementary—903-677-6980
 - Cheri Mahan

 - Central Athens Elementary—903-677-6960
 - Amy Wood

 - South Athens Elementary—903-677-6970
 - Becky Rogers
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