Why does AASA work on Coordinated School Health?

• Students that are healthy perform better in school.

• School leaders play an important role in putting policies and practices in place to insure that students are healthy and ready to learn.

• AASA has worked on children’s health issues for more than 30 years.
Project Goals

**Goal 1:** Increase the number of school administrators who promote a coordinated approach to school health at the national, state and local levels.

**Goal 2:** Increase the number of school districts and districts that have a group (e.g., school health team or council) that is actively engaged in guiding the development and implementation of health-related policies and activities by at least 100.

**Goal 3:** Increase the number of school districts that have written school improvement plans that include health-related goals and objectives by at least 250.

**Goal 4:** Increase the number of education administration programs in higher education that include instruction on a coordinated approach to students’ health.
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Prospect Heights School District 23

Beginning the Journey
Three Building Blocks

• Nutrition
• Education
• Fitness
Nutrition

• New Vendor = New Opportunities
• Increased emphasis on nutrition in the classroom
Education

• Nutrition takes a forefront in Consumer Education classes
• Requiring healthy snacks for grade school students
Birthday Treats

Quietly Winning the Cupcake War

– Focus on literacy: exploring alternate ways to celebrate
Let’s Get Moving

• Intramurals
• Girls on the Run
• Cooperative Agreements with the Local Park District
• Safe Routes to School
Let’s Get Moving

• Walk Across the Country
Let’s Get Moving

• Walk or Bike to School Day
Let’s Get Moving

• Presidential Physical Fitness Award
Let’s Get Moving

• Junior Special Olympics
Planning for the Future

• Highlight wellness and physical activities in newsletters, around our school buildings, and in administration to encourage positive, healthy life choices.

• Develop healthy alternatives for classroom parties

• Educate, educate, educate
Planning for the Future

• No step toward a healthier lifestyle is too small
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Characteristics of the Health School Report Card

- School Health Program Policy and Strategic Planning
- Coordination of School Health Programs
- Social and Emotional Climate
- Family and Community Involvement
- School Facilities and Transportation
- Health Education
- Physical Education and Physical Activity
- Food and Nutrition Services
- School Health Services
- Counseling, Psychological, and Social Services
- School-Site Health Promotion for Staff
## Results

<table>
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<tr>
<th>Color</th>
<th>EXIST S</th>
<th>BENEFIT</th>
<th>EFFORT</th>
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<td>Some, quite a bit, or a lot of benefit</td>
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<td>Some or a lot of effort</td>
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### 8.3i

Any contract(s) with food and soft drink distributors stipulates that the products they provide must meet or exceed established healthy school standards (see indicators 8.3a, 8.3b, 8.3c above)

- **RED**

### 8.4

**Food Safety**

8.4a The cafeteria is sanitary, attractive, and orderly.

- **LIME GREEN**

8.4b Foods in all venues are purchased, stored, handled, and prepared in accordance with all U.S. Department of Agriculture, state, and local food safety guidelines.

- **EXCELLENT**
The Many Facets of COORDINATED SCHOOL HEALTH

- School Health Planning
- Committees on Wellness and Health Schools
- Family and Community Involvement
- Safe School Facilities
- Green School Facilities
- Safe Transportation
- Health Education
- Nutrition Education
- Social and Emotional Climate
- Counseling, Psychological & Social Services
- Food & Nutrition Services
- Physical Education and Physical Activity
- School Health Services-Nurses
- Drug and Alcohol Prevention
- Healthy CHOICES and Decisions
- Health Promotion for Staff
Resources for
School Health

- Illinois School Code
- Children’s Mental Health Act – 2003
- Illinois Administrative Code
- AHSD25 School Board Policies
- Resource Guide for Supporting Students with Life Threatening Allergies (AHSD25)
- Emergency Procedures and Safety Plan
Resources for School Health

• Global Compliance Network:
  online training for staff to learn more about:
  - Crisis Plan Procedures
  - Domestic & Sexual Violence
  - Child Abuse & Neglect
  - Red Cross First Aid, CPR & AED Training
  - Peer Counseling Training Mediation
  - Prevalent Student Health Conditions
  - Health
  - Social/Emotional Climate
  - Allergy Management
  - OSHA Standards
  - Bloodbourne Pathogens
  - Asthma
  - Diabetes
  - Autism
  - Wellness
  - Identify Suicide Warning Signs & Interventions
  - ADD & ADHD
Promoting a Healthy Staff

- Medical Checks
- Flu Shots
- Health Screenings
- Afterschool Yoga
- Afterschool Exercise & Boot Camps
- Workout Equipment
- Discounted Memberships at Wellness Center
- Employee Assistance Program
Next Steps

• Individual Buildings
  – Review Data
  – Make the Easy Changes
  – Prioritize

• District Wellness Committee
  – Review District Data
  – Recommend Additional Board Policies
  – Create District Level Plan for Improvement
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Experience with CSH

• 8 years ago began working in a school community that was very progressive
• In the elementary schools there were students in every classroom with some type of allergy, especially nut allergies
• Changes in the state health policies
• Worked with district Superintendent, other elementary schools in the district, school PTOs and local organizations to assess the health needs and set goals
Improvement Planning

• Utilized school survey’s, discussions with parents and community members to determine Wellness goals

• Looked at school curriculum to embed initiatives in classroom instruction

• Developed Goals under District School Climate Board Goal
Initiatives

- Wellness Committee in each school
- Improved lunch program through collaboration with the High School to provide a hot lunch service in each school
- Food Tasting in primary classroom
- Established District Wellness Policy
- Walk to School Week, Bike Safety Lesson
- Established Alternatives to Food for Birthday and Celebration
- Staff Development for Teachers on ways to promote health and wellness in the classroom
- Staff Development on student allergies and use of Epi-Pen
Last Thoughts..

• Keep school health curriculum in mind when establishing CSH efforts

• Consider the non-fiction aspects of the literacy curriculum (Common Core) to help students gain meaning in the school health and wellness initiatives

• Provide Staff Development to build knowledge
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RSU #10
Coordinated School Health Program
“Healthy Minds Require Healthy Bodies”
Coordinated School Health Program: MSAD #43

Healthy Maine Partnerships 2001

“Health & education go hand in hand: one cannot exist without the other.”
RSU #10
School Health Program
Elements of Excellence

• Administrative Support & Commitment
• School Health Coordinator
• A Collaborative Team Approach
• Strong School & Community Links
• Adequate Time & Funding
• Professional Development
• A Safe & Supportive Environment for Staff & Students
Comprehensive School Health Education in RSU #10

Health Education Teachers
Family & Consumer Science Teacher
Health-Separate Subject on Report Card
Professional Development
Health Education Resources
Physical Education & Physical Activity

Physical Education Teachers
Professional Development
2004 PEP Grant-$484,211
2008 PEP Grant-$728,081

After School Programs
Intramural Sports
Take Time!
Action Based Learning

February 21, 2013
Carol M. White

Physical Education

Program Grants
2004 & 2008

Canoes, Kayaks
X-Country Skis & Snowshoes
Polar Heart Rate Monitors
Fitness Gram

& Ice Skates

In-Line Skates

Mountain Bikes

Golf

Pedometers

Fitness Center Equipment and Staffing

Climbing Walls/Ropes Courses
Nutrition Education Materials
Fitness Challenge Courses
Professional Development
DDR/Wii’s
Afterschool & Summer Activity Staffing
Community Partnerships

February 21, 2013

Superintendent Training Cadre NCE
Presentation
School Counseling, Physical & Behavioral Health

School Nurses

District Social Workers

Guidance Staff

Youth Suicide Prevention, Intervention & Postvention Protocols
Nutrition Services

Food Service Director

Universal Breakfast K-12

ASP-Nutritious Snack

Nutrition Education K-12

Competitive Foods Policy

District Wellness Policy

Fresh Fruit & Vegetable Program (MVMS)

Farm to School

School Gardens
Health Promotion & Wellness

- Building Reps
- Action Plan
- District Wellness Workshop Days
- Annual Wellness Conference
Healthy School Environment

Dedicated Building Grounds & Transportation Staff & Director

Safe School Emergency Preparedness & Intervention Plan
School Climate

- Child Lures Prevention Program
- Where Everyone Belongs
- Bullying Prevention
- Diversity Day
The National Association of School Boards of Education says....

“Health and success in school are interrelated.

Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.”

*Fit, Healthy and Ready to Learn Part 1*
*Physical Activity, Healthy Eating and Tobacco Use Prevention, 2000*
A Few Accomplishments

• Revised the School Wellness Policy - Increasing the strength of the policy.

• Implemented a district-wide comprehensive health program for grades K - 5. The Great Body Shop is an evidence-based comprehensive program designed to give educators the tools they need to teach health and substance abuse prevention. The program meets all state and national standards, is easy to teach, and provides an educational environment in which it is enjoyable to learn.

• Piloted an employee wellness program with Anthem BCBS & MEABT.

• Participated in the Maine Integrated Youth Health Survey. Results used to enhance health curriculum and tobacco and substance abuse policy.

• Education Program offering a fitness program consisting of a variety of 15 group exercise classes per week.
A Few Accomplishments, cont.

• Established a fitness assessment day called Celebrating Health & Fitness Day. Physical Educators use the information to develop programs for students and provide Physical Education Intervention Programs.

• Established a School Garden in Hampden and Apple Orchard in Hampden and Winterport. Received the Healthier US School Challenge. Purchased produce from local growers during the growing season. Received the USDA Fresh Fruit and Vegetable Program Grant.

• Supported the School Health Coordinator position since the year 2000.

• School Health Advisory Council - consisting of 18 members from the school and community - helps move forward the programs and projects mentioned above.

• Partnered with community, Town of Hampden and the Adult Education Program offering a fitness program consisting of a variety of 15 group exercise classes per week.
Maine School Administrative District #22

Faculty Wellness Incentive

ASHA Superintendents’ School Health Leadership Award

Richard Lyons, Maine SAD #22

Award Criteria #7: Communicates the Importance of Wellness

This incentive was introduced by Mr. Lyons in the collective bargaining process in 1995. It has saved significant expenses in substitutes costs and at the same time provided greater teacher continuity in the classroom.
Comprehensive Wellness
A Collaborative Approach
Wellness Culture at MSAD #22

• Pre K – Grade 12
• 6 Schools
• 3 Elementary Schools
• 2 Middle Schools
• 1 High School
• 375 Staff
• 2,180 Children
Wellness Accomplishments

- Active Wellness Team Since 1991
- Wellness & Competitive Food Policy and Regulations
- Wellness Incentive
- Health Education
- Worksite Wellness
- Flu Shot Program
- EMMC Assessment
- A la Carte Wellness Programs
CSHP Collaboration Efforts

Professional Community Collaboration

- School Health Advisory Council
- Wellness Team
- District Safety Team
- Physical Education Curriculum Committee
- Health Education Curriculum Committee

Student Collaboration

- HAMPDEN ALCOHOL PREVENTION PARTNERSHIP FOR YOUTH (HAPPY)
- YOUTH ADVOCACY PROGRAM (YAP)
- STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)
- CIVIL RIGHTS/ANTI BULLYING GROUPS
- STUDENT WELLNESS ACTION TEAM (SWAT)
A Model for School Based Health Care

Kenosha Unified School District-Superintendent

Teachers

Kenosha County Department of Health

Children and Families

Access

Kenosha Community Health Center

Parents

Children’s Health Alliance of Wisconsin

Principals

Healthy Kids Learn Better!
Why School Based Health Care?

• Greater Access

• Preventive Oral Health Care

• Bringing High-Quality, Affordable Health Care to the Community
Funding

Grants
• Children’s Health Alliance of WI Grant for Seal-A-Smile

Insurance Revenue
• Insurance Reimbursement
• FQHC Cost-Based Reimbursement

In-Kind Resources
• Kenosha Community Health Center
• Kenosha Unified School District
• Kenosha County Department of Health
• Principals/Teachers
Comprehensive Services

Medical Services in Three Elementary Schools

- **Acute health**
  - Sore throat
  - Rashes
  - Coughs and Colds
  - Fevers
  - Earaches
  - Stomach pain

- **Chronic health**
  - Obesity
  - Asthma
  - Allergies
  - High Blood Pressure

- **Preventive Care**
  - Immunizations
  - Physicals
  - Sports physicals

Dental Seal-A-Smile Program in 17 Schools

- For children in 2nd, 3rd, and 5th grade
- Oral Assessments
- Preventative Dental Sealants if appropriate
- Fluoride treatment
- Tooth brushing instructions with a new toothbrush
- Rotates among 17 schools 2-3 times annually
How Were Schools Chosen?

• School Poverty Levels
• Free- and Reduced-Lunch Schools
• Government Requirements - Head Start
• Integrated Community Center
What Have We Learned?

• We can actually do it!

• Identifying high percentage of uninsured children

• Language Barriers
The Reviews Are In

“I feel really good.” Kemoney age 8

“They’re going to put a (sealant) on my teeth and it’s going to keep my teeth clean. It’s not scary!”

Aalijah age 8

“I liked going to the school clinic because I didn't have to miss much school because of my sore throat because I really love my teacher.”

Halli age 9

“Having the clinic in the school is very convenient since I'm at the school anyway, and my kid didn't need to miss much class.”

Shavon, mother

Healthy Kids Learn Better!
Many Partners – One Mission – One Child At a Time
Valerie Truesdale  
Chief Information Officer  
Charlotte-Mecklenberg Schools  
Charlotte, NC  
Phone: 980-216-9631  
Valeriep.truesdale@cms.k12.nc.us
Healthy Children = Healthy Communities

Beaufort County, South Carolina
Eat Smart, Move More Low Country

- A stated goal of district is to develop healthy future leaders, promote total body and mind wellness, and model lifetime habits for our students and teachers.

- Beaufort County School District in South Carolina sought grant funds to School Health Index for all schools.

- Sponsored Eat Smart, Move More regional wellness conferences provided annually to raise awareness. More than 300 participants from forty different organizations attended. Schools with the highest number of participants received a food pyramid model display at the school sites.
Eat Smart, Move More Low Country

• Three high poverty schools earned Fresh Fruits & Vegetables grant from the USDA.

• Fresh fruits and vegetables locally grown in South Carolina are provided to students on a daily basis. Students learned about planting, growing, harvesting, and preparing healthy foods.
Eat Smart, Move More Low Country

• Several Beaufort County Schools have exercise stations located on fitness trails. Exercise stations offer students areas to focus on working the different muscle groups.

• The goal is to have every elementary and middle school equipped with a fitness trail.
Eat Smart, Move More Low Country

• Board of Education adopted the recommended US Healthy Schools Challenge criteria for vending machine nutrient standards for both snack and beverage items for elementary, middle and high schools and enforced the guidelines.
Results

• Beaufort County School District is the recipient of the US Healthy Schools Challenge Award with all 30 schools earned bronze, silver or gold awards.

• Hilton Head Island School for Creative arts won State and National Recognition for the “Healthy Habits in School Create Achievement” Project.
Charlotte-Mecklenburg Schools

• The Alliance for a Healthier Generation partnership in 68 CMS schools embraces the Healthy Schools Program.

• Goal: develop health-promoting practices and strategies to prevent childhood obesity through Physical Activity and Nutrition.

• Key strategies: provide staff development and resources that increase physical activity, healthy meals/snacks and staff wellness.
Health-Promoting Practices

• **Field to Fork** is a program designed to help young people understand the role of healthy eating from fresh foods while teaching them patience and responsibility through gardening. *The Pizza Garden* concept appeals to children by growing vegetables and herbs to make a healthy pizza. Schools address childhood obesity through hands-on learning of gardening, nutrition and healthy eating.

The Field to Fork Program is a partnership with the Mecklenburg County Fruit & Vegetable Coalition, CMS, Fuel Pizza, Earth Farm Organics and Land Sculptors.
• **PARTNERSHIP:** The National Football League, Carolina Panthers and the Southeast Dairy Association

• **INITIATIVE:** Fuel up to Play 60, Keep Gym in Schools

• **GOAL:** Provide funding and resources to support both healthy eating and increased physical activity campaigns at every school

• **STRATEGY:** Schools apply every year for various funding opportunities including, but not limited to:
  - Action packs for every elementary school
  - Several schools receiving awards up to $10,000
Health Promoting Practices

• **PARTNERSHIP:** Sportime

• **INITIATIVE:** Increase the provision of physical education and physical activity programming, specifically the development of Motor Learning Labs.

• **GOAL:** Expand the physical education and physical activity programming at schools using innovative equipment and curriculum design.

• **STRATEGY:** Promote the nationally and locally recognized benefits from high quality physical education and movement modalities in five schools
• **PARTNERSHIP:** First Tee of Charlotte

• **GOAL:** Expand physical activity opportunities for students to participate in physical activity through scaffolding physical education instruction.

• **STRATEGY:** Train physical educators at the elementary level and supply additional equipment to support high quality physical education methods in 44 schools.
Results

• 152 of 160 schools achieved Healthier US Schools Challenge status