

**“Your Partners in Health”**  
**Coordinated School Health (CSH) Program**  
**Presented by**  
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Implementing CDC’s Coordinated Approach to School Health

This list provides an overview of each of the eight components of CSH and provides examples of things we have coordinated with schools in southern Illinois to improve the health of the school community.

**Healthy School Environment**

- A healthy school environment supports learning and contributes to students health by:
  - Minimizing distractions
  - Minimizing physical, psychological, and social hazards
  - Creating a climate in which students and school staff do their best work
  - Develop and implement policies and a plan for creating and sustaining a healthy school environment
- Policies
  - Local Wellness Policy
  - Tobacco Policies
- Fundraising/Vending
- School Improvement Plans
- Medical Emergency Response Plans
- AED Placement & Policy

**Staff Wellness**

- School-site health promotion for staff includes assessment, education and fitness activities for school faculty and staff.
- Health Screenings
- Education and supportive activities to reduce risk factors
- Organizational policies that promote a healthful and psychologically supportive work environment
- An integrated employee assistance program
- Employee health care, including health insurance, managed care organizations and access to school health services.
- Work with staff to address:
  - Nutrition
  - Physical Activity
  - Water Intake
  - Tobacco Cessation
  - Stress Management
- Through:
  - Walking Programs
  - Employee Wellness Challenges
  - Heart Smart for Women
  - Health Role Models

–Weight loss, stopped smoking, gotten off blood pressure medication, lowered cholesterol, increased daily physical activity.

### **Health Education**

- Comprehensive school health education is classroom instruction that addresses the physical, mental, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to each age level.
  - Research based
  - Scope and Sequence K-12
  - Skills-based and Hands-on
- Michigan Model Comprehensive Health Education Curriculum
- CATCH (Coordinated Approach to Child Health)
- Curriculum Mapping
- Core Subject Integration

### **Parent & Community Involvement**

- Family and community involvement in school health refers to partnerships among schools, families, community groups and individuals. These partnerships are designed to share and maximize resources and expertise in addressing the healthy development of children, youth and their families.
- Families and communities can support each other and contribute to the success of coordinated school health programs by:
  - Providing time, experience and resources
    - Your Partners in Health
    - Parents as members of wellness committees, classroom health helpers
  - Supporting student involvement in activities that support health
    - Family Fitness Nights
  - Planning jointly to develop relevant and appropriate messages and services
    - PTO/PTA

### **Counseling, Psychological & Social Services**

- School counseling, psychological and social services are activities that focus on cognitive, emotional, behavioral and social needs of individuals, groups and families. They are designed to prevent and address problems, facilitate positive learning behavior, and enhance healthy development.
- To minimize barriers to student learning and promote students' health psychosocial development, school counseling, psychological and access to social service resources.
  - Character Education
  - Bullying Prevention
  - Conflict Resolution
  - Anger Management

### **Nutrition Services**

- School nutrition services are the integration of nutritious, affordable, and appealing meals; nutrition education; and environment that promotes healthy eating behaviors for all children.
- School nutrition services are designed to maximize each child's education and health potential for a lifetime.

- To maximize students education and health potential, school nutrition services provide:
  - Access to fresh fruit and vegetables, whole grains, low-fat food choices, including dairy.
  - Food Service Director/ Registered Dietician
  - Family and School Events
  - Creative Approaches and Eating Environment

### **Physical Education**

- Physical education is planned, sequential instruction that promotes lifelong physical activity. It is designed to develop basic movement skills, sports skills, and physical fitness as well as enhance mental, social, and emotional skills.
- Certified Physical Education Teachers
- Curriculum that follows the state learning standards, is hands-on and fun!
- Healthy Fitness Zone Project
  - FitnessGram Software
  - Heart Rate Monitors and Pedometers
- Carol M. White PEP Grant
  - CCHS

### **School Health Services**

- School health services are preventative services, education, emergency care, referral, and management of acute and chronic health conditions. They are designed to promote the health of students, identify and prevent health problems and injuries and ensure care for students.
- School Nurses
- Training for staff who are not certified
- School Based Health Clinics
  - TerrierCare at CCHS

“Partners in Health” Community Partners - For more information please contact:

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