



A Healthy **BODIES** for *A Healthy* **BRAINS**



A Resource for Florida's Schools
Florida Coordinated School Health Program

The Story of the Coordinated School Health Program



The concept of the eight-component Coordinated School Health model was born in the 1987 article by Diane Allensworth and Lloyd Kolbe published in the *Journal of School Health* in which they proposed that in order to be effective, a health education program should focus on eight component areas:

- ① Health Education
- ② Physical Education
- ③ Health Services
- ④ Nutrition Services
- ⑤ Counseling, Psychological and Social Services
- ⑥ Healthy School Environment
- ⑦ Health Promotion for Staff
- ⑧ Parent and Community Involvement

The concept was researched and embraced by the educational and health communities leading to the book *Health Is Academic: A Guide to Coordinated School Health Programs* edited by Eva Marx and Susan Frelick Wooley: Teachers College Press 1998. It remains the guiding force in implementing the model.

The eight components identified by Allensworth and Kolbe, when looked at in a coordinated manner, were found to be highly effective in addressing the health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include:

- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Alcohol and other drug use
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Behaviors that contribute to unintentional injuries and violence

In 1992 the Centers for Disease Control and Prevention began funding states to develop an infrastructure that supports implementation of the Coordinated School Health model. The State of Florida was awarded funding in the first year of the program and has been funded continuously since that time.

For more information go to:
www.firn.edu/doe/besss/health/comphome.htm

Healthy BODIES for Healthy BRAINS

A Resource for Florida's Schools Florida Coordinated School Program



A collaborative project of the Florida Departments of Education and Health, and the Centers for Disease Control and Prevention



Adapted with permission from *Healthy Bodies for Healthy Brains*, Palm Beach County (funded through a grant from the Office of the Attorney General, State of Florida). Special thanks to the nurses of the Palm Beach County School Health Program and school district physical education teachers for their assistance. © 2004-2006 Wellness Initiatives Workgroup, Palm Beach County.

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From the Commissioner of Education

Florida is committed to providing high quality education for our students and this includes encouraging healthy lifestyles. Healthy minds produce healthy bodies and teaching these habits at an early age leads to healthy lifestyle for years to come. With support from parents and local communities, schools can help develop the right attitudes, knowledge and skills that students will carry with them into adulthood. By advocating health programs in our schools, we will have a positive impact on the future achievement of Florida's students.

John L. Winn, Commissioner
Florida Department of Education

From the Secretary of Health

The Florida Department of Health recognizes that physical, mental, and psychosocial health are vital elements in determining a child's academic success. Chronic disease, hunger, depression, risky social behaviors, fear of violence or unstable family lives impede a child's ability to achieve maximum success in education and consequently in his or her future as a productive citizen. The Coordinated School Health (CSH) model is a proven tool that provides schools and communities with a framework for developing policies and practices that address health-related issues. Using the model, schools bring together experts and resources capable of providing the important link between student health and academic success. The future of Florida rests in the hands of its children, and the future of its children rests in the hands of its schools.

M. Rony François, M.D., M.S.P.H., Ph.D.
Secretary, Florida Department of Health

Eight ways to healthier bodies and brains

Schools have an important role to play in promoting the health, safety, and well-being of their students. While families are the primary caregivers for children, schools strive to help students learn to take responsibility for their own health. New district, state, and national recommendations highlight positive changes on campus and in the classroom that can help address widespread health issues among our children and teens.

This guide provides updates, tips, and resources to assist you in implementing activities in key areas that will benefit the health of your students and staff, and can also foster higher academic achievement. These eight components are derived from the Centers for Disease Control model for coordinated school health programs.

- **Health Education**
- **Healthy School Environment**
- **Physical Education/Activity**
- **Nutrition Services**

- **Health Services**
- **Staff Wellness**
- **Family/Community Involvement**
- **Counseling, Psychological & Social Services**

Appendix: Additional resources

1



HEALTH EDUCATION

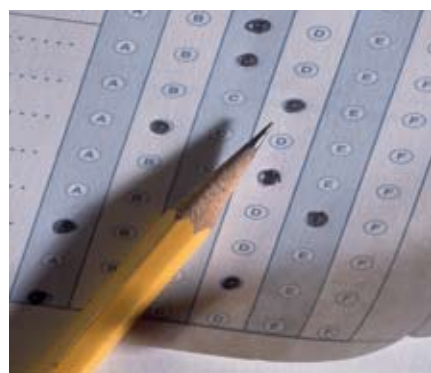
Encouraging your students to value good health, and teaching them how to achieve it, are two of the greatest gifts you can give them.

America is facing a widespread national health crisis. Many children are now suffering from chronic illnesses once found only in adults, and obesity is rampant. One-fourth of all children show signs of high blood pressure or potential cardiac disease. These problems impact all of us, and together we can and must reverse the trend.

Health education may not seem a priority when faced with funding challenges and major time constraints. Yet, it is one of the best investments a school can make. Not only do physically fit students have a better chance for long-term success, but these are proven facts:

- 🧠 Healthier children make better students.
- 🧠 Physical activity increases test scores.
- 🧠 Only nutrient-rich food can provide the essential building blocks needed for developing brains.

Children have to be healthy to learn—and they have to learn how to be healthy!



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1

When using outside agencies or other speakers, let them know the school policies in advance, and make sure the speakers carry a consistent message on health issues.



As your staff works to achieve the Sunshine State Standards for health education, these tips can help make your curriculum a success:

- 👉 Aim to help students develop life-long healthy habits, starting in pre-K.
- 👉 Use behavior-focused nutrition education that is easy for the student to relate to and can be integrated into the curriculum.
- 👉 Involve the family in projects like menu planning and label reading to help reinforce the topic.
- 👉 Emphasize the importance of avoiding risky behaviors.
- 👉 Involve the school nurse, physical education teacher, school food service personnel, and other knowledgeable resources to help present material.
- 👉 Arrange for inservice training for teachers and other staff on health curricula.
- 👉 Stress cultural sensitivity and the recognition of individual differences in wellness, just as you do in other areas.
- 👉 Start the day with an all-school morning stretch, physical activity, or healthy tip.



HEALTHY SCHOOL ENVIRONMENT

2

In order to create an environment that is safe, healthy and supportive, schools need to have a consistent approach to policies for:

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- Violence and bullying prevention
- Healthy and functional physical plant
- Healthy on-campus food choices
- Positive psychosocial environment
- Smoke-free campuses
- Safe and comfortable school facilities



The physical, emotional and social climate of the school is designed to provide a safe, physical plant as well as a healthy and supportive environment that fosters learning.

Schools in Florida are taking steps to make the school climate a healthier one.

2

Healthy School Environment Policy

Examples:

- All students, staff, and visitors are not allowed to use tobacco products on the school grounds at any time.
- School staff enforce a zero tolerance policy related to bullying, harassment, and campus violence.
- School administrators develop a plan for campus security with local law enforcement authorities.
- School facilities remain in good repair in order to provide an environment that is safe and conducive to learning.
- Vending machine contracts and sales will focus on upgrading the quality of foods and beverages to include healthier choices while retaining profits.

Twenty years ago teens were drinking twice as many glasses of milk as they were soft drinks. Now they are drinking two servings of soft drinks for every serving of milk.



2

School Connectedness

School connectedness (feeling part of one's school and feeling close to people at school) was positively related to grade point average in major school subjects and negatively correlated with a variety of problem behaviors.

California Department of Education: Getting Results 2005 Healthy School Environment Facts



Did you know?

- 1 In the most recent Youth Risk Behavior Survey results (2005), the percentage of high school students who did not go to school because they felt unsafe on their way to school, decreased from 14% to 7.8% since 2001.
- 2 A school that regularly maintains its grounds and physical plant reinforces classroom messages of respect and order.
- 3 A positive school environment that demonstrates value for students promotes academic achievement.
- 4 Replacing old physical education equipment reduces hazards to students and teachers.

- 5 A healthy environment prevents and controls the spread of communicable disease and injuries at school.
- 6 Higher morale among staff reduces absenteeism and has a positive effect on the entire school community and learning process.
- 7 Students who feel valued and safe are more successful learners. Supportive policies, procedures, and interventions related to issues such as conflict resolution improve the school's psychosocial climate.
- 8 Involving students, families, and communities in clean-up campaigns improves the school environment, builds pride, and creates a sense of community.



The school's environment is the thread that connects the multitude of activities on a campus. . . A safe, clean and well maintained school with a positive psychosocial climate and culture can boost student and staff self-esteem and health, as well as students' educational achievement.

Health is Academic: A Guide to
Coordinated School Health Programs

Everyone has inside of him [or her] a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

—Anne Frank

2

All foods at all school functions send a message to students and staff.

What's your school's message?

Schools that have experimented with different beverages and snack sales at athletic events and other school-sponsored activities report a simple fact: people generally buy what's offered. It is possible to maintain your profits without promoting unhealthy foods.

“Like most parents, I'm not only concerned about academics but about the health of my children. I'd like to know that they will not be rewarded with candy or tempted by unhealthy food options when they're in school.”

Cathy Probst, Founder
Healthy Choices, Healthy Kids;
Palm Beach County



Fundraisers

Sales of candy and rich or salty foods are often used for fundraisers, but there are many other options: discount coupon books, novelties, gift wrap, coffees and teas, seasonal gifts, magazine subscriptions, and flower seeds are just some of the choices. School carnivals or walk-a-thons are also popular. A quick Internet search will give you details on numerous fundraising plans that go beyond food and candy.

Talk to your vendors and tell them you want to switch to healthier foods. Vendors have already started making this change for other educational facilities and businesses in the community. It's the smart thing to do!



PHYSICAL EDUCATION/ ACTIVITY

3

The challenge: meeting our children's need for physical activity combined with academic success.

Physical Education



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A planned, sequential Physical Education curriculum provides cognitive content and learning experiences in a variety of activity areas. Focus is on such factors as anatomy and physiology, the kinesthetic knowledge of human movement, how to participate in exercise and physical activity and why such participation is important. Ideal programs promote physical, mental, emotional and social development for all. Encouraging fitness activities during and after the school day will help develop habits that will last throughout your students' lives.

After-School Programming

After-school programs, including extra-curricular activities, are a great opportunity for promoting safe and fun activities. Such programs encourage sportsmanship, social development and team building skills. The nationally acclaimed Spark! Program, sponsored in some Palm Beach County schools by the Robert Wood Johnson Foundation and the Quantum Foundation, is one of several excellent fitness programs for schools.

Recess

Recess during class hours not only allows elementary children a chance to plan and exercise, but it also gives them a much needed break from mental work. Students need recess. Research shows it helps develop critical social skills and improves classroom attentiveness. Recess can be structured to ensure appropriate activity for everyone. Certified physical education teachers are a great source for suggestions on how to maximize the benefits of recess time.

Physical Activities, Sports and Recreational Opportunities

Students of all ages can enjoy physical activities, sports or other forms of recreation when away from the school campus. These activities promote health and wellness for a life time as well as time with family and friends. Check with your physical education instructor or the district physical education coordinator for opportunities in your area. And remember, it's never too late to start on the road to healthy living!

Finding ways to promote fitness

You're It! Get Fit!

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.

www.presidentschallenge.org



Poor nutrition coupled with inactivity is the second leading cause of death in Florida.



The National Alliance for Youth Sports (NAYS)

“Get Out—Get Active” is a cooperative initiative between the School District of Palm Beach County and NAYS. The program focuses on exposing students to fitness and recreational activities within the county through resources such as Palm Beach County Parks and Recreation, the YMCA, and more.

www.nays.org

Brain Gym

What is Brain Gym? It's a series of quick, fun, and energizing activities that help prepare any learner for specific thinking and coordination skills. This comprehensive program brings movement and learning together in a wonderful system. It is being incorporated in Palm Beach County elementary schools.

www.braingym.com



The United States Olympic Development Program

The County Olympic Development Committee has a working partnership with the School District of Palm Beach County. They sponsor activities for our students throughout the year including a county-wide sports festival. They are also piloting a table tennis program in elementary schools. See the website of the Palm Beach County Sports Commission.

www.palmbeachsports.com





NUTRITION SERVICES

Goals for successful food service in schools

Staff

Retain a well trained food service staff that reinforces students' adoption of healthy eating habits through participation in cafeteria, classroom, and campus activities.

Menus

All school food service menus including á la carte options should meet nutrition standards established by the United States Department of Agriculture National School Lunch Program and adhere to menu planning principles that support a well-balanced, healthful diet.

Suitable choices

Offer a variety of healthful choices that appeal to students at all schools, including cultural and ethnic favorites. Involve students in the selection, tasting, and marketing of suitable foods and beverages.

A nutrient analysis of school meals and after-school snacks is available to staff and parents on request.

A successful food service program aims to be self-supporting while setting a priority on meeting the nutritional needs of students.

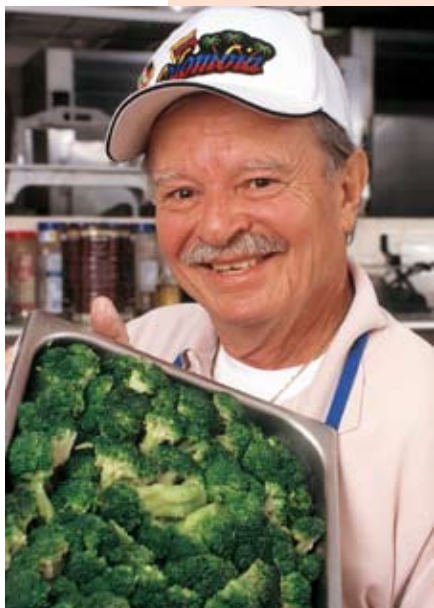


What's Happening in Florida?

4

Gadsden Magnet School: Gadsden County

HEALTHY EATING POSTER CONTEST: Students in grades pre-K through 5 participated in a healthy foods poster contest. The posters were displayed for judging by the district food services manager and others, and scored on originality, creativity and the relevancy to the theme, "Follow a Rainbow to Healthy Eating." Trophies were given to all 1st, 2nd, and 3rd place winners in each category. In addition, all 1st place winners received a coupon for a free smoothie from the Honeytree, a local health food store. All entries received a prize.



Wellington Landings Middle School: Palm Beach County

WELLNESS WEEK: Students, staff and community members were involved in weeklong wellness activities and informational sessions by guest speakers. Demonstrations included the American Lung Association's Lung Mobile, blood pressure checks by the school nurse, "Nutrition Smart: How to Eat Healthy" by a registered dietician, cholesterol and blood pressure screenings by United Health Care, and skin screenings by The Melanoma Foundation.

Activities consisted of a golf putting contest, extended lunch periods for fitness walks, juggling contest, student vs. staff basketball game and a wellness field day.

Schools with the lowest percentage of students who report eating nutritious food items had the lowest standardized test scores.

California Department of Education 2005

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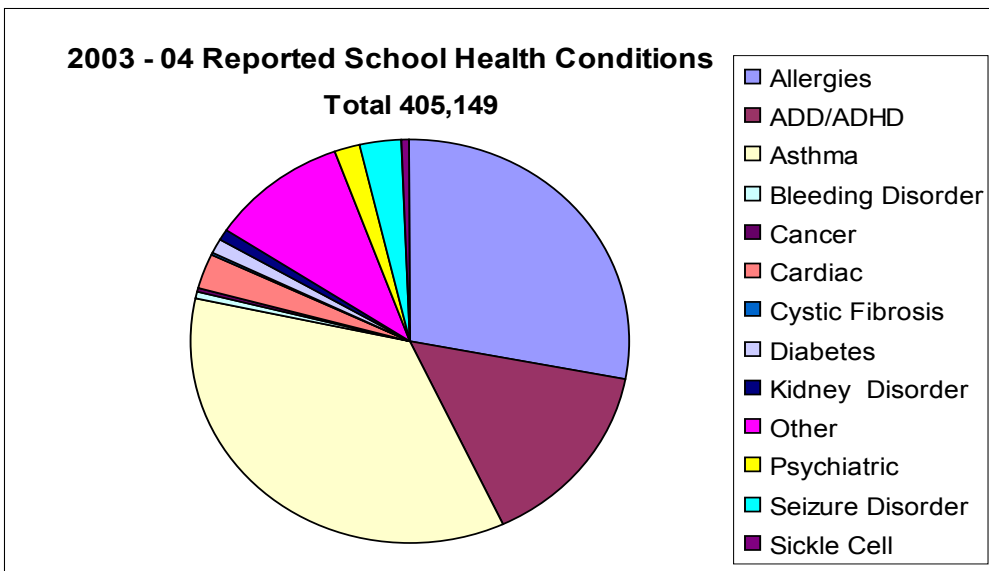
HEALTH SERVICES

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Schools Health Services are a major component of the total school program.



During the school year, children spend many of their waking hours at school. School health services help make it possible for children to remain in school by addressing chronic health conditions, mental and social problems, and minor illness and injuries. School health services ensure that school children are healthy, in the classroom, and ready to learn.



Asthma and allergies were the most commonly reported health conditions during the 2004-2005 school year. (Florida Department of Health School Health Services Program 2005)

Help stop the trend:

5

Prevalence of overweight children and adolescents ages 6 - 19 years

Every school day, over 80,000 students visit Florida School Health Clinics, and more than 19,100 doses of medication are administered.

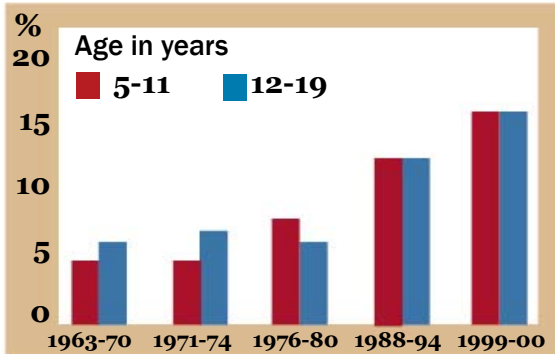


Chart source: CDC/NCHS

Role of the Professional School Nurse

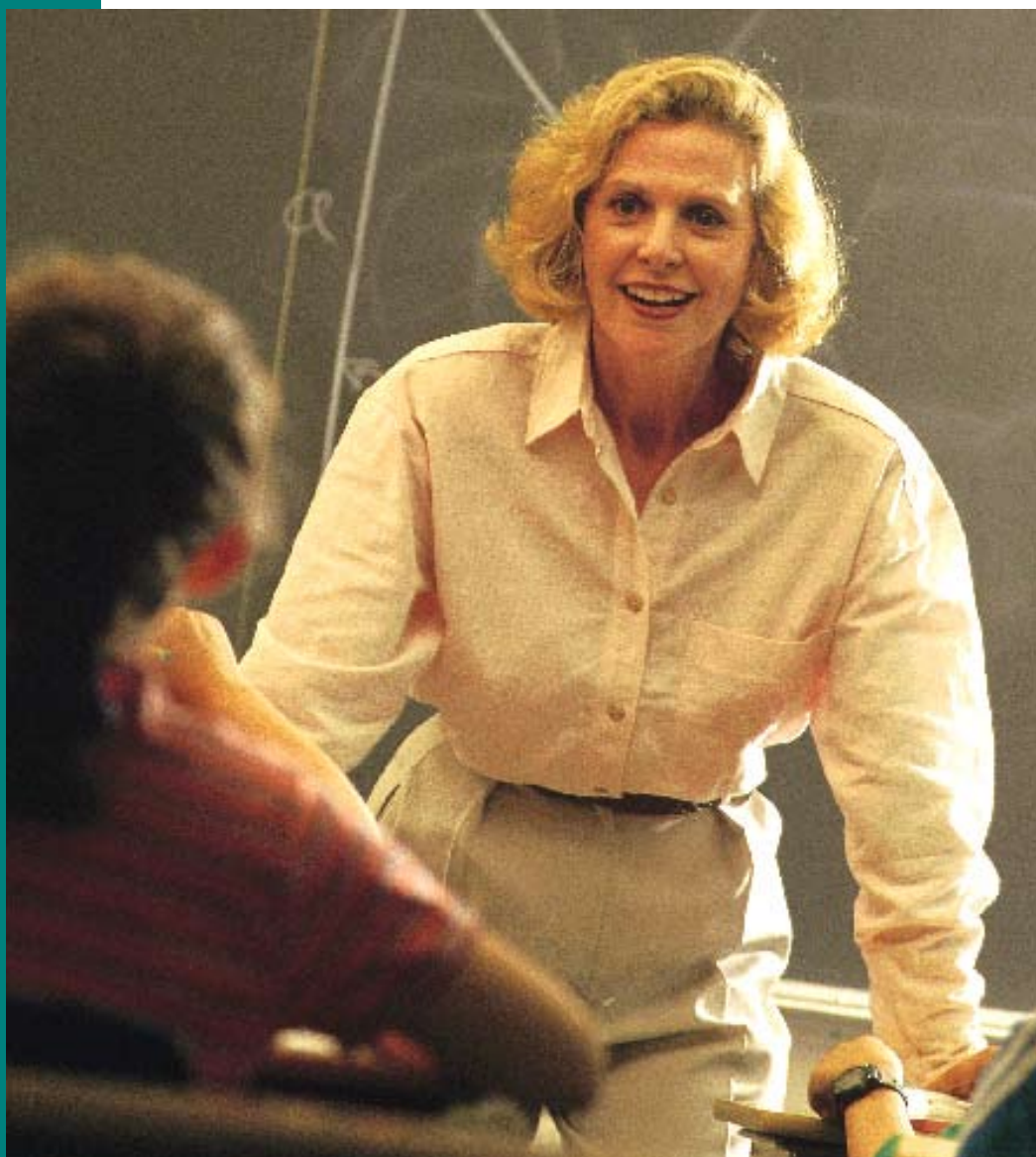
Monitoring the health status of students at regular intervals from pre-K through 12 is an important role of school nurses. Their duties include offering:

- 👩‍⚕️ First aid and medications
- 👩‍⚕️ Medical procedures for children with chronic conditions
- 👩‍⚕️ Screenings and case management
- 👩‍⚕️ Individual and group student health education
- 👩‍⚕️ Parent and teacher education
- 👩‍⚕️ Referrals to school and community services

As the resident health expert on campus, the school nurse promotes health and wellness, which in turn builds resiliency and readiness to learn.



6



STAFF WELLNESS

Efforts to improve student attitudes toward health benefit everyone on campus—

Faculty and staff who are healthy emotionally and physically are more energetic, absent less, stay on staff longer, and make a positive impact on the entire school environment.

The Directors of Health Promotion and Education (DHPE) created a guide, *Protecting Our Assets: A School Employee Wellness Guide*, designed to help schools, districts, and states develop and support comprehensive school employee wellness programs. These programs aim to promote health, prevent health risk behaviors, and address conditions that can compromise school employee health, reduce productivity, contribute to escalating health care costs, and impede student success. *The publication is available through the Centers for Disease Control and Prevention: Division of Adolescent and School Health.*



No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.

Ernest L. Boyer, The Carnegie Foundation for the Advancement of Teaching

Schools with a healthy, energized staff will have better teacher attendance and more consistent student education.

6

School staff often experience high stress and have difficulty finding time for themselves. Ask your school nurse for a handout on simple tips that can help reduce stress.



Bagged lunch tips for staff (good for kids, too!)



- 👉 Lean, thinly sliced natural meats rolled with cheese
- 👉 Spinach or sun-dried tomato wraps stuffed with tuna salad, chicken salad, or feta cheese, with sprouts and chopped veggies
- 👉 Strips of cucumbers and red or green bell pepper, mini carrots, and celery with hummus or a favorite salad dressing for dipping
- 👉 Peanut or sesame butter served with celery, pita crisps, or apple slices
- 👉 Low-fat cheese and baked chips or crackers (with no trans fats)
- 👉 Fresh fruits: apples, strawberries, bananas, grapes, oranges
- 👉 Dried fruits and nuts
- 👉 Yogurt in cups or as a drink. Look for natural, low-sugar brands
- 👉 Bottled water, pure fruit juices, or skim milk



FAMILY & COMMUNITY INVOLVEMENT

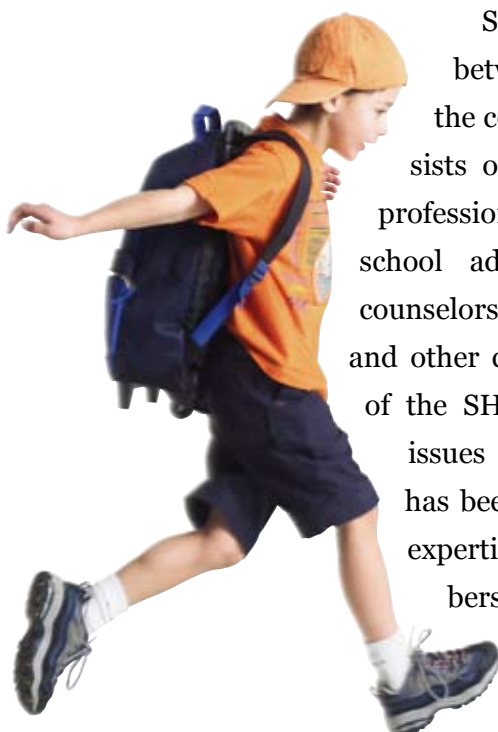
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Both the family and the community are partners with the school in children's education and development by:

- Facilitating communication between parents, schools, and community members
- Providing parenting support and education
- Facilitating student learning through mentorships, and parent involvement in classroom and home studies
- Volunteerism
- School decision making through parent/teacher organizations and school health councils
- Advocacy

School Health Advisory Councils (SHACs)

The school, the family, and the community each has its own unique resources. Each can influence students in ways the others can't.



SHACs provide a vital link between schools, parents, and the community. Membership consists of teachers, parents, medical professionals, community members, school administrators, psychologists, counselors, social workers, politicians and other community leaders. The role of the SHAC is to advise schools on issues related to school health. It has been determined that when the expertise and resources of the members represented by the SHAC are combined, they are capable of having a profound positive effect on child health and academic success.

For more information contact the Florida Department of Education Bureau of Family and Community Involvement at: www.firm.edu/doe/family/home0077.htm.

What's happening in Florida?

Families as Partners – Altermese Bentley Elementary School in Seminole County has a program designed to promote a strong partnership between home and school. Its goals are to enhance parent skills, provide parents with opportunities to become familiar and comfortable in the school setting, and encourage positive learning interactions between adults and children. Evening presentations include Family Night and Celebrity Reading Night.



Tuesdays at Rowlett – Rowlett Magnet School in Manatee County draws over 600 parents to a weekly workshop series that provides parents with academic and emotional support. The Parent Teacher Organization assists in providing and preparing food and childcare services. “Tuesdays at Rowlett” helps parents realize their position as stakeholders in making the students of Rowlett successful academically and emotionally.

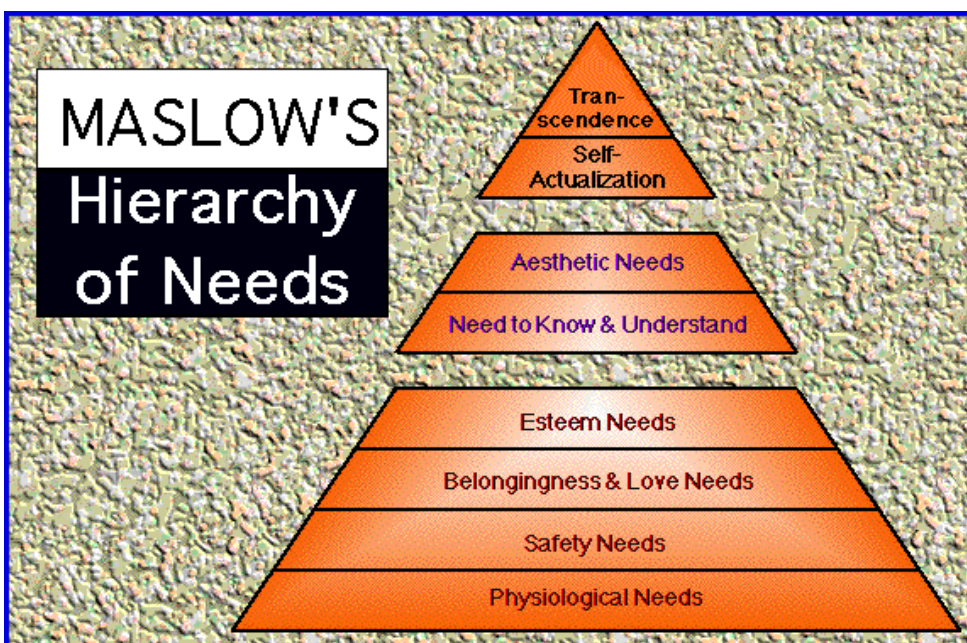
Revised Recipes for Parents – Desoto Elementary School in Hillsborough County invited a dietician to speak at a parent involvement meeting about revising recipes in a healthier way, including meals with less fat, less sugar, and more vegetables. For example, she provided parents with recipes for a “revised” macaroni and cheese dish and a low-fat pecan pie made with less sweetener than usual.



COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES

P sychological, counseling and social services offer programs and services to address social and emotional barriers to learning. These barriers may include:

- Inadequate basic resources such as food, clothing, housing and a sense of security at home, school or in the neighborhood
- Psychological problems such as difficult relationships at home and at school; emotional upset; language problems; sexual, emotional or physical abuse; delinquent or gang related behavior; or mental illness
- Stressful situations such as academic stress, family issues, inadequate support systems and hostile situations, including bullying
- Crises such as death or serious illness in the family or a classmate, or natural disasters such as hurricanes.
- Life transitions such as puberty, moving, changing schools, or parental separation or divorce.



In order for a student to achieve, basic physical and emotional needs must be met.

Resources

Florida Resources

Information and Programs:

American Heart Association www.americanheart.org (click on local info)

American Lung Association of Florida www.lungfla.org

Florida Alcohol and Drug Abuse Association www.fadaa.org

Florida Alliance for Health, Physical Education, Recreation, Dance and Sport www.fahperd.org

Florida Area Health Education Centers www.flahec.org/index.html

Florida Association of School Social Workers www.fassw.org

Florida Association of School Psychologists www.fasp.org

Florida Department of Education, Coordinated School Health Program
www.firn.edu/doe/besss/health/comphome.htm

Florida Department of Health, Abstinence Education Program
www.doh.state.fl.us/family/abstinence/index.html

Florida Department of Health, Five a Day Program
www.doh.state.fl.us/family/5aday/index.html

Florida Department of Health, Health Access and Tobacco
www.doh.state.fl.us/Tobacco/tobacco_home.html

Florida Department of Health, Obesity Prevention Program
www.doh.state.fl.us/Family/obesity/index.html

Florida Department of Health, School Health Services Program
www.doh.state.fl.us/Family/school/services/sh_services.html

Florida School Counselor Association (FSCA) www.fla-schoolcounselor.org

Florida Counseling Association (FCA) www.flacounseling.org

Florida School Health Association www.fsha.net

Florida School Nutrition Association www.fsfsa.org

Florida Dental Association www.floridadental.org

Health-Related Funding

Arthur Vining Davis Foundations

www.avfdn.org

Florida Department of Education, Coordinated School Health Program

www.firn.edu/doe/besss/health/comphome.htm

Florida Department of Health, Grant Sources for Health

www.doh.state.fl.us/planning%5Feval/about/grant.htm

Jim Moran Foundation

www.jimmoranfoundation.org

Ounce of Prevention Fund of Florida

www.ounce.org/main.asp

More Tips on Funding

You can find sources of local funding by inquiring at your public library. Keep checking the following two sources for school-related grants:

www.schoolgrants.org/grant_opps.htm

National Resources

Action for Healthy Kids

www.actionforhealthykids.org

American Academy of Child and Adolescent Psychiatry

www.aacap.org

American Academy of Pediatrics

www.aap.org

American Alliance for Health, Physical Education, Recreation, and Dance

www.aahperd.org

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American School Counselor Association

www.schoolcounselor.org

American School Health Association

www.ashaweb.org

National Clearinghouse for Educational Facilities

www.edfacilities.org/safeschools

Centers for Disease Control and Prevention,

Division of Adolescent and School Health www.cdc.gov/HealthyYouth



Resources

Comprehensive Health Education Foundation
www.chef.org

National Adolescent Health Information Center
<http://nahic.ucsf.edu>

**UCLA School Mental Health Project, Center for
Mental Health in Schools** smhp.psych.ucla.edu

National Association of School Nurses www.nasn.org

**Society of State Directors of Health, Physical Education, and
Recreation** www.thesociety.org

National Association for Sport and Physical Education
www.aahperd.org/naspe

National Coalition for Parent Involvement in Education www.ncpie.org

National Food Service Management Institute www.nfsmi.org

National School Safety Center www.nssci.org

The President's Council on Physical Fitness and Sports www.fitness.gov

School Nutrition Association www.asfsa.org

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

USDA, Food and Nutrition Service, Team Nutrition www.fns.usda.gov/tn

Wellness Councils of America www.welcoa.org



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