

# Coordinated School Health Programs



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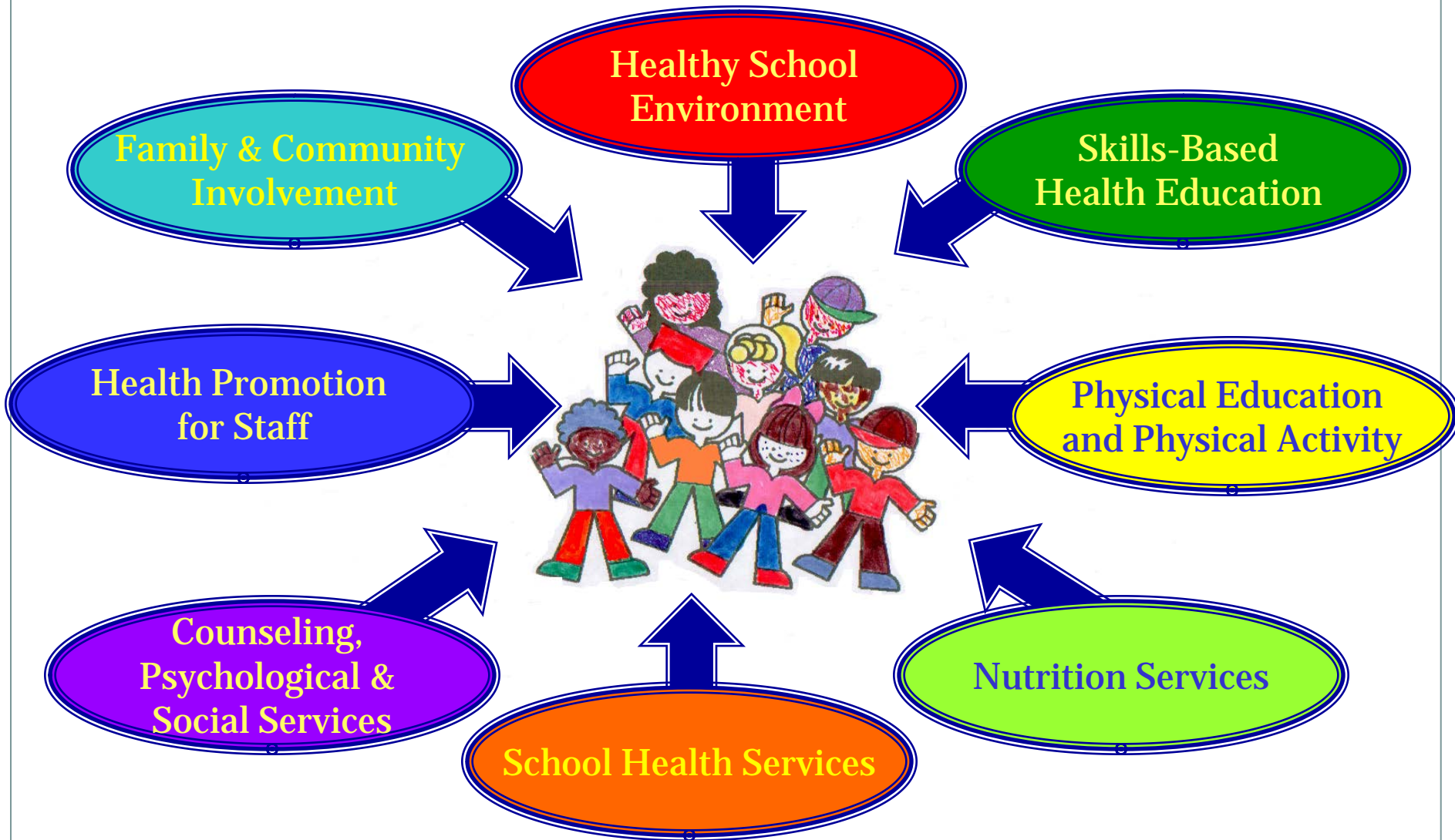


# Coordinated School Health



- Recommended by the Centers for Disease Control and Prevention (CDC) as a strategy for improving students' health and learning.
- Formal model around which the talents and efforts of many disciplines within the school are coordinated with those of families and community groups to *promote student health and school success*.
- All activities are organized to deliver consistent, health promoting messages that are reinforced across multiple communication channels in the school and through out the community.

# Coordinated School Health Program Model



Healthy Youth - Ready to Learn

# Simply Said...



It is difficult for schools to achieve their primary mission of education if students and staff are not healthy.

## Coordinated School Health Programs:

- Maximize expertise to reduce risks and promote health.
- Reduce duplication of services (health issues)
- Maximize use of public facilities in the school and community to promote health.
- Enhance communication and collaboration
- Address student health risks to increase academic success.

# Why Coordinated School Health?



According to the CDC,

- Health-related factors, such as hunger, chronic illness, or physical and emotional abuse, can lead to poor school performance.
- Health-risk behaviors such as substance use, violence, and physical inactivity are linked to academic failure and often affect attendance, grades, test scores, and attentiveness.
- **This Framework**
  - Enables schools to identify strengths and weaknesses of health promotion policies and programs.
  - To enable schools to develop an action plan for improving student health – decisions based on data
  - To engage teachers, parents, students, and the community in promoting health enhancing behaviors for better health

# Steps for Implementation



- 1. Obtain Administrative Support**
- 2. Identify Champion**
- 3. Create Wellness Team/Committee with members from various areas**
  - Physical Education Teacher – Health Education Teacher – School Nurse – Parent – Community Partners – Classroom Teachers – School Psychologist/ Social Worker/ Counselor – Custodial Staff – Food Service Staff – Students
- 4. Complete School Health Index**
  - Assessment tool that identifies strengths and weakness related to the eight components
- 5. Create and Implement Plan for Improvement (Action Plan)**

# Importance of Support



- **Each school is unique—various reasons to implement Coordinated School Health**
  - Adherence to rules and expectations of District and Board of Education
  - Funding
  - Importance of health and wellness to our community
  - Community influence

# Support From



- **Department of Health, Physical Education, and Athletics**
  - New Administrator in department
  - Health Education Coordinator
  - RYY AmeriCorps VISTA Fellow
  - Athletic Directors, Physical Education Teachers, & Health Education Teachers
    - ✦ Provides information to staff promoting grants, community organizations and programs, and many other ways to promote overall health and wellness in their schools.



# Support From



- **Wellness Policy & Regulations**
  - Wellness Policy was created based on Coordinated School Health Framework
  - Sets guidelines for schools—utilize the SHI and Action Plan to develop specific ways to implement requirements of the Wellness Policy and Regulations
- **Wellness Task Force**
  - District Wellness Committee
  - Creation, Implementation, and Assessment of Wellness Policy and Regulations
- **H.E.A.R.T “Community Transformation Grant”**
  - Coordinated School Health Programs Coordinator (.5)
  - Curriculum and resource
  - Fitness Kits

# Support From



- **American Dairy Association & Dairy Council: Fuel up to Play 60 Grants**
  - **Emphasis on Physical Activity and Nutrition**
    - ✦ **Funds can support actions identified in Action Plan**
  - **Three grant application deadlines throughout school year**
  - **Schools can receive up to \$4,000 per year**
  - **2011-2013 Grants**
    - ✦ **Twenty-nine grant applications submitted**
    - ✦ **Twenty-seven grants awarded**

# Support From



- **Greater Rochester Health Foundation**
  - Three schools received three year grants
    - ✦ Eight schools potentially for 2013-2014
  - Nine elementary schools previously received School Mini Grants
  - Eleven schools received mini grants for the 2012-2013 school year
  - Schools are urged to apply for this funding based on their SHI results and action plan.

# Support From



- **Many other community health organizations and community partners have assisted with Coordinated School Health Efforts**
  - Health and Wellness Fair-follow the CSH model
    - ✦ Annual Event
  - Annual Symposium
  - Schools have individual partnerships with many community organizations

# Next Steps



- **Monitoring Implementation**
  - Wellness Walk Through
    - ✦ Checklist that determines adherence to Wellness Policy and implementation of Coordinated School Health
    - ✦ Schools that receive a predetermined score become “Wellness Certified” and this will be included on their website and in the School Selection Booklets
- **Administrator in department**
  - Will continue to work with all schools throughout 2013-2014 school year
- **Determine similar strengths and weaknesses across district-analyze results from the SHI**



*Any Questions?*

# Contact Us



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