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 throughout the community.
Coordinated School Health Program Model

Healthy School Environment

Family & Community Involvement

Skills-Based Health Education

Health Promotion for Staff

Physical Education and Physical Activity

Counseling, Psychological & Social Services

Nutrition Services

School Health Services

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?
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