

# IT'S TIME SCHOOL SUMMIT

Bringing Together Coordinated School Health Champions

Presented By: **TEA**  
TEXAS EDUCATION AGENCY

## 2011-2012 CSH State Goals

### Overarching Goals

#### Coordinated School Health (CSH)

- » 100% of all elementary, middle and junior high schools have adopted, been trained in, and are implementing an approved CSH program or are developing an original district-wide CSH program.

#### Campus Improvement Plans

- » 25% of campuses maintain a wellness team (CSH Leadership Team) and program champion that meet regularly to guide campus-wide implementation of the CSH components of the Campus Improvement Plan (CIP).
- » 100% of all elementary, middle and junior high schools include coordinated school health goals and objectives as a part of their CIPs.
- » 100% of all elementary, middle and junior high schools review fitness assessment results along with academic achievement, behavior and absence data while formulating the CIP.
- » 25% of all elementary, middle and junior high schools evaluate the achievement of the CSH goals and objectives.

### Coordinated School Health Model Goals

#### Health Education

- » 100% of all elementary, junior high and middle schools teach the Texas Essential Knowledge and Skills for Health Education.
- » 100% of high schools utilize evidence-based curricula in teaching alcohol use awareness, HIV prevention, and violence/abuse prevention.
- » 100% of district School Health Advisory Councils (SHAC) review Health Education materials and make recommendations to the school board regarding the implementation of evidence-based materials and resources.
- » 50% of schools integrate health education concepts within foundation course curriculum.
- » 90% of selected school districts participate in YRBS and provide weighted data.
- » 50% of schools utilize the Health Education Curriculum Analysis Tool (HECAT) to evaluate the effectiveness of their curriculum.

#### Healthy and Safe School Environment

- » 100% of school districts include bullying and sexual harassment prevention and intervention policies within CSH framework.
- » 100% of school districts implement a teen dating abuse prevention policy.
- » 100% of campuses post health and wellness signage throughout the campus.

#### Health Services

- » 75% of school nurses (RNs and LVNs) are involved in the coordinated school health program planning process.
- » 75% of SHACs recruit and maintain at least one health services representative.
- » 100% of school nurses, assistants to the school nurse, athletic coaches or sponsors, physical education instructors, marching band directors, cheerleading coaches, and any other school employee specified by the commissioner and all students who serve as athletic trainers participate in instruction in the use of an automated external defibrillator.

#### Mental Health and Counseling Services

- » 75% of school counselors are involved in the coordinated school health program planning process.
- » 50% of school districts provide training for school personnel and information to parents on bullying and harassment prevention and intervention.
- » 75% of campuses provide education and information to students on bullying and harassment prevention and intervention.
- » 25% of school districts have a peer education and support group for victims of bullying.

#### Nutrition Services & Education

- » 100% of school districts have a policy in place to prevent foods of minimal nutritional value from being used as a reward.
- » 50% of schools receiving reimbursement for school meals review their wellness policy annually.
- » 50% of schools integrate nutrition education within foundation course curriculum.

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## Parental and Community Involvement

- » 100% of districts have an active SHAC (meets at least 4 x per year; maintains a minimum of five active members, impacts policy and program implementation).
- » 50% of schools utilize the School Health Index to evaluate program and policy implementation.
- » 100% of campuses support a Parent Teacher Association (PTA) or Parent Teacher Organizations (PTO).
- » 50% of existing PTAs and PTOs have a Healthy Lifestyles Chair.
- » 25% of campuses have one or more business partners who support CSH efforts.
- » 25% of school districts have one or more local government entities that support CSH efforts (e.g. Mayor's Fitness Councils).
- » 25% of campuses host at least one family health event each school year.
- » 100% of school districts communicate the health-related policies to parents at the beginning of each school year.
- » 100% of campuses provide a student or parent report from FITNESSGRAM to parents and guardians.

## Physical Education and Physical Activity

- » 100% school campuses submit fitness assessment data.
- » 25% of school districts utilize fitness assessment data to write grants and seek additional funding and support for school health programming.
- » 50% of school districts have a policy that prevents physical activity from being used as a form of punishment.
- » 100% of students in all grades are engaged in moderate-to-vigorous physical activity for 50% of the physical education class time.
- » 100% of elementary schools provide at least 135 minutes of moderate-to-vigorous physical activity for all students each week.
- » 100% of students in grades six through eight are provided with at least four semesters of moderate-to-vigorous physical activity for a minimum of 225 minutes per two weeks.
- » 100% of all elementary, junior high and middle schools teach the Texas Essential Knowledge and Skills for Physical Education.
- » 100% of districts establish a student to teacher ratio no greater than 45 to 1 in a physical education class or specifically identifies the manner in which the safety of the students will be maintained.
- » 50% of schools utilize the Physical Education Curriculum Analysis Tool (PECAT) to evaluate the effectiveness of their curriculum.

## Staff Wellness

- » 75% of campuses have implemented a staff wellness initiative at least once per school year.
- » 75% of campuses have removed foods of minimal nutritional value and soda from teacher lounge vending machines.
- » 25% of staff on campus receives a yearly physical from their physician.

## Measurement Tools for the Evaluation of Goal Implementation

### ACTIVE Life Platform

- » 50% of school districts registered in Team ACTIVE Life School Platform.
- » 50% of registered schools achieving  $\geq 60\%$  overall Movement Meter score.
- » 25% of registered districts achieving  $\geq 60\%$  overall Movement Meter score.

### School Health Survey

- » 100% of all school districts respond to the annual School Health Survey (SHS).

### FITNESSGRAM

- » 5% Healthy Fitness Zone (HFZ) improvement in cardiovascular endurance at each grade level.
- » 5% HFZ improvement in body mass index (BMI) at each grade level.
- » 5% HFZ improvement in total number of students in six assessments.

# Coordinated School Health Status Check

Use the chart below to determine your personal starting point relative to your school's coordinated school health efforts. For each topic or row, circle the bulleted items that best describe your current level of awareness/participation. Rate yourself on how active and/or aware you are of coordinated school health efforts at your school. Complete both sides of this form to help you establish your needs.

	Knocks Socks Off	Actively Engaged	Somewhat Aware	Don't Know	Comments
<b>Coordinated School Health (CSH)</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Implemented or fully supported CSH initiatives</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of how CSH initiatives are implemented</li> <li>Attended a CSH program training</li> </ul>	<ul style="list-style-type: none"> <li>Know which CSH program is adopted</li> <li>Have limited knowledge of CSH initiatives</li> </ul>		
<b>School Health Advisory Council (SHAC)</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Have attended a meeting</li> <li>Have contributed to annual recommendations</li> </ul>	<ul style="list-style-type: none"> <li>Aware of SHAC members</li> <li>Know the annual school health recommendations from the SHAC</li> </ul>	<ul style="list-style-type: none"> <li>Know purpose of SHAC</li> <li>Not sure who is on SHAC</li> </ul>		
<b>Campus Improvement Plans</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Evaluated the achievement of CIP goals and objectives</li> <li>Member of a campus/district wellness team that met regularly</li> </ul>	<ul style="list-style-type: none"> <li>Met with district/campus personnel to discuss inclusion of CSH</li> <li>Attended a campus/district wellness team meeting</li> </ul>	<ul style="list-style-type: none"> <li>Aware of the Campus Improvement Plan's CSH goals and objectives</li> <li>Understand how the campus wellness team can create healthy change</li> </ul>		
<b>Parental Involvement</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Communicated regularly with Healthy Lifestyles chair or are the PTA's Healthy Lifestyles chair (HLC)</li> <li>Hosted/attended one family event at school</li> </ul>	<ul style="list-style-type: none"> <li>Provided suggestions to HLC</li> <li>Parents sent health-related policies at the start of each school year</li> </ul>	<ul style="list-style-type: none"> <li>Have basic knowledge of the role of the Healthy Lifestyles chair (HLC)</li> </ul>		

# Coordinated School Health Status Check



	Knocks Socks Off	Actively Engaged	Somewhat Aware	Don't Know	Comments
<b>FITNESSGRAM</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Aware of student goal-setting and planning based on FITNESSGRAM results</li> </ul>	<ul style="list-style-type: none"> <li>Aware of assessment data from last year</li> <li>Full knowledge of the FITNESSGRAM software</li> </ul>	<ul style="list-style-type: none"> <li>Know FITNESSGRAM components</li> <li>Know grade levels taking the test</li> </ul>		
<b>Wellness Policy</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Attended meetings on discussions of the wellness policy</li> <li>Provided suggestions for the policy</li> </ul>	<ul style="list-style-type: none"> <li>Aware that the policy addresses physical activity and nutrition for students</li> <li>Aware that the policy addresses physical activity and nutrition for staff</li> </ul>	<ul style="list-style-type: none"> <li>Have seen the policy</li> <li>Have limited knowledge of the policy</li> </ul>		
<b>Community Involvement</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>At least one business partner supported CSH initiatives</li> <li>Know a member of a Mayor's Fitness Council that supports CSH</li> </ul>	<ul style="list-style-type: none"> <li>Fostered relationships with business partners that support CSH initiatives</li> <li>Have the resources to help in the creation of the Mayor's Fitness Council</li> </ul>	<ul style="list-style-type: none"> <li>Aware of local businesses that may support the CSH initiatives</li> <li>Are aware of the existence of the Mayor's Fitness Councils in your city (or other cities)</li> </ul>		
<b>Bullying Prevention and Intervention</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Documented success of anti-bullying policies and /or programs</li> </ul>	<ul style="list-style-type: none"> <li>Actively involved in implementation of anti-bullying policies and /or programs</li> </ul>	<ul style="list-style-type: none"> <li>Are aware of the anti-bullying policies and/or programs on campus/district</li> </ul>		
<b>Data Collection</b>	<b>5</b>	<b>4</b>   <b>3</b>	<b>2</b>   <b>1</b>	<b>0</b>	
	<ul style="list-style-type: none"> <li>Aware that fitness data was used to write grants or seek additional funding</li> </ul>	<ul style="list-style-type: none"> <li>Selected and participated in YRBS and provided weighted data</li> <li>Provided student or parent report from Fitnessgram to parent or guardian</li> </ul>	<ul style="list-style-type: none"> <li>Submitted fitness assessment data</li> <li>Responded to School Health Survey</li> </ul>		