Objectives

- Identify 3 school level data sources
- List 1 method of gaining administrative support for having a CSH team
- List the 8 components, and representative, of CSH
- Define the role of the School Health Index in building your schools action plan
- Demonstrate the steps of building an action plan
The Whole Child

- Healthy
- Safe
- Engaged
- Supported
- Challenged
Discussion Question

- What are the most significant barriers to learning impacting students today?

- Write down responses on your sticky note.
Responses – Public Health Professionals

- Lack of school health education
- No clinic
- Poor diet
- No full-time nurse
- No full-time counselor
- Lack of parental involvement
Responses – Public Health Professionals

- Physical inactivity
- Physical, mental, sexual abuse
- Alcohol, tobacco, other drug use
- Bullying
- Unmanaged health conditions (asthma, diabetes, etc…)
Responses – Education Professionals

- Curricula is not relevant to a student experiences
- Teaching to the test
- Bias and low expectations of staff
- Poor teacher training
Responses – Education Professionals

- Student misbehavior
- Unwelcoming school environment (old buildings, trash, unkempt ground)
- Lack of parent involvement
- Education not a funding priority
- Lacking early childhood education
Reciprocal Relationship:
Health disparities = educational disparities

- One child in four – approximately 10 million – is at risk of school failure due to social, emotional, and/or physical health problems. Every school day, more than 3,000 students drop out of high school (Dryfoos, 1998).

- The overall death rate for those with less than 12 years of education is more than twice that for people with more education (Office of Disease Prevention and Health Promotion, 2000).

- 7000 Students drop out of school every school day - 1.2 million every year!
Economic cost of drop-outs

- Nearly 600,000 students dropped out of the high school class of 2008 in the nation's 50 largest cities and surrounding areas.

- Earnings would have been more than $4.1 billion in additional income every year.

- Annual state and local tax would have jumped by nearly $536 million.

- 65 percent of these additional high school graduates would have continued to college, many earning a PhD or other professional degree.
What is the Coordinated School Health Model?
Components of a Coordinated School Health Program

Leadership

Services

School Health Services

Comprehensive School Health Education

Physical Education

School Nutrition Services

Curriculum

Family and Community Involvement in School Health

School Counseling, Psychological, and Social Services

Coordination

Partnership

Healthy School Environment

School-Site Health Promotion Staff
Strengthening prevention & intervention through coordinated learning supports

- Coordinated and integrated – “seamless system of supports” – to address the social, emotional, physical, and health needs of:
  - Students
  - Families
  - Staff
Why Coordinated School Health?

- Healthy students and healthy staff achieve more together!
- Optimal health equates to strong academic progress
School level resources for data

- Absenteeism
- Chronic illness (# students with asthma)
- Drop out rate
- Economically disadvantaged
- Staff turnover
- Test scores / grades
District-level data

- Youth Risk Surveillance Survey (YRBS)
- Profile data / Principal survey (Principal & lead health teacher)
Charlotte-Mecklenburg Schools
Data Jeopardy

Data from CMS YRBS Surveys, School Health Profiles, and School Health Data
The percentage of CMS high school students who report having been told by a doctor or nurse that they have asthma

(Hint: Remember answer in the form of a question)
What is 24.4% (High School) & 20.9% (Middle School)?
(2011, MS/HS YRBS data)
The percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of asthma during the school year.
What is 39.9% of high schools and 49% of middle schools?

(CMS SHP, 2010 Lead Health Education Teacher Survey)
The percentage of schools in which the lead health education teacher received professional development (such as workshops, conferences, continuing education, or any other kind of in-service) on asthma awareness during the past two years.
What is 46.1% of high schools and 42.3% of middle schools?

(CMS SHP, 2010 Lead Health Education Teacher Survey)
The percentage of Middle School students who report being bullied on school property.
What is

16.4%  (2009, YRBS)
45.2%  (2011, YRBS)

middle school students report they have been bullied on school property
The number of high school students who report being electronically bullied such as email, chat room, IM, website or text messaging
What is
11.9% (2009 YRBS)
16.1% (2011 YRBS)
high school students report being electronically bullied such as email, chat room, IM, website or text messaging?

*MS-19.3% report e-bullying in 2011 YRBS
The percentage of high school students who agree or strongly agree that they matter to people in their community.
What is

46% (2007 YRBS)
26.5% (2009 YRBS)
52.9% (2011 YRBS)

high school students agree that they matter to their community?
The percentage of CMS Students who report they have seriously thought about killing themselves
• What is

20% MS students (2009, YRBS)
13.9% HS students (2009, YRBS)

23.9% MS students (2011, YRBS)
14.5% HS students (2011, YRBS)

report seriously considering killing themselves?
The percentage of schools that have a full-time registered nurse who provides health services to students.
What is 63% high schools and 70% middle schools?

(CMS SHP, 2008 Principal Survey)

What is 56.% high schools and 38.5% middle schools?

(CMS SHP, 2010 Principal Survey)
The percentage of CMS high school students who report they have had sexual intercourse
What is
49.6% (2009 YRBS)
50% (2011 YRBS)
high school students?

9th grade-33.8%
10th grade-49.7%
11th grade-59.9%
12th grade-65.7%
During the past 7 days, the percentage of students that were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days.
What is
24.3% HS (2009, YRBS)
31.2% MS (2009, YRBS)

39.9 % HS (2011, YRBS)
52.7% MS (2011, YRBS)
report they have been physically active for
60 minutes per day on 5 or more of the
past 7 days?
District - Level Data

- 8% (11,235) students identified with asthma (2008-09, EOY SH)
- 19% HS, 18% MS students (2009, YRBS)

- Students with asthma miss an average of 10 days of school per year (60 classroom hours)

- Identify your own school level chronic illness data through your school nurse!
School Health Data

- 330 students identified with Type I diabetes
- 2,928 students identified with severe allergies: peanut, food, and other allergies
- 912 students identified with history of seizures
- 445 reported pregnancies: MS/HS  
  (2008-09 End of year EOY School Health data)
- **What are the numbers at your school?**
Group Activity: ask these questions at the school level to identify concerns

- Do students come to school healthy and ready to learn? (fed, clothed, immunizations, physicals)
- Are students absent from school due to health issues?
- How many students are uninsured or lack access to health care?
- What kind of free medical services and educational resources could the nurse secure for your school?
- How would full-time nurse affect school/student outcomes?
Group Activity: ask these questions at the school level to identify concerns

- Are behavioral issues distracting the educational environment of the school?
- Are teachers prepared to work with a diverse student population?
- How do we assist and communicate to improve parent involvement?
- What services exist: GED/literacy programs, ESL (Can parents help children with homework?)
- What is your student drop out rate?
Gaining support for School Health Teams

So there are challenges to address at the school & district level…

- CMS Strategic Plan 2014 (page 19 A-4) Area of Focus
  *Increasing the Graduation Rate* "Expand and strengthen intervention and coordinated school health teams in all schools."

- Here is why we want to use Coordinated School Health!
CSH focuses on:

- Social
- Emotional
- Physical
- Academic health of students

It is everyone’s responsibility!
Coordinated School Health

- Takes existing **best practices** around the health and well being of children and brings them into focus in a **systematic and coordinated** way that supports and strengthens each student’s capacity to learn
Components of a Coordinated School Health Program

1. Assemble CSH team members.
2. Identify the problem & Collect School Data. Assess needs of students, staff, parents (School Health Index)
3. Develop Annual Action Plan
4. Implement Action Plan
5. Evaluate Outcomes
6. Review and Revise Plan. Determine Next Steps
School Health Teams

- Identify health problems & concerns
- Set priorities
- Design solutions
Components of a Coordinated School Health Program
School Health Team Members

- Representative from each of the 8 components of CSH

- Anyone who is committed to the health of the school
Health Services

- School nurse
- First responder
- Secretary/office staff

• Proactive health service program helps students stay safe, healthy, and remain in school
Health Education

- Health teacher
- HOSA teacher
- PE teacher

- Curriculum to help students build health-related knowledge and skills
Nutrition Services

- Cafeteria Manager
- Cafeteria representative

- Offer nutritious food
- Develop coordinated educational activities to make healthful eating and good nutrition a priority for life
Counseling, Psychological, and Social Services

- Psychologist
- Social Worker
- Counselor
- Behavior Specialist

- Counseling/support to students
- Referrals to mental health professionals
- Work with parents to make a difference in student performance
Physical Education

- PE teachers
- School nurse
- Teacher
- Assistant teachers
- Coaches

- Encourage students to lead physically active lifestyle in and out of school
- Lifelong activity
- Recess, PE, classroom
Staff Wellness

- Teachers
- Assistant teachers
- Administrators
- Café managers
- PE teachers/Coaches
- Office staff

- Role models for students
- Highly motivated staff
- Decrease in staff absenteeism
- Healthy *students* and *staff* achieve more together
Family / Community Involvement

- Parent advocate
- PTA/PTO representative
- Community partners

- Health Promotions
- Student representative
- Relationship between parents and schools
- Increases resources to address health needs of students
Healthy School Environment

- Environmental Services Rep
- Bus Drivers
- School Safety officers
- ASEP
- Administrator

- To learn effectively, children must be in a school environment where physical, social, and emotional climate is healthy, safe, and secure
School Health Index

- Assessment tool developed by CDC
- Identifies strengths and weaknesses of school’s health promotion policies and programs
- Involve members of S.H.T. in assessment
- Develop action plan based on assessment
- Results of SHI remain at the school level

https://apps.nccd.cdc.gov/shi/default.aspx
Healthy Youth!

Welcome to the School Health Index (SHI)

A Self-Assessment and Planning Guide

The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.

Introduction: What can the SHI do for my school?

Instructions: How can my school implement the SHI?

Get Started

Participate Online
This popular self-assessment and planning tool for schools is now available online!

Participate Using a Paper Format
Just need a paper copy? Download the PDF, customize and print a copy, or order a printed copy.

Need help? Read instructions on how to use the School Health Index.

* Conditions of Use and Logon
This is a U.S. Federal Government system and shall be used only by authorized persons for authorized purposes. Users do not have a right to privacy in their use of this government system. System access, activity, and information stored or transmitted may be monitored for adherence to acceptable use policy. Users of this system hereby consent to such monitoring. Improper or illegal use detected may result in further investigation for possible disciplinary action, civil penalties, or referral to law enforcement for criminal prosecution. This system contains non-public information that must be protected from unauthorized access, disclosure, sharing, and transmission violation of which can result in legal action.
Healthy Youth!

Log out

School Health Index (SHI)
brunsavenue, Welcome to your SHI


Safety  Physical Activity  Nutrition  Tobacco Use  Asthma

Instructions  |  Modules/Questions  |  Overall Scorecard  |  Plan for Improvement

Modules/Questions

Select a Module and begin answering the Discussion Questions.

Module 1. School Health and Safety Policies and Environment

Discussion Questions  |  Scorecard and Planning Questions  |  Summary  |  Resources

Module 2. Health Education

Discussion Questions  |  Scorecard and Planning Questions  |  Summary  |  Resources

Module 3. Physical Education and Other Physical Activity Programs

Discussion Questions  |  Scorecard and Planning Questions  |  Summary  |  Resources

Module 4. Nutrition Services

Discussion Questions  |  Scorecard and Planning Questions  |  Summary  |  Resources

Module 5. Health Services
Module 1
School Health and Safety Policies and Environment

Discussion Questions
Representative school health committee (CC.1)

1. Does the school have a representative* committee that meets at least twice a year and oversees school health and safety policies and programs?

*Representative means that it includes relevant members of the school and local communities (e.g., parents, students, teachers, administrators, food service staff, nurses, coaches, counselors) and members of health departments, community organizations, and law enforcement agencies.

- Yes.
- There is a committee that does this, but it could be more representative.
- There is a committee, but it is not representative, or it meets less often than twice a year.
## Overall Scorecard

For each module, an "X" appears where the module score falls. Use these scores to create a Plan for Improvement.

<table>
<thead>
<tr>
<th>Module</th>
<th>Low 0-20%</th>
<th>21-40%</th>
<th>41-50%</th>
<th>61-80%</th>
<th>81-100%</th>
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<td>Module 2 - Health Education</td>
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<tr>
<td>Module 3 - Physical Education and Other Physical Activity Programs</td>
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<td>Module 5 - Health Services</td>
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<td>Module 6 - Counseling, Psychological, and Social Services</td>
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<td>Module 7 - Health Promotion for Staff</td>
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## School Annual Action Plan Example

**School Health Team**  
**Annual Action Plan 2009-10 School Year**

**Members Present:** Principal, PE teacher, counselor, nurse, custodian, parent advocate, café manager, teacher

### Goal/Need:
81 students diagnosed with asthma (13%), 911 call for student, & staff, student, parent lack of asthma knowledge

### Objective:
Provide asthma education and resources to students, staff, and families. All students with asthma will have quick-relief inhaler at school.

<table>
<thead>
<tr>
<th>Action Item/Activity</th>
<th>Steps</th>
<th>Date/Time</th>
<th>Person Responsible /Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop a year long schedule of health education activities to address asthma and other health related issues for Students, Staff, and Families</td>
<td>Set Calendar dates for school health team meetings and in-services</td>
<td>Post</td>
<td>Post</td>
</tr>
</tbody>
</table>
| **Students:**  
1. Asthma Education-Open Airways Asthma Classes (Kickin Asthma) | 1. Identify students, form roster, parent permission  
Schedule classes  
convene classes  
2. Case Manage Students with asthma who are treated in ED  
3. ACT test for medium / high need SWA | 1. Oct 07-met  
Nov 07-met  
2/08-sched.  
09/07-ongoing | School nurse, PE teacher, Asthma Ed. Program  
Nurse, AEP |
| 2. School Nurse Asthma Case Management  
3. ACT test for medium / high need SWA |                                                                      |                |                                               |
| **Staff:**  
1. Annual staff health training : services: allergies/epi-pen, asthma, diabetes, seizures.  
2. Asthma trigger in-service | 1. Coordinate with Principal and Schedule training at staff meeting  
2. Asthma in service on asthma triggers to raise awareness and decrease student exposure to asthma triggers | 09/07-met  
02/08-sched. | School nurse, PE teacher  
School Nurse, CMS  
Asthma Education Program, CMS Environmental Health and Safety |
| **Families:**  
1. Parent Asthma class  
2. Parent health resource center | 1. Provide asthma in-service to parents @ PTA mtng.  
2. Provide asthma pamphlets, books, & resources to parents in media center | 01/08-met  
01/08-ongoing | School Health Team, nurse  
School Health Team, AEP, media center, Nurse |
Team Development Process

• “NEW” team, subcommittee of School Leadership Team (SLT), part of an existing committee that reports to the SLT

• Teams meet: quarterly, monthly, or more frequently as action items are addressed (Wellness Days, acute health/school issues)

• Annually choose a Team Leader or facilitator (Not School Nurse), secretary/note-taker

• Present action plan / improvement plan to administrator/Principal
Benefits of School Health Teams

- Create ownership of school issues
- Acquire tools: School Health Index
- Develop programs specific for school needs & population
- Increase internal capacity for change
  - School level environmental (school culture) changes
Benefit for our STUDENTS

- Support students to be present in school & GRADUATE!
- Health awareness
- Improved student academic performance
- Cooperation / collaboration between parents, teachers, community
Benefit for our _SCHOOLS_

- **More positive spirit** among educators and their students
- **Improved behavior** in the classroom
- **Culture change** to improve behavior, minimize distraction to academics
- **Workshops/professional development** on cultural diversity, behavior, health (mental/physical)
Benefit for our Communities

- Family literacy programs help break the cycle of poverty and illiteracy
- CSH promotes school success for students, improves child attendance and behavior
- Prepares youth for college and beyond to become productive members of their community
- Economic: Increased wages, increased human capital, increased tax revenue
Evaluating school health teams

- Ongoing process
- Review action plan, make revisions as needed
- Are action items being met on time by appropriate person?
- Repeat SHI every two-three years
- At the end of each school year, take time to measure and recognize the progress and accomplishments of previous year
Components of a Coordinated School Health Program

- Health Services
- School Environment
- Health Education
- Counseling, Psychological, & Social Services
- Nutrition Services
- Family & Community Services
- Physical Education
- Staff Wellness
Develop a School Health Team / Build an Action Plan

Group Activity Steps:

1) Identify problem & collect school data
2) Assess needs of students, staff, and families
3) Develop an action plan
4) Implement action plan
5) Evaluate outcomes
6) Review and revise plan & determine next steps

**Complete steps 1-3**
Take home message – Remember…

- Plan for change in baby steps
- Reward and celebrate change
- Keep your eye on the prize for something that helps kids be **FIT, HEALTHY** and **READY TO LEARN!**
Resources

www.cdc.gov/healthyyouth
www.nchealthyschools.org
www.actionforhealthykids.org
www.schoolhealth.info
www.beactivekids.org
www.ncpe4me.com
www.fns.usda.gov
www.cms.k12.nc.us  keyword: coordinated school health
Objectives

- Identify 3 school level data sources
- List 1 method of gaining administrative support for having a CSH team
- List the 8 components, and representative, of CSH
- Define the role of the School Health Index in building your schools action plan
- Demonstrate the steps of building an action plan
Local Resources

CMS Coordinated School Health
- www.cms.k12.nc.us
- keyword: Coordinated School Health
- Nancy.langenfeld@cms.k12.nc.us

CMS Asthma Education Program
- www.cms.k12.nc.us
- keyword: Asthma
- Beth.burton@carolinasashealthcare.org
- Kelly.reeves@carolinasashealthcare.org
Engaging students - Healthy students and healthy staff achieve more together!