



**2012-13**

**Program and  
Institute Booklet**

# Introduction

This program booklet was developed to explain the Health Promotion Schools of Excellence (HPSE) Program and to provide the most up-to-date information. The booklet was designed so that anyone who is interested can understand the entire program and the implementation process.

The booklet is divided into sections. Section I provides a program summary and the full details of our 2012 Summer Health Institute, along with an explanation of Coordinated School Health (CSH) programming. Section II is a listing of current HPSE schools and contact information for school-site coordinators. Section III includes HPSE staff and community partners. The appendix contains the program application.

Within each section, HPSE describes each component of the program, ranging from its mission to its school-site implementation. We have made every effort to provide the correct information throughout this document. We apologize for any information that may have changed after the time of printing. Do not hesitate to contact the HPSE Program Office at **485-7920** with any questions you may have or for any additional program information.

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## From the Superintendent

Good health habits are essential to academic success and living a long and productive life. But, when you consider the many health challenges we face as a community, it is clear that changes must be made. A renewed commitment to healthy habits is key to reversing current trends, from the growing number of children and adults who are obese to the percentages of Americans who suffer from chronic illnesses like heart disease and diabetes. It is also why the work of the HPSE Program is center stage.

HPSE is a model for the Jefferson County Public School (JCPS) District and for the Louisville community. The work that HPSE has accomplished during the past 20 years reflects the organization's mission—to promote and maintain healthy lifestyles and to reduce health-risk behaviors of students, staff, and parents—and supports the district's Goal 4: All schools are staffed, resourced, and equipped to support student needs.

The district's emphasis on nutritious snacks and meals, our support of children's access to medical care, our promotion of exercise and physical activity, and our continued funding of nurses in targeted schools illustrate that JCPS is serious about student health.

The collaboration among HPSE and other organizations has been instrumental in achieving these goals and reflects one of the district's core values: Partnerships among schools, families, and community are important for the health and well-being of our students.

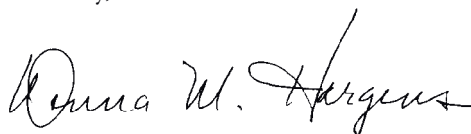
As you participate in this year's institute, I am confident you will receive not only food for thought but also a call to action that will strengthen your individual and

collective resolve to develop, refine, and enhance strategies that promote good health among staff as well as students. Hopefully, these initiatives will involve families and lead to a nutrition policy that is far-reaching. Your work is setting high standards for school districts throughout Kentucky and across the nation that seek to replicate your efforts and your success.

As a member of the HPSE team, you can help the district create a culture that promotes a healthy learning environment. Within this culture, students are more alert and better able to concentrate. Absenteeism is lower. Achievement is higher. Professional-development (PD) training provides district staff members with the knowledge and ability to make health-related changes to enhance their daily lives. And, beyond the school walls, students share their knowledge of health issues with their families, which promotes healthy living in the home.

I support your continued efforts to develop innovative programs that will strengthen both our schools and the larger community through healthy learning and healthy living.

Sincerely,



Donna M. Hargens, Ed.D.  
Superintendent, JCPS



## From the Coordinator

Dear All,

Thank you to everyone who has helped make HPSE a success in implementing CSH Programs. With all groups working together, we have come up with better ideas and more streamlined plans, which eliminates duplication of efforts. Following the CSH process when planning is not easy because everyone has their own ideas and current way of doing things. However, following this process shows the strength and abilities of those who are working through the process. It also shows that the number one priority is the health and well-being of the students.

The HPSE staff and I have looked at the requirements, past budgetary expenses, data sets, and funding. As we have expected, program funding has become tighter. This issue was discussed at the onset of the program in 1992, and the consensus then was that if we teach the schools how to implement CSH Programs and the schools learn how to access resources from the community and to streamline their programming, then they will be able to continue to run successful health programs for their schools. At that time, we also discussed that schools and districts would have to start institutionalizing programs and setting new health policies to reinforce the work of CSH.

Before awarding any funding, we will make sure requirements are met and will look at what funding expenses schools have put in their proposed budgets and prioritize them. We have reviewed previous years' expenditures, and in most cases, we believe programs can and will continue even without funding. **You—as school representatives, coordinators, committee members, and administrators—have done a remarkable job running successful CSH programs.**

We wish you well this year in implementing your programs, activities, and policy changes, and of course, we will be there to support you. The HPSE Program specialists will assist you with planning physical and vaccine clinics, in conjunction with the nurse practitioners from Health Services. They will also help conduct the Active for Life Program for staff and many other important health-related activities in order to improve the health of students, staff, and parents by combating cardiovascular disease, cancer, and injuries and improving physical fitness levels. Have a great year, and thank you again for everything you do to improve the health of our school families!

Sincerely,

*Bonnie Ciarroccki*

Bonnie Ciarroccki, MAT, MCHES  
Coordinator HPSE and Health Services



# Section I

## Program Summary



# Section I

## Program Summary Mission

HPSE is a Coordinated School Health (CSH) Program designed to promote and maintain healthy lifestyles and to reduce health-risk behaviors of students, staff, and parents.

### Goals

Our goals are directly in line with our HPSE partnering agencies' goals. We strive to improve health knowledge, attitudes, skills, and behavior related to:

- Cardiovascular disease.
- Cancer prevention and early detection.
- Injury prevention.
- Physical fitness.

### HPSE Specialists

The HPSE Program is a branch of JCPS Health Services. HPSE Program Specialists assist their assigned schools by:

- Spearheading the HPSE cross-country program for students, securing medals, ensuring that all paperwork is submitted before students participate, and making sure coaches are trained accordingly.
- Meeting with assigned schools' HPSE Committee once a month to develop plans, review data, and conduct applicable programs.
- Assisting schools with fitness testing, including walk/run and height and weight to measure body mass index (BMI).
- Assisting schools with data entry, reviewing data for preparation of parent reports, and delivering the reports.
- Preparing and distributing health education materials, including reports, bulletins, and such visual aids as data reports, photographs, and posters to HPSE schools.
- Developing and presenting health education and promotion programs, such as classroom nutrition lessons, hand-washing lessons, CSH training workshops, and professional development for school staff and parents.
- Assisting schools with Program Review.
- Assisting school staff in implementing health programs and objectives and meeting HPSE goals and requirements.
- Assisting schools with Physical Education for Progress (PEP) grant requirements (e.g., uploading pedometer steps to Web site, Y5210 surveys and challenge cards, 3DPAR online survey).

## School Process and Implementation

### Application Process

Each school must submit an application to be considered for participation in the HPSE Program. Participating schools form an HPSE Committee to serve as their school health council and actively work toward a sustainable wellness policy. HPSE schools will implement CSH policies and practices in each of the eight areas of CSH, which will help meet the demonstrator goals of the Kentucky Department of Education (KDE) Program Review for Practical Living/Career Studies. See Appendix A for a copy of the complete HPSE Program application.

### School Requirements

The application includes a commitment to meeting certain requirements. The requirements include:

- Retaining a school-site HPSE coordinator to spearhead the program.
- Maintaining a five-person HPSE Committee to meet monthly and to help plan and implement the program.
- Sending representatives of the school HPSE Committee to the Summer Health Institute.
- Notifying parents concerning the school's participation in the program, informing them of the assessments being administered, and providing exemption forms.
- Administering Physical Best assessments.
- Sending reports and updates home to parents.
- Sharing the school's Physical Best summary data report with the school HPSE Committee and administrators.

### Physical Best Testing

- The Physical Best test is administered in the fall (pretest) and the spring (posttest). All kindergarten through grade-five students and all students in sixth through twelfth grades who participate in a health and/or PE class are tested.
- Each HPSE school is required to administer a 1-mile walk/run (1/2-mile option for 5- to 9-year-olds only) and to measure each student's height and weight to determine BMI. Schools may opt to administer sit-ups, pull-ups, and sit-reach testing as additional assessments.
- Each student's walk/run results are compared to standards set by the American Alliance for Health Physical Education Recreation and Dance (AAHPERD).
- In the fall and spring, parents receive the Physical Best Health Report Card, which explains their child's test results.
- BMI results are plotted on a Centers for Disease Control and Prevention (CDC) growth chart to determine BMI-for-age status and percentile range.

See Appendix for more details on Physical Best testing.

# Summer Health Institute

The institute provides an arena for school representatives to increase their knowledge and to learn behavior-change strategies. Each day of the institute is dedicated to health promotion ideas/activities that allow participants to help their school site coordinator and HPSE Committee implement a successful HPSE Program. Presentations are given on topics that range from personal health to tools to teach students about behavior modification and health education. The agenda at the 2012 Institute offered such presentations as Concussions and Sports, Bullying Prevention, and Immunization Clinics. Each day of the 2012 Institute was held in the Founders Union, located on the University of Louisville (UofL) Shelby Campus. Schools sent up to five representatives who will each receive 12 hours of PD.

Agendas were designed to assist schools with learning about evidence-based strategies and curricula in each of the eight areas of CSH to implement at their respective schools. Each day, the eight components of CSH were addressed in some capacity in order to provide examples of how schools can address all eight areas for a more successful program. Day three of the 2012 institute was an optional day where participants could receive Adult and Child CPR/AED and first aid training. Six hours of PD were provided to those who attended.

On behalf of the HPSE staff and the Program Advisory and Oversight Committee, we express our sincere appreciation to the Planning Committee and speakers for helping conduct a successful institute. If you have any questions, see any HPSE Program staff member.

## Day One: June 11, 2012

**7-8 a.m.**

Registration in Room 218A

**8-8:05 a.m.**

Welcome, Introduction, and Announcements  
*Tracy Monks*, Program Specialist, Health Promotion Schools of Excellence (HPSE)

**8:05-8:35 a.m.**



**Opening Keynote Address**

**Making the Connection**

*Steve Tarver*, President and CEO,  
YMCA of Greater Louisville

**8:35-9:05 a.m.**

**Health Education**

**Concussions and Sports**

*Crista Manley*, Certified Athletic Trainer,  
Moore Traditional School

**9:05-10 a.m.**

**Program Review**

*Stephanie Bunge*, Health Program  
Administrator, Coordinated School Health  
Team, Kentucky Department of Education  
(KDE)

*Margie Eckerle*, Director of Effectiveness, JCPS

**10-10:15 a.m.**

Activity Break  
*Sonny Baker*, YMCA

**10:15-11 a.m.**

**Stress Management Inside and Outside  
the Classroom**

*Courtney Rodewig*, LCSW, Our Lady of Peace

**11 a.m.-12 noon**

Lunch (on your own)

**12 noon-1 p.m.**

**Physical Activity**

**Y5210: What the Data Says**

*Mike Bramer*, Director of Healthy Actions,  
YMCA of Greater Louisville

**Physical Best Data Review**

*Nikki Boyd-Westenhofer*, Program Specialist,  
HPSE

**Extracurricular Programming:  
The "How-To" and the Benefits of  
Implementing a Cross-Country  
Program**

*Craig Hammons*, Program Specialist, HPSE

**1-1:45 p.m.**



**Mayor's Healthy Hometown**

*LaQuandra Nesbitt*, M.D., Director,  
Louisville Metro Department of Public  
Health and Wellness

**1:45-2:30 p.m.**

**Nutrition Services**

**The Importance and "How-To" of  
Nutrition Policymaking**

*Julia Bauscher*, Director, Jefferson County  
Public Schools (JCPS) Nutrition Services  
*Shawna Stenton*, Specialist II—School-Based  
Decision Making (SBDM), JCPS Community  
Support Services



**2:45 p.m.**

Recap, Announcements, and Evaluations  
*Tracy Monks*, Program Specialist, HPSE



# 2012 Health Promotion Schools of Excellence Summer Health Institute



UofL Shelby Campus • Delphi Center for Teaching and Learning • Founders Union • 9001 Shelbyville Road

## Day Two: June 12, 2012

**7-8 a.m.**

Registration in Room 218A

**8-8:10 a.m.**

Welcome, Introduction, and Announcements  
*Tracy Monks, Program Specialist, HPSE*

**8:10-9 a.m.**

**Health Promotion for Staff**

**Staff Wellness Survey**

*Stefanie Bramer, Program Specialist, HPSE*

**Summit Health Screenings**

*Mindy Wallin, Humana Wellness Consultant*

**Active for Life**

*Tina Zeff, Corporate Systems Director, American Cancer Society*



**9-10:30 a.m.**

**Family and Community Involvement**

**Dress in Blue Day**

*Jamie Wientjes, Cancer Control Specialist, Kentucky Cancer Program*

**HPSE Family Health and Fitness Night**

*Erika McGowan, PE Teacher, Johnstontown Road Elementary*

*Leesa Mattingly, Breast Health Patient Navigator, Norton Cancer Institute*

*Joanna Couch, Clinical Educator, Norton Cancer Institute Resource Center*

*Ellie Schweizer, Community Health Supervisor, Louisville Metro Department of Public Health and Wellness*

**10:30-11 a.m.**

**Counseling, Psychological and Social Services**

**Bullying Prevention Best Practices**

*Cheryl Dolson, Resource Teacher, JCPS Safe and Drug-Free Schools*

**11 a.m.-12 noon**

Lunch (on your own)

**12 noon-1:15 p.m.**

**Healthy and Safe School Environment**

**Child Passenger Safety Week**

*Kinzie Evard, Child Passenger Safety, Kosair Children's Hospital Office of Child Advocacy*

**Kentucky Green and Healthy Schools**

*Merin Roseman, Coordinator, Kentucky Green and Healthy Schools*



**1:15-1:30 p.m.**

Activity Break

**1:30-2:30 p.m.**

**Health Services**

**Immunization Clinics**

*Laura Donahue, Megan Habich, Angela Hayes, Lori Huffman, Mary Texas, and Holly Walker, JCPS Health Services Nurse Practitioners*

**Handwashing: Clean Hands Save Lives**

*JCPS Health Services Nurse Practitioners*

**2:45 p.m.**

Recap, Announcements, and Evaluations  
*Tracy Monks, Program Specialist, HPSE*

**Day three** of the 2012 Institute was an optional day where participants could receive adult and child CPR/AED and first aid training. Attendees received six hours of PD.



## CSH Process

HPSE adopted CSH to follow as a guide in implementing curriculum and evidence-based programs into HPSE schools throughout the year. CSH is endorsed by the CDC and is used to teach healthy behaviors and to encourage their practice by young people. It empowers students with the knowledge and skills they need to make smart choices in life. Keeping this in mind, the creators of the CSH model looked at ways that schools could combine education with other support systems to encourage the adoption and maintenance of healthy behaviors to last a lifetime. CSH includes school staff members and parents in order to reinforce what students are learning and striving to attain. The incorporation of education and strategies helps improve the health knowledge of staff and parents and helps them implement more positive health practices and behaviors in their lives. This helps lead to students' observing their adult role models' lives and practicing what they see demonstrated. CSH has positively affected students' academic achievement and increased healthy behaviors (National Association of State Boards of Education, *Making the Connection: Health and Student Achievement*).

### CSH is about:

- Involving parents.
- Keeping students healthy over time.
- Supporting a student's capacity to learn.
- Imparting skills, knowledge, and judgment to help students make smart choices for life.
- Reinforcing positive behaviors throughout the school day.
- Making it clear that good health and learning go hand-in-hand.
- Helping young people grow into healthy, productive adults.
- Focusing on the physical and emotional well-being of students.
- Coordinating parents, schools, administrators, and communities as key partners.

### Benefits of CSH

People in different parts of the country report that the benefits of a CSH approach include:

- Reduced school absenteeism.
- Fewer behavior problems in the classroom.
- Improved student performance.
- New levels of cooperation among parents, teachers, and organizations.
- A more positive spirit between educators and students.
- The fact that health awareness is made a part of the fabric of students' lives and they are more prepared to become productive members of society.

The CDC developed a School Health Index (SHI) to use as an assessment and planning tool for CSH initiatives. The SHI was developed to provide schools with a tool to assess their policies and programs in relation to the recommendations of CDC school health guidelines. The SHI, which is designed for both elementary and middle/high school use, allows individuals in the school community to sit down and plan as a group, instead of having one plan for the entire school. The SHI identifies the eight components that are essential to creating a program of greatest benefit to students, staff, parents, and school communities. These CSH components are as follows:

- Physical Education
- Nutrition Services
- Health Services
- Health Promotion for Staff
- Family/Community Involvement
- Counseling, Psychological and Social Services
- Healthy and Safe School Environment
- Health Education

# Coordinated School Health Programs\*

## Total Served (N=144,358)

### 2011-12 School Year



\* Various examples of CSH program, not inclusive of all programs

## CSH Components

The following reflects the required HPSE Programs being implemented for each of the eight components of CSH. The programs may be in collaboration with other JCPS departments, community agencies, HPSE sponsors, and/or funding partners.



### Physical Education

Physical activity can build self-esteem and leadership skills, lower the risk of cardiovascular and other chronic diseases, reduce stress, and improve energy. In addition, regular physical activity can help individuals maintain a healthy weight. Recent research has shown that children who are physically active and fit are likely to have stronger academic performance.

To address the **Physical Education** component, each HPSE school must work toward achievement of the following:

Collect and report Physical Best data on all kindergarten through grade-five students and all grade-six through grade-twelve students enrolled in a PE and/or health class.

- **Pretest is due September 28, 2012.**
- **Posttest is due April 5, 2013.**
- **Required** assessments are height/weight measurements for BMI, half-mile walk/run for kindergarten through grade-two students, and 1-mile walk/run for students in grades three through twelve.
- **Optional** assessments are sit-ups, sit and reach, and push-ups.

Have at least three classrooms apply to and successfully implement the Y5210 Program (kindergarten through grade five **only**).

- Contact your assigned HPSE Program specialist for application instructions.

Offer opportunities for physical activity for students through extracurricular programs, clubs, etc.

Revise your school wellness policy to address:

- Not restricting physical education or recess due to behavior issues.
- Conducting daily ten-minute physical activity in addition to physical education for prekindergarten through grade-nine students (can include structured play during recess **or** the Y5210 Program).

#### Program Review: PL/CS Demonstrator

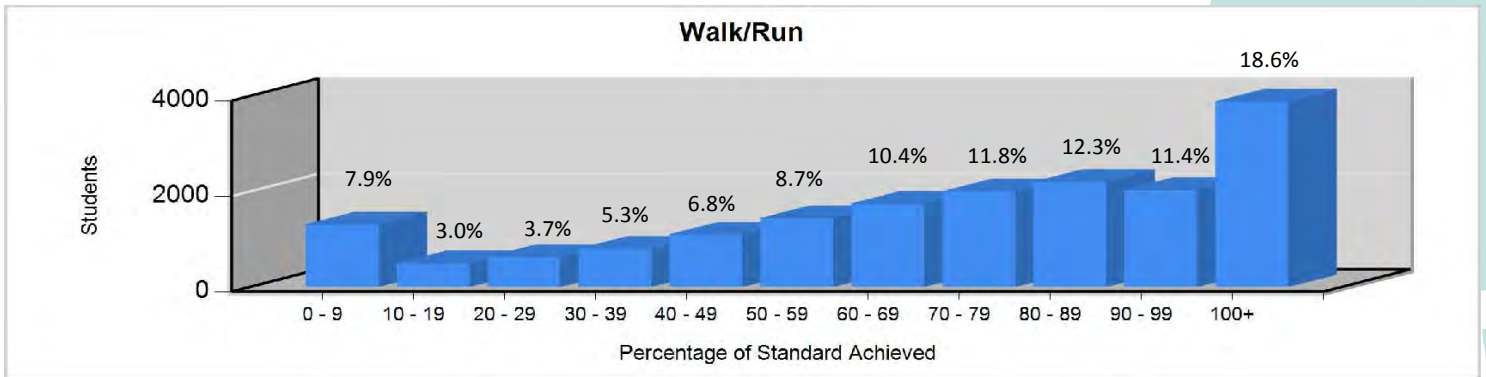
**Curriculum and Instruction**  
**Demonstrator 2 Aligned and Rigorous Curriculum**  
**Physical Education**  
**Formative and Summative Assessments**  
**Demonstrator 2 Expectations for Student Learning**

**Curriculum and Instruction**  
**Demonstrator 2 Aligned and Rigorous Curriculum**  
**Physical Education**

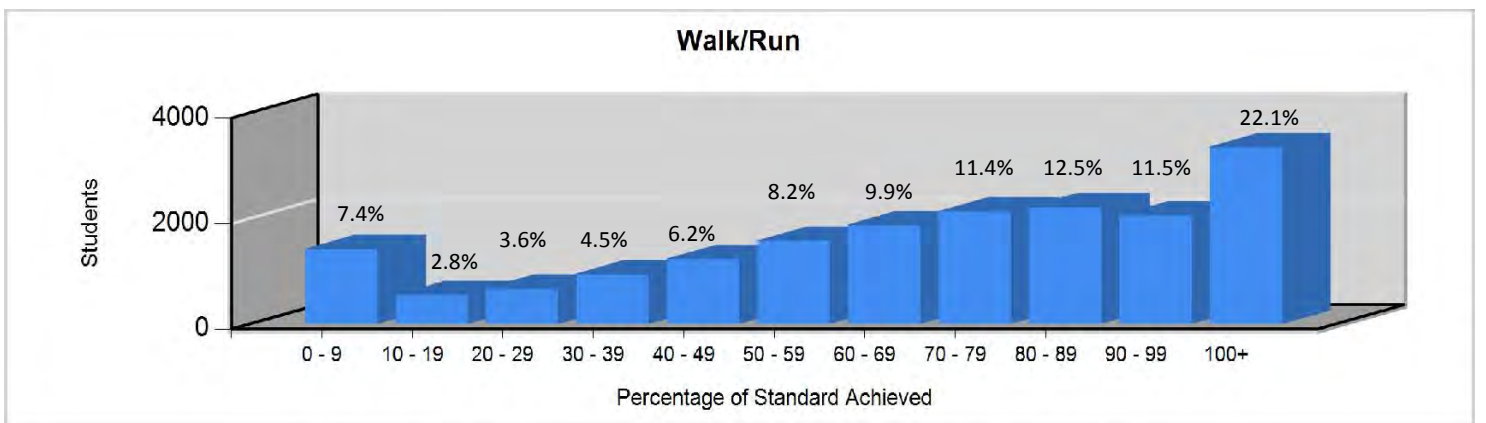
**Curriculum and Instruction**  
**Demonstrator 2 Aligned and Rigorous Curriculum**  
**Physical Education**

**Administrative/Leadership Support and Monitoring**  
**Demonstrator 3 Policy and Monitoring**

## All HPSE Schools Physical Best Pretest Fall 2011



## All HPSE Schools Physical Best Posttest Spring 2012





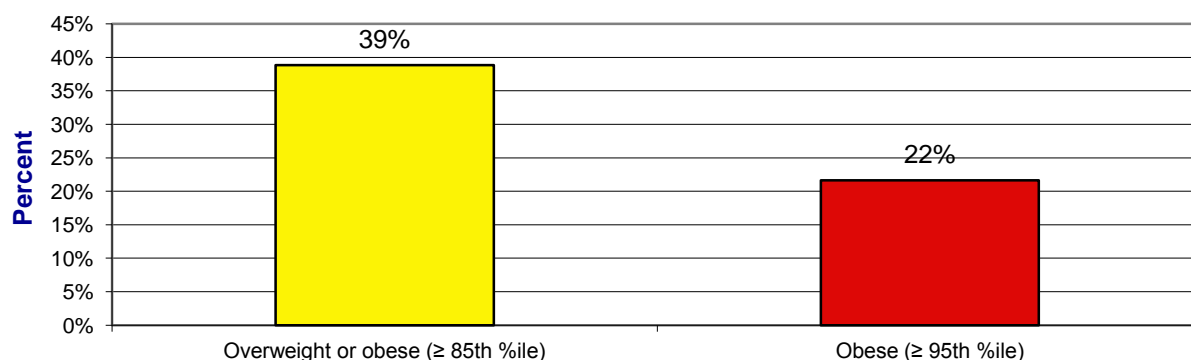
## Health Promotion Schools of Excellence

### All HPSE/JCPS 2011-2012 Pre-Summary BMI-for-Age

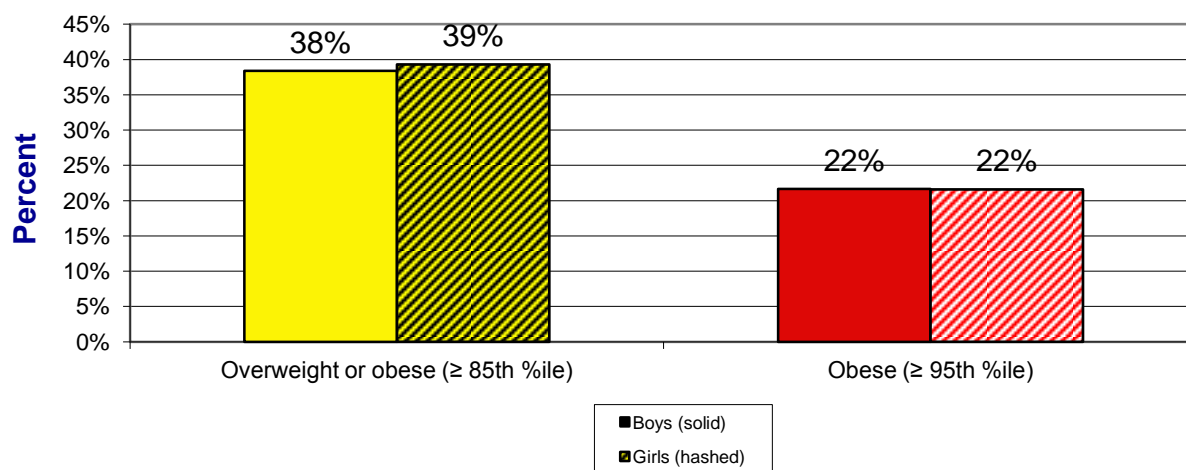
	Boys	Girls	Total
Number of children assessed:	9632	8966	18598
Underweight (< 5th %ile)	3%	3%	3%
Normal BMI (5th - 85th %ile)	59%	58%	58%
Overweight or obese (≥ 85th %ile)*	38%	39%	39%
Obese (≥ 95th %ile)	22%	22%	22%

\*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

#### Prevalence of Overweight and Obesity



#### Prevalence of Overweight and Obesity, by Sex



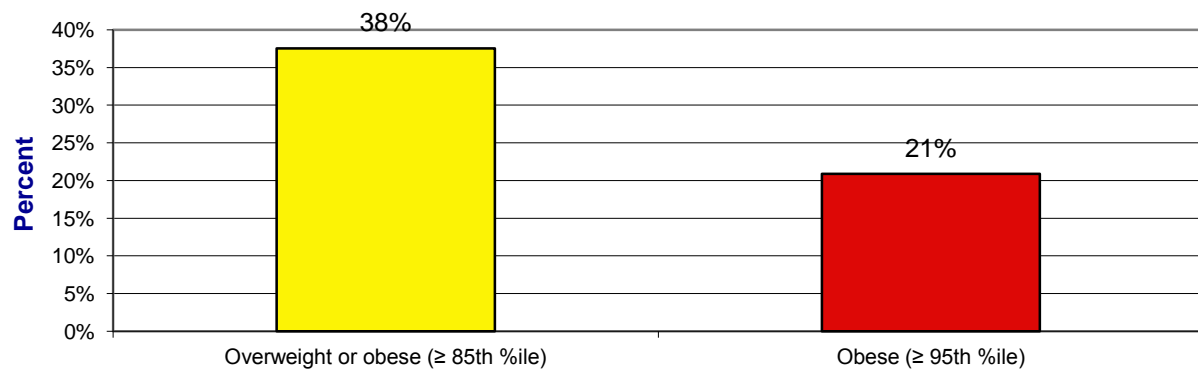
## Health Promotion Schools of Excellence

### All HPSE/JCPS 2011-2012 Post-Summary BMI-for-Age

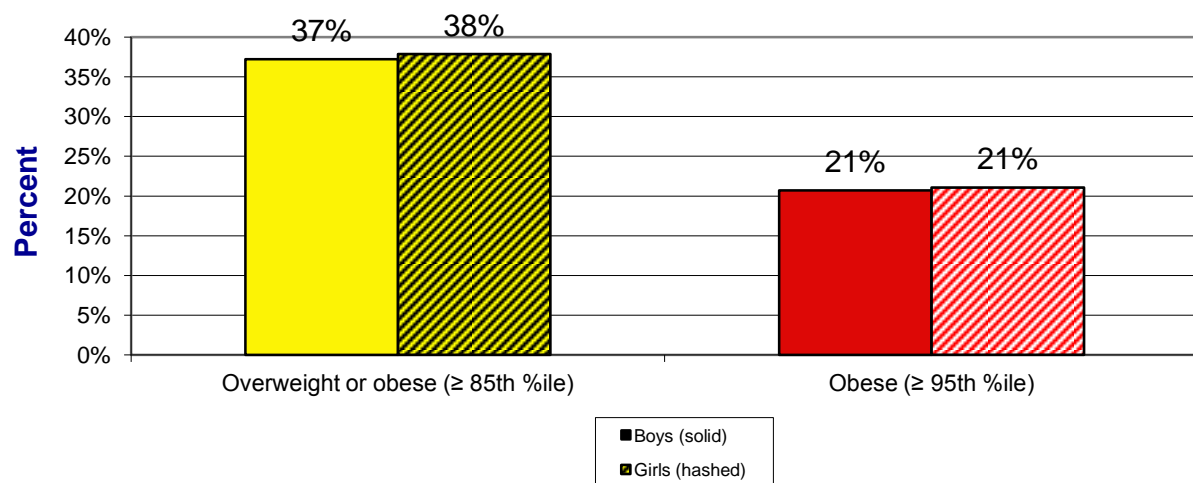
	Boys	Girls	Total
Number of children assessed:	9523	8749	18272
Underweight (< 5th %ile)	3%	3%	3%
Normal BMI (5th - 85th %ile)	60%	59%	59%
Overweight or obese ( $\geq$ 85th %ile)*	37%	38%	38%
Obese ( $\geq$ 95th %ile)	21%	21%	21%

\*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

#### Prevalence of Overweight and Obesity



#### Prevalence of Overweight and Obesity, by Sex





## Nutrition Services

Nutrition plays a big role in overall health. Students often eat one or two meals a day at school, which in many cases may be their only nutritional intake for the entire day. Visit the JCPS Nutrition Services Web site to see the District Wellness Policy and for more information on alternatives to food as rewards, healthy classroom celebrations, and healthy fundraisers.



To address the **Nutrition Services** component, each HPSE school must work toward achievement of the following:

Work toward implementing **at least one** policy related to food and beverages available to students throughout the school day (includes parties, rewards, and school events):

- School vending machines
- Healthy concessions
- School snacks
- Healthy fundraising
- Healthy food offerings at any school functions/meetings where food is served

### Program Review: PL/CS Demonstrator

**Administrative/Leadership Support and Monitoring Demonstrator 3 Policy and Monitoring**

**District Wellness Policy  
Web Site**



**Nutrition Services  
Web Site**





## Health Services

Growing kids require a regular health-maintenance program that includes immunizations, dental checkups, physicals, hearing exams, and eye exams.



To address the **Health Services** component, each HPSE school must work toward achievement of the following:

### Program Review: PL/CS Demonstrator

To increase compliance rates, schedule exam clinic(s) via JCPS Health Services nurse practitioners (**485-3387**) for the following:

- Physical Exams for Initial Entry and sixth grade
- Immunization Certificate for required vaccinations
- Seasonal Flu Clinic (if applicable for the district)
- Dental exams for 5- or 6-year-olds
- Contact your assigned JCPS nurse practitioner to discuss available resources for vision exams for 3-, 4-, 5-, and 6-year-olds upon initial entry.

Conduct hand-washing lessons in each classroom to prevent the spread of communicable diseases. Specify how often and when. Select one:

- School nurse (if applicable)
- PACS NOW: Contact Deidra Abel at **468-3015** or [deidra@pacs-ky.org](mailto:deidra@pacs-ky.org).
- HPSE Program specialist: **485-7920**
- Addressed in science, health, or chemistry classes
- Schoolwide video

### Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Health Education

### Health Services Web Site







## Health Promotion for Staff

Educators and school staff members are important role models. Successful schools have healthy, highly motivated staff members with low rates of absenteeism.



To address the **Health Promotion for Staff** component, each HPSE school must work toward achievement of the following:

Conduct the HPSE Staff Wellness Survey, and plan one program based on the wants/needs of staff.

- Will be provided by the HPSE Office

Schedule staff health screenings through Humana/Summit Health.

- Contact Mindy Wallin at **476-5606** or **mwallin@humana.com** to schedule.

Implement the American Cancer Society's ten-week Active for Life workplace physical activity program in January 2013.

- Visit **activeforlife.org** for more information and to register.

Revise your school wellness policy to work toward a tobacco-free campus.

**HPSE Staff  
Wellness Survey**





## Family and Community Involvement

A close working relationship between parents and schools offers significant benefits to health promotion. Parents, businesses, community groups, and schools can form powerful coalitions to address students' health needs.



To address the **Family and Community Involvement** component, each HPSE school must work toward achievement of the following:

Conduct at least one event outside the school day that incorporates a variety of interactive health topics and has community involvement.  
\*This program will tie in to the Program Review only if it is a student-led activity.

**Curriculum and Instruction  
Demonstrator 4  
Student Performance**

Send home literature to parents about Healthy Celebrations.  
• See the JCPS Nutrition Services Web site (click on *Nutrition Data and Education*) and the district wellness policy.

**Curriculum and Instruction  
Demonstrator 2 Aligned and Rigorous Curriculum  
Consumer/Financial Literacy**

Plan for Dress in Blue Day (typically the first Friday in March) to promote colon cancer awareness and prevention.  
• Program specialists will provide the program materials.

**Healthy Classroom  
Celebrations**





## Counseling, Psychological and Social Services



Many students have the added stress of coping with emotional challenges, which may negatively influence learning.



To address the **Counseling, Psychological and Social Services** component, each HPSE school must work toward achievement of the following:

Complete the JCPS Safe and Drug-Free Schools “Best Practices Checklist” to address bullying. Visit the Safe and Drug-Free Schools employee page on the JCPS Web site.

- Under *Violence Prevention*, click on *Bullying Guide*. Select either elementary or middle/high. From here, select *Best Practices Checklist*.

**Curriculum and Instruction  
Demonstrator 3  
Instructional Strategies**

**Bullying Best Practices  
Checklists**





## Healthy and Safe School Environment

To learn effectively, children must feel comfortable and supported, attend a safe, properly functioning school; and have minimal distractions.



To address the **Healthy and Safe School Environment** component, each HPSE school must work toward achievement of the following:

- Conduct an annual seatbelt/carseat check to reinforce the message of adult and child passenger safety during Child Passenger Safety Week (**September 16–22, 2012**). For more information, visit [nhtsa.gov](http://nhtsa.gov).

**Curriculum and Instruction**  
**Demonstrator 2 Aligned and Rigorous Curriculum**  
**Health Education**

- Become a Kentucky Green and Healthy Schools Candidate School, following the steps given on the Kentucky Green and Healthy Schools Web site.
- Schools must then conduct any **one** of the following Kentucky Green and Healthy Schools Inventory assessments: Energy, Green Spaces, Hazardous Chemicals, Health and Safety, Solid Waste, Transportation, Instructional Leadership, or Indoor Air Quality.
- Visit the Kentucky Green and Healthy Schools Web site at <http://greenschools.ky.gov>.

**Curriculum and Instruction**  
**Demonstrator 2 Aligned and Rigorous Curriculum**  
**Consumer/Financial Literacy**

**Kentucky Green and  
Healthy Schools  
Web Site**







## Health Education

School staff can work together to develop an ongoing approach to help students in kindergarten through high school learn health-related information and skills.



To address the **Health Education** component, each HPSE school must work toward achievement of the following:

Identify the persons responsible for making sure that health education is covered in classrooms.

JCPS Gheens Academy  
for Curricular Excellence  
and Instructional  
Leadership Curriculum  
Maps



# Section II

## Selected Schools for the 2012-13 School Year



# Section II

## Selected Schools for the 2012-13 School Year

### Two Years

Myers Middle  
Meyzeek Middle  
Moore Traditional (Middle) School

### Five Years

Olmsted Academy South

### Six Years

Blue Lick Elementary  
Fairdale High  
Liberty High  
Sanders Elementary  
Semple Elementary  
Shelby Traditional Academy

### Seven Years

Brandeis Elementary  
Churchill Park School  
Slaughter Elementary

### Eight Years

Hawthorne Elementary  
Dawson-Orman Education Center  
Lowe Elementary  
Moore Traditional (High) School  
Stonestreet Elementary  
Watson Lane Elementary  
Watterson Elementary  
Young Elementary

### Ten Years

Johnsontown Road Elementary

### Twelve Years

Fern Creek Traditional High  
Gutermuth Elementary

### Fourteen Years

Jeffersontown Elementary  
Rangeland Elementary

### Fifteen Years

Indian Trail Elementary  
Wilkerson Traditional Elementary

### Sixteen Years

Eisenhower Elementary  
Farnsley Middle

### Seventeen Years

Foster Traditional Academy  
Kennedy Montessori Elementary  
Layne Elementary  
Medora Elementary

### Eighteen Years

Auburndale Elementary  
Dixie Elementary

### Nineteen Years

Waller-Williams Environmental

### Twenty Years

Bates Elementary  
Cochrane Elementary  
Hazelwood Elementary

### Charter Schools—

#### Twenty-One Years

Crums Lane Elementary  
Dunn Elementary  
Greathouse/Shryock Traditional Elementary  
Greenwood Elementary  
Jacob Elementary  
Lassiter Middle  
Wellington Elementary





## HPSE School Contact Information

Auburndale Elementary (Location No. 127)	
5749 New Cut Road Louisville, KY 40214 <b>485-8204</b> , (Fax) 485-8461 <b>485-3827 (FRC)</b> , (Fax) 485-8461	KaTonya Parker, Principal Barbara Hildebrand, Coordinator <b>barbara.hildebrand@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist
Bates Elementary (Location No. 55)	
7601 Bardstown Road Louisville, KY 40291 <b>485-8208</b> , (Fax) 485-8960 <b>485-7004 (FRC)</b> , (Fax) 485-8960	Julie Gantt, Principal Billie Stone, Coordinator <b>billie.stone@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist
Blue Lick Elementary (Location No. 91)	
9801 Blue Lick Road Louisville, KY 40229 <b>485-8212</b> , (Fax) 485-3131	Melody Raymond, Principal Sherri Davis, Coordinator <b>sherri.davis@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist
Brandeis Elementary (Location No. 260)	
2817 West Kentucky Street Louisville, KY 40211 <b>485-8214</b> , (Fax) 778-7354 <b>485-6195 (FRC)</b> , (Fax) 778-7354	Shervita West, Principal Jessica Graham, Coordinator <b>jessica.graham@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist
Churchill Park School (Location No. 917)	
435 Boxley Avenue Louisville, KY 40209 <b>485-8229</b> , (Fax) 485-8982 <b>485-8118 (FRC)</b> , (Fax) 361-7398	Tom Knabel, Principal Laura Pitvorec, Coordinator <b>laura.pitvorec@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist
Cochrane Elementary (Location No. 83)	
2511 Tregaron Avenue Louisville, KY 40299 <b>485-8231</b> , (Fax) 485-8392 <b>485-7291 (FRC)</b> , (Fax) 485-7291	Susan Haynes, Principal Joshua Lynn, Coordinator <b>joshua.lynn@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist
Crums Lane Elementary (Location No. 92)	
3212 South Crums Lane Louisville, KY 40216 <b>485-8236</b> , (Fax) 485-8536 <b>485-3837 (FRC)</b> , (Fax) 485-8536	Anna Byrd, Principal Kim Stevenson, Coordinator <b>kim.stevenson@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist
Dawson-Orman Education Center (Location No. 037)	
900 South Floyd Street Louisville, KY 40203 <b>485-7008</b> , (Fax) 485-6910	Vacant, Principal Kathy Flowers, Coordinator <b>kathy.flowers@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist
Dixie Elementary (Location No. 82)	
10201 Casalanda Drive Louisville, KY 40272 <b>485-8238</b> , (Fax) 485-8448 <b>485-3896 (FRC)</b> , (Fax) 485-8448	Stephanie Allen, Principal Kai Hardison, Coordinator <b>kai.hardison@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Dunn Elementary (Location No. 156)</b>	
2010 Rudy Lane Louisville, KY 40207 <b>485-8240</b> , (Fax) 485-8829	Patti Barron, Principal Ryan Murphy, Coordinator <b>ryan.murphy@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Eisenhower Elementary (Location No. 131)</b>	
5300 Jessamine Lane Louisville, KY 40258 <b>485-8244</b> , (Fax) 485-8552	Julie Cummings, Principal Teresa Foushee, Coordinator <b>teresa.foushee@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Fairdale High (Location No. 057)</b>	
1001 Fairdale Road Fairdale, KY 40118 <b>485-8248</b> , (Fax) 485-8761	Bradley Weston, Principal Kathy Blevins, Coordinator <b>kathy.blevins@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist

<b>Farnsley Middle (Location No. 49)</b>	
3400 Lees Lane Louisville, KY 40216 <b>485-8242</b> , (Fax) 485-8663 <b>485-6015 (FRC)</b> , (Fax) 485-6178	Robert Stephenson, Principal Tiant Sprow, Coordinator <b>tiant.sprow@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Fern Creek Traditional High (Location No. 12)</b>	
9115 Fern Creek Road Louisville, KY 40291 <b>485-8251</b> , (Fax) 485-8032 <b>485-6467 (FRC)</b> , (Fax) 485-6469	Houston Barber, Principal Dawn Roseberry, Coordinator <b>dawn.roseberry@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Foster Traditional Academy (Location No. 270)</b>	
1401 South 41st Street Louisville, KY 40211 <b>485-8253</b> , (Fax) 485-8665 <b>485-8104 (FRC)</b> , (Fax) 485-8665	Robert Gunn, Principal Latascha Craig, Coordinator <b>latascha.craig@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Greathouse/Shryock Traditional Elementary (Location No. 13)</b>	
2700 Browns Lane Louisville, KY 40220 <b>485-8259</b> , (Fax) 485-8768	Karla Davis, Principal Erin Gast, Coordinator <b>erin.gast@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Greenwood Elementary (Location No. 14)</b>	
5801 Greenwood Road Louisville, KY 40258 <b>485-8260</b> , (Fax) 485-8046 <b>485-6885 (FRC)</b> , (Fax) 485-6885	Dylan Owens, Principal Robin (MeMe) Ratliff, Coordinator <b>robin.ratliff@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Gutermuth Elementary (Location No. 115)</b>	
1500 Sanders Lane Louisville, KY 40216 <b>485-8261</b> , (Fax) 485-8379 <b>485-6193 (FRC)</b> , (Fax) 485-8379	Donna Wiseman, Principal Eric Wright, Coordinator <b>eric.wright@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist



### Hawthorne Elementary (Location No. 48)

2301 Clarendon Avenue  
Louisville, KY 40205  
**485-8263**, (Fax) 485-8358  
**451-3066 (FRC)**, (Fax) 485-8358

Jessica Rosenthal, Principal  
Karen K. Park, Coordinator  
**karen.park@jefferson.kyschools.us**  
Nikki Boyd-Westenhofer, HPSE Program Specialist

### Hazelwood Elementary (Location No. 300)

1325 Bluegrass Avenue  
Louisville, KY 40215  
**485-8264**, (Fax) 485-8965  
**485-8192 (FRC)**, (Fax) 485-8145

Tom Peterson, Principal  
Annette Darnell, Coordinator  
**annette.darnell@jefferson.kyschools.us**  
Tracy Monks, HPSE Program Specialist

### Indian Trail Elementary (Location No. 76)

3709 East Indian Trail  
Louisville, KY 40213  
**485-8268**, (Fax) 485-8477  
**485-8592 (FRC)**, (Fax) 485-8477

Georgia Hampton, Principal  
Krista Campisano, Coordinator  
**krista.campisano@jefferson.kyschools.us**  
Nikki Boyd-Westenhofer, HPSE Program Specialist

### Jacob Elementary (Location No. 325)

3701 East Wheatmore  
Louisville, KY 40215  
**485-8271**, (Fax) 485-7157  
**485-8843 (FRC)**, 485-7157

Cheryl Williams, Principal  
Michael Terry, Coordinator  
**michael.terry@jefferson.kyschools.us**  
Tracy Monks, HPSE Program Specialist

### Jeffersontown Elementary (Location No. 166)

3610 Cedarwood Way  
Louisville, KY 40299  
**485-8274**, (Fax) 485-8408  
**485-7900 (FRC)**, 485-7290

Scott Hooper, Principal  
Theresa Smith, Coordinator  
**theresa.smith@jefferson.kyschools.us**  
Stefanie Bramer, HPSE Program Specialist

### Johnsontown Road Elementary (Location No. 106)

7201 Johnsontown Road  
Louisville, KY 40272  
**485-8278**, (Fax) 485-8156  
**485-3871 (FRC)**, (Fax) 485-8448

Malinda Dutkowski, Principal  
Erica McGowan, Coordinator  
**erica.mcgowan@jefferson.kyschools.us**  
Craig Hammons, HPSE Program Specialist

### Kennedy Montessori Elementary (Location No. 720)

3800 Gibson Lane  
Louisville, KY 40211  
**485-8280**, (Fax) 485-8709  
**485-8868 (FRC)**, (Fax) 485-8709

Opal Dawson, Principal  
Gwen McGregory, Coordinator  
**gwen.mcgregory@jefferson.kyschools.us**  
Nikki Boyd-Westenhofer, HPSE Program Specialist

### Lassiter Middle (Location No. 133)

8200 Candleworth Drive  
Louisville, KY 40214  
**485-8288**, (Fax) 485-8373  
**485-6057 (FRC)**, (Fax) 485-8373

Jon Cesler, Principal  
Deborah Russell, Coordinator  
**deborah.russell@jefferson.kyschools.us**  
Nikki Boyd-Westenhofer, HPSE Program Specialist

### Layne Elementary (Location No. 126)

9831 East Avenue  
Louisville, KY 40272  
**485-8290**, (Fax) 485-8557  
**485-8102 (FRC)**, (Fax) 485-8557

Ron Marshall, Principal  
Brooke Burd, Coordinator  
**brooke.burd@jefferson.kyschools.us**  
Tracy Monks, HPSE Program Specialist

<b>Liberty High (Location No. 030)</b>	
3307 East Indian Trail Louisville, KY 40213 <b>485-7100</b> , (Fax) 485-7102	Iman Talaat, Principal Lee Walker, Coordinator <b>lee.walker@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Lowe Elementary (Location No. 146)</b>	
210 Oxfordshire Lane Louisville, KY 40222 <b>485-8293</b> , (Fax) 485-8594	David Armour, Principal Lyn Travis, Coordinator <b>lyn.travis@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Medora Elementary (Location No. 22)</b>	
11801 Deering Road Louisville, KY 40272 <b>485-8298</b> , (Fax) 485-8572 <b>485-1079 (FRC)</b> , (Fax) 485-8812	Betsy Pickup, Principal Phil Evans, Coordinator <b>phil.evans@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Meyzeek Middle (Location No. 340)</b>	
828 South Jackson Street Louisville, KY 40203 <b>485-8299</b> , (Fax) 485-8641	Chris Burba, Principal Katherine Southerland, Coordinator <b>katherine.southerland@jefferson.kyschool.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Moore Traditional School (Location No. 155)</b>	
6415 Outer Loop Louisville, KY 40228 <b>485-8304</b> , (Fax) 485-8168 <b>485-3925 (FRC)</b> , (Fax) 485-8168	Vicki Lete, Principal Mike Thomas, Coordinator (High) <b>mike.thomas@jefferson.kyschools.us</b> Kyle McKune, Coordinator (Middle) <b>kyle.mckune@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Myers Middle (Location No. 159)</b>	
3741 Pulliam Drive Louisville, KY 40218 <b>485-8305</b> , (Fax) 485-8157	Jack Baldwin, Principal Linda Harris, Coordinator <b>linda.harris@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Olmsted Academy South (Location No. 730)</b>	
5650 Southern Parkway Louisville, KY 40214 <b>485-8270</b> , (Fax) 485-8380 <b>485-8842 (YSC)</b> , (Fax) 485-8380	Angela Allen, Principal Tish Brookins, Coordinator <b>tish.brookins@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist

<b>Rangeland Elementary (Location No. 81)</b>	
1701 Rangeland Road Louisville, KY 40219 <b>485-8317</b> , (Fax) 485-8874 <b>485-8113 (FRC)</b> , (Fax) 962-1790	Mashelle Kiggins, Principal Chris Edge, Coordinator <b>chris.edge@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Sanders Elementary (Location No. 086)</b>	
8408 Terry Road Louisville, KY 40258 <b>485-8322</b> , (Fax) 485-8555 <b>933-0724 (FRC)</b> , (Fax) 485-8555	Pam Cooper, Principal Tracy Teague, Coordinator <b>tracy.teague@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Seiple Elementary (Location No. 580)</b>	
724 Denmark Street Louisville, KY 40215 <b>485-8324</b> , (Fax) 485-8144 <b>485-8118 (FRC)</b> , (Fax) 361-7398	Danielle Randle, Principal Tiffany Mosley, Coordinator <b>tiffany.mosley@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist

<b>Shelby Traditional Academy (Location No. 610)</b>	
735 Ziegler Street Louisville, KY 40217 <b>485-8327</b> , (Fax) 485-8507	Kim Goff, Principal Candace Foster, Coordinator <b>candace.foster@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Slaughter Elementary (Location No. 103)</b>	
3805 Fern Valley Road Louisville, KY 40219 <b>485-8328</b> , (Fax) 485-8486 <b>485-8110 (FRC)</b> , (Fax) 485-8486	Catherine Pendleton, Principal Dorothy Light, Coordinator <b>dorothy.light@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

<b>Stonestreet Elementary (Location No. 71)</b>	
10007 Stonestreet Road Louisville, KY 40272 <b>485-8333</b> , (Fax) 485-8450 <b>933-0741 (FRC)</b> , (Fax) 485-8450	Barbara Harris, Principal Debra Osoffsky, Coordinator <b>debra.osoffsky@jefferson.kyschools.us</b> Tracy Monks, HPSE Program Specialist

<b>Waller-Williams Environmental (Location No. 34)</b>	
2415 Rockford Lane Louisville, KY 40216 <b>485-8314</b> , (Fax) 485-8560 <b>485-8190 (FRC)</b> , (Fax) 485-8560	Heather Moss, Principal Kristie Minor, Coordinator <b>kristie.minor@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Watson Lane Elementary (Location No. 69)</b>	
7201 Watson Lane Louisville, KY 40272 <b>485-8341</b> , (Fax) 485-8455 <b>485-8846 (FRC)</b> , (Fax) 4935-2580	Rosemarie Young, Principal Sherryl A. Anderson, Coordinator <b>sherryl.anderson@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Watterson Elementary (Location No. 72)</b>	
3900 Breckinridge Lane Louisville, KY 40218 <b>485-8342</b> , (Fax) 485-8999	Vickie B. Talbott, Principal Pattie Harry, Coordinator <b>pattie.harry@jefferson.kyschools.us</b> Stefanie Bramer, HPSE Program Specialist

<b>Wellington Elementary (Location No. 116)</b>	
4800 Kaufman Lane Louisville, KY 40216 <b>485-8343</b> , (Fax) 485-8525 <b>485-8117 (FRC)</b> , (Fax) 485-8525	Brandi Carney, Principal Susan Dake, Coordinator <b>susan.dake@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Wilkerson Traditional Elementary (Location No. 066)</b>	
5601 Johnsontown Road Louisville, KY 40272 <b>485-8351</b> , (Fax) 485-8454 <b>485-8103 (FRC)</b> , (Fax) 485-8454	Rina Gratz, Principal Brooke Burd, Coordinator <b>brooke.burd@jefferson.kyschools.us</b> Craig Hammons, HPSE Program Specialist

<b>Young Elementary (Location No. 374)</b>	
3526 West Muhammad Ali Boulevard Louisville, KY 40212 <b>485-8354</b> , (Fax) 485-8880 <b>485-8108 (FRC)</b> , (Fax) 485-8880	Mary Minyard, Principal Bonnie Schaad, Coordinator <b>bonnie.schaad@jefferson.kyschools.us</b> Nikki Boyd-Westenhofer, HPSE Program Specialist

# Section III

## Physical Development and Health Services Staff





# Section III

## Physical Development and Health Services Staff

Bonnie Ciarroccki, MAT, MCHES Coordinator, Health Services and Health Promotion Schools of Excellence	
<b>HPSE Staff</b>	
Tracy Monks, MEd Program Specialist IV	Stefanie Bramer, BS Program Specialist II
Craig Hammons, BS Program Specialist III	Nikki Boyd-Westenhofer, MPH Program Specialist II

<b>Nursing Staff</b>		
Nancy Alford, LPN Portland Elementary	Megan Habich, APRN Area 2	Nicole Mooney, LPN Health Screening Nurse
Jackie Archie, LPN Fern Creek Traditional High	Donna Hammond, RN Binet School	Vickie Mulac, LPN Rangeland Elementary
Dawn Bast, LPN Wellington Elementary	Dana Harrell, LPN Jacob Elementary	Gina Philpott, LPN Fairdale Elementary
Greta Beard, LPN Auburndale Elementary	Angela Hayes, APRN Area 1	Stephanie Richardson, LPN Semple Elementary
Michelle Bruce, LPN Health Screening Nurse	Mandy Hazelwood, LPN Engelhard Elementary	Janie Riley, RN Health Screening Nurse
Carol Carnell, LPN Roosevelt-Perry Elementary	Holly Hile, LPN Young Elementary	Sharon Robinson, LPN Health Screening Nurse
Lisa Carrier, LPN Price Elementary	Lori Huffman, APRN Area 5	J'Quise Splunge-Sutton, LPN Atkinson Elementary
Laura Donahue, APRN Area 6	Bobbie Lester, LPN Indian Trail Elementary	Lisa Stretch, LPN Gutermuth Elementary
Stacy Dunsmore, LPN Hawthorne Elementary	Jessica Lyninger, LPN Wilkerson Traditional Elementary	Mary Texas, APRN Area 3
Robin Durbin, LPN Minors Lane Elementary	Sherry Mason, LPN Cochran Elementary	Holly Walker, APRN Area 4
Barbara Durham, LPN Coleridge-Taylor Mont. Elementary	Joyce Martin-Miller, LPN Frayser Elementary	Sherita White, LPN Waller-Williams Environmental
Kristen Flaherty, LPN Goldsmith Elementary	Jennifer Mattingly, LPN Klondike Lane Elementary	Serica Wilson, LPN Hazelwood Elementary
Christie Gaddie, LPN Coral Ridge Elementary	Mary Miller, LPN Wheatley Elementary	

<b>Clerical/Support Staff</b>	
Mitzi Jefferson, Clerk II Pam Wood, Secretary II	



## Program Advisory and Oversight Committee

The Program Advisory and Oversight Committee is made up of representatives from HPSE community partnering agencies and school health agencies. The role of the Program Advisory and Oversight Committee is to determine school requirements, to review yearly applications submitted for entry into the HPSE Program each spring, to review and provide feedback to schools for future planning and implementation strategies, and to review each school's overall progress. In addition, the committee plans the annual Summer Health Institute. Subcommittees are established in order to set Institute agendas, secure speakers, and select location sites, along with reviewing data.

**David Allen, MD, MPH\***  
Founder  
FitLouisville and GPS for Health

**Sasha Belenky**  
YMCA of Greater Louisville  
545 South Second Street  
Louisville, Kentucky 40202  
**498-6342 • 587-2116 (fax)**  
**sbelenky@ymcalouisville.org**  
Available to provide information about the YMCA and programs that the YMCA has to offer

**Nikki Boyd-Westenhofer, MPH**  
Program Specialist II, HPSE  
Jefferson County Public Schools  
546 South First Street, Room 311  
Louisville, KY 40202  
**485-7920 • 485-7029 (Fax)**  
**nikki.boyd-westen@jefferson.kyschools.us**  
Available to serve as a liaison and facilitator between sponsors, supporting partners, community agencies, and schools; provides assigned schools with assistance in implementing the HPSE Program

**Mike Bramer, BS**  
Director of Healthy Actions  
YMCA of Greater Louisville  
545 South Second Street  
Louisville, KY 40202  
**582-3615 • 587-2116 (Fax)**  
**mbramer@ymcalouisville.org**  
Available to provide information about the YMCA and programs that the YMCA has to offer

**Stefanie Bramer, BS**  
Program Specialist II, HPSE  
Jefferson County Public Schools  
546 South First Street, Room 311  
Louisville, KY 40202  
**485-7920 • 485-7029 (Fax)**  
**stefanie.bramer@jefferson.kyschools.us**  
Available to serve as a liaison and facilitator between sponsors, supporting partners, community agencies, and schools; provides assigned schools with assistance in implementing the HPSE Program

**David Britt, PhD\***  
Professor and Chair  
Department of Health and Sport Sciences  
University of Louisville

**Stephanie Bunge**  
Health Program Administrator  
Coordinated School Health Team  
Kentucky Department of Education  
500 Mero Street, 19th Floor  
Frankfort, KY 40604  
**(502) 564-2706 • (502) 564-6470 (Fax)**  
**stephanie.bunge@education.ky.gov**  
Available to provide schools with technical assistance and information about CSH Programs and data from the Kentucky Youth Risk Behavior Survey (YRBS)

**Molly Carpenter, MS**  
Visitor Experience Coordinator  
Louisville Science Center  
727 West Main Street  
Louisville, KY 40202  
**561-6100, Ext. 6102 • 561-6145 (Fax)**  
**molly.carpenter@louisvilleky.gov**  
Available to help schools find out how Louisville Science Center exhibits complement the health or life science curriculum

**Bonnie Ciarroccki, MAT, MCHES**  
Coordinator Health Promotions  
Jefferson County Public Schools  
4309 Bishop Lane  
Louisville, KY 40218  
**485-3387 • 485-3670 (Fax)**  
**bonnie.ciarroccki@jefferson.kyschools.us**  
Available to schools to assist with health services concerns and the HPSE process and/or to connect all schools with community health resources, grants, and services

**JoAnna Couch, RN, BSN, OCN**  
Clinical Educator  
Norton Cancer Institute Resource Center  
234 East Gray Street, Suite 164  
Louisville, KY 40202  
**629-5503 • 629-3279 (Fax)**  
**joanna.couch@nortonhealthcare.org**  
Available to provide education and resource center educational materials on cancer prevention, screening guidelines, and the disease process

\*Ad Hoc Member

**Cheryl Dolson, MEd**

Resource Teacher/Prevention Specialist  
Safe and Drug-Free Schools  
Jefferson County Public Schools  
900 South Floyd Street  
Louisville, KY 40203

**485-6568 • 485-3611 (Fax)**

**cheryl.dolson@jefferson.kyschools.us**

Available to teach violence prevention and drug prevention in classroom settings; provides presentations to teachers on violence prevention and drug prevention; offers prevention workshops to parents

**Laura Donahue, APRN**

Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218

**485-3387 • 485-3670 (Fax)**

**laura.donahue@jefferson.kyschools.us**

Available for health fairs, physical-exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Kinzie Evard, CHES**

Child Passenger Safety Advocate  
Louisville and Jefferson County Office of Child Advocacy  
Kosair Children's Hospital  
PO Box 35070  
Louisville, Kentucky 40232

**kinzie.evard@nortonhealthcare.org**

Available to provide information on child passenger safety information

**Lori Huffman, APRN**

Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218

**485-3387 • 485-3670 (fax)**

**lori.fields@jefferson.kyschools.us**

Available for health fairs, physical exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Megan Habich, APRN**

Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218

**485-3387 • 485-3670 (fax)**

**megan.habich@jefferson.kyschools.us**

Available for health fairs, physical exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Craig Hammons, BS**

Program Specialist III, HPSE  
Jefferson County Public Schools  
546 South First Street, Room 311  
Louisville, KY 40202

**485-7920 • 485-7029 (Fax)**

**craig.hammons@jefferson.kyschools.us**

Available to serve as a liaison and facilitator between sponsors, supporting partners, community agencies, and schools; provides assigned schools with assistance in implementing the HPSE Program

**Angela Hayes, APRN**

Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218

**485-3387 • 485-3670 (fax)**

**angela.hayes@jefferson.kyschools.us**

Available for health fairs, physical exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Erika G. Janes, RN**

Coordinator, Safe Kids  
Louisville and Jefferson County Office of Child Advocacy  
Kosair Children's Hospital  
P.O. Box 35070  
Louisville, KY 40232

**629-7335 • 629-7331 (Fax)**

**erika.janes@nortonhealthcare.org**

Available to provide health-fair information and hand-outs; serves as a health and safety resource for schools

**Jeff A. Jones, PhD\***

College of Public Health  
Center for Research Prevention  
University of Kentucky

**J. Phillip Jones, BS\***

Management Information Systems  
Jefferson County Public Schools

**Jeff Koehl, MEd**

Behavioral Specialist  
Jefferson County Public Schools  
4309 Bishop Lane  
Louisville, KY 40218

**485-6140 • 485-6144 (fax)**

**jeff.koehl@jefferson.kyschools.us**

Available to assist schools with developing strategies and activities to improve student behavior; provides district training and classroom management, de-escalation and safe crisis management, search procedures, student behavior response team, CHAMPs, and Relationship Building

**Leesa Mattingly, RN, OCN**  
Breast Health Patient Navigator  
Norton Cancer Institute  
315 East Broadway, M-16  
Louisville, KY 40202  
**629-3136 • 629-6004 (Fax)**

**leesa.mattingly@nortonhealthcare.org**

Available to provide presentations, resources, and materials to schools on various cancer-related topics

**Ryan McCafferty\***  
Data Management/Research Technician  
Accountability, Research, and Planning Dept.  
Jefferson County Public Schools

**Amy Medley, BS**  
Child Advocate  
Office of Child Advocacy  
Kosair Children's Hospital  
P.O. Box 35070  
Louisville, KY 40232  
**629-7346 • 629-7331 (Fax)**

**amy.medley@nortonhealthcare.org**

Available to provide health-fair information and handouts; serves as a health and safety resource for schools

**Tracy Monks, MEd**  
Program Specialist IV, HPSE  
Jefferson County Public Schools  
546 South First Street, Room 311  
Louisville, KY 40202  
**485-7920 • 485-7029 (Fax)**  
**tracy.monks@jefferson.kyschools.us**  
Available to serve as a liaison and facilitator between sponsors, supporting partners, community agencies, and schools; provides assigned schools with assistance in implementing the HPSE Program

**Debby Phillips, MDiv**  
Patient Services Manager  
The Leukemia & Lymphoma Society  
301 East Main Street, Suite 100  
Louisville, KY 40202  
**584-8490 • 589-5316 (Fax)**  
**deborah.phillips@lls.org**  
Available for presentations and information regarding the Trish Greene Back-to-School Program for the child with cancer; financial assistance available for medical needs related to cancer

**Michelle Schuppe, RD, LD**  
Program Manager, Nutrition Services  
Jewish Hospital & St. Mary's HealthCare  
200 Abraham Flexner Way  
Louisville, Kentucky 40202  
**214-0065**  
**michelle.eckhart@jhsnmh.org**

**Ellie Schweizer, MPH**  
Community Health Education Specialist  
Tobacco Prevention and Cessation Program  
Louisville Metro Department of Public Health and Wellness  
400 East Gray Street, Room 6  
Louisville, KY 40202  
**574-5278 • 574-6810 (Fax)**

**ellie.schweizer@louisvilleky.gov**

Available to provide literature or displays on tobacco cessation and prevention; can refer teachers to resources for loan to promote healthy eating, physical activity, and prevention of such chronic diseases as diabetes

**Therese Sirles, MS, RN, CPN**  
Director  
Children's Hospital Foundation  
Office of Child Advocacy  
Kosair Children's Hospital  
P.O. Box 35070  
Louisville, KY 40232  
**629-3907 • 243-5759 (fax)**

**therese.sirles@nortonhealthcare.org**

Available to provide health fair information and handouts that serve as a health and safety resource for schools

**Walter Sobczyk, MD\***  
Associate Professor and Chair  
Pediatric Cardiology  
University of Louisville

**Jenny Sorrels, MEd**  
Behavioral Specialist  
Jefferson County Public Schools  
4309 Bishop Lane  
Louisville, KY 40218  
**485-6140 • 485-6144 (fax)**  
**jenny.sorrels@jefferson.kyschools.us**

Available to assist schools with developing strategies and activities to improve student behavior; provides district training and classroom management, de-escalation and safe crisis management, search procedures, student behavior response team, CHAMPS, and relationship building

**Mary Texas, APRN**  
Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218  
**485-3387 • 485-3670 (fax)**

**mary.texas@jefferson.kyschools.us**

Available for health fairs, physical exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Holly Walker, APRN**

Nurse Practitioner, Health Services  
Jefferson County Public Schools  
LAM Building  
4309 Bishop Lane  
Louisville, KY 40218

**485-3387 • 485-3670 (fax)**

**holly.walker@jefferson.kyschools.us**

Available for health fairs, physical exam clinics, school-staff training for student health concerns/services, and instruction for working with the special health needs of children

**Ann Wethington, BS**

Health Education Specialist II  
Louisville Metro Department of Public Health and Wellness  
400 East Gray Street  
Louisville, KY 40202

**574-5917 • 574-6657 (Fax)**

**ann.wethington@louisvilleky.gov**

Available to give talks on environmental health, injury prevention, and environmental issues; will refer speakers on other environmental topics; available for health fairs and to serve as a resource for information on the environment

**Jamie Wientjes, BA**

Cancer Control Specialist  
Kentucky Cancer Program  
James Graham Brown Cancer Center  
University of Louisville  
501 East Broadway, Suite 160  
Louisville, KY 40202

**852-6318 • 852-4554 (Fax)**

**jaime.wientjes@louisville.edu**

Available for some health fairs and presentations to classrooms and parent/teacher lectures; materials are available to cover cancer prevention, early detection, and patient support/physician referral

**Anthony Williams, BS**

Recreation Administrator  
Metro Parks  
P.O. Box 37280  
Louisville, KY 40233

**456-8100 • 456-3269 (fax)**

**anthony.williams@louisvilleky.gov**

Available to provide information on Metro Parks programs and services

**Beverly J. Winsch, PhD\***

Evaluation Specialist  
Accountability, Research, and Planning Dept.  
Jefferson County Public Schools

**Jackie Wisman**

Director  
JCPS Safe and Drug-Free Schools  
900 South Floyd Street  
Louisville, Kentucky 40203

**485-3803 • 485-3611 (fax)**

**jackie.wisman@jefferson.kyschools.us**

Available as a resource for violence- and drug-prevention education

**Denise Wooldridge, RN, BSN**

Director, Jewish Hospital Sports Medicine Outreach  
Frazier Rehab—Fern Valley  
100 Highrise Drive  
Louisville, KY 40213

**966-5887 • 966-5983 (Fax)**

**denise.wooldridge@jhsmh.org**

Available to provide information on Jewish Hospital Sports Medicine Services as well as on services offered through Jewish Hospital & St. Mary's HealthCare

**Andrea Wright, MEd**

Coordinator, Nutrition Initiatives  
School and Community Nutrition Services  
Jefferson County Public Schools  
3001 Crittenden Drive  
Louisville, KY 40209

**485-3199 • 485-3910 (Fax)**

**andrea.wright@jefferson.kyschools.us**

Available for presentations (classroom and adult groups) and to provide resources to schools; available for health fairs and other community-related activities







## **APPENDIX**

# **Program Application**

### **2012-13 School Year**

## Overview

Thank you for your interest in the HPSE Program. The mission of HPSE is to promote and maintain healthy lifestyles and to reduce health-risk behaviors of students, staff, and parents.

The aim of the HPSE Program is to use the CDC model of CSH to improve schools' health knowledge, attitudes, skills, and behavior related to cardiovascular disease; cancer prevention and early detection; and injury prevention and physical fitness. In addition, our goals are directly in line with the Mayor's Healthy Hometown Movement goals, which are to:

- Increase the number of Louisville Metro residents who engage in 30 minutes of moderate physical activity at least five days a week.
- Decrease the percentage of overweight or obese people in Louisville Metro.
- Increase the number of Louisville Metro residents who eat five or more servings of fruits and vegetables a day.
- Develop a strong baseline of worksite wellness programs and activities in the community and improve health equity by supporting physical activity programs in communities most adversely impacted by poor health.

Moreover, we focus on meeting the Safe Kids Coalition goal of decreasing the number of preventable childhood injuries.

HPSE school grants are provided through the many partnering community agencies. Our partners support us in our mission to improve the health and well-being of our students, staff, and parents.

## About HPSE

The HPSE Program was established in 1992 by the Jefferson County Medical Society's Subcommittee on Health Education to reduce health risks among the children of Jefferson County. Seeing a lack of emphasis on school health, this group decided to develop a program that would encourage CSH in local schools. This committee was composed of representatives from the Greater Louisville Medical Society, JCPS, and the Louisville Metro Department of Public Health and Wellness, along with various other community representatives and funding partners.

Today, in its twentieth year of operation, HPSE has been implemented in 46 JCPS District schools. The program has served as a model for other communities and states nationwide and received the top award for Models that Work from the Foundation for a Healthy Kentucky. Additionally, evidence suggests that the HPSE Program may have a favorable impact on the rate of childhood obesity among participating students.<sup>20</sup>

Over the last 20 years, the HPSE Program has proven that by using the CDC's CSH approach, we can help improve the overall health and well-being of our students, staff, and parents. According to the CDC, the academic success of America's youth is strongly linked with their health. Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance.<sup>1</sup> Health-risk behaviors, such as substance use, violence, and physical inactivity, are consistently linked to academic failure and often affect students' school attendance, grades, test scores, and ability to pay attention in class.<sup>2-8</sup> In turn, academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes.<sup>9-13</sup> Leading national education organizations recognize the close relationship between health and education as well as the need to embed health in the educational environment for all students.<sup>14-19</sup> Addressing these health needs will enhance students' overall health and increase their academic achievement.

## Grant Application Process/Procedures

Grantees form an HPSE Committee to serve as their school health council and actively work toward a sustainable wellness policy. HPSE schools will implement CSH policies and practices in each of the eight areas of CSH, which will help meet the demonstrator goals of the KDE Program Review for Practical Living/Career Studies (PL/CS):

- Health Services
- Health Promotion for Staff
- Healthy and Safe School Environment
- Physical Education and/or Physical Activity
- Nutrition Services
- Family/Community Involvement
- Counseling, Psychological and Social Services
- Health Education

Funding is awarded annually, as available, through a competitive process, and all grantees need to reapply each year. In the event that funding is not secured for all schools, priority will be given based on program need. Schools may be accepted into the program without funding being awarded; however, all schools are still expected to meet all requirements of the grant each year they are accepted into the program.

## Applicant Eligibility

Eligible applicants include faculty, staff, or parent volunteers at all JCPS elementary, middle, high, and special schools. Please note that parent volunteer applicants must have principal permission to apply to the HPSE Program, and each school must have a JCPS staff member serve as the school's HPSE coordinator.

## Selection Criteria

All applications that are received by the deadline and that meet the eligibility requirements above will be reviewed by the Program Advisory and Oversight Committee. All returning schools with a past history of successful implementation will be considered during the selection process. Once selected, schools receive an acceptance packet detailing program requirements to carry out.

## Funding Restrictions

Grantees should use funds to establish the capacity to sustain the program if or when HPSE grant funding is no longer available. HPSE funds may **not** be used for the following:

- Food purchases of any kind
- Cash prizes
- Holistic treatments (e.g., massages, beauty care)
- Fundraising
- Creating blanket orders
- Incentives of noneducational value (e.g., T-shirts for staff)

**Please note:** Schools must follow all model procurement procedures when purchasing goods and services, once (and if) funds have been allocated. The funding partner's prior written approval is required for any changes to the proposed school HPSE budget.

## How to Apply

Please follow the application instructions on the following pages when completing your application. If you have any questions, please feel free to contact the HPSE Program specialists at **485-7920**.

We look forward to receiving your application.

## References

1. Dunkle MC, Nash MA. *Beyond the Health Room*. Washington, DC: Council of Chief State School Officers, Resource Center on Educational Equity; 1991.
2. Dewey JD. Reviewing the relationship between school factors and substance use for elementary, middle, and high school students. *Journal of Primary Prevention* 1999; 19 (3):177–225.
3. Mandell DJ, Hill SL, Carter L, Brandon RN. The impact of substance use and violence/delinquency on academic achievement for groups of middle and high school students in Washington. Seattle, WA: Washington Kids Count, Human Services Policy Center, Evans School of Public Affairs, University of Washington; 2002.
4. Swingle CA. The relationship between the health of school-age children and learning: implications for schools. Lansing, MI: Michigan Department of Community Health; 1997.
5. Dake JA, Price JH, Telljohann SK. The nature and extent of bullying at school. *Journal of School Health* 2003; 73 (5): 173–180.
6. Shephard RJ. Habitual physical activity and academic performance. *Nutrition Reviews* 1996; 54 (4 Pt 2):S32–S36.
7. Valois RE, MacDonald JM, Bretous L, Fischer MA, Drane JW. Risk factors and behaviors associated with adolescent violence and aggression. *American Journal of Health Behavior* 2002; 26 (6): 454–464.
8. Ellickson PL, Tucker JS, Klein DJ. Ten-year prospective study of public health problems associated with early drinking. *Pediatrics* 2003; 111 (5 Pt 1): 949–955.
9. Grossman M, Kaestner R. Effects of education on health. In: *The Social Benefits of Education*. Behrman JR, Stacey N, editors. Ann Arbor: University of Michigan Press; 1997.
10. Harper S, Lynch J. Trends in socioeconomic inequalities in adult health behaviors among U.S. states, 1990–2004. *Public Health Reports* 2007; 122 (2): 177–189.
11. Lewallen TC. Healthy learning environments.\* *ASCD INFOBrief*; 2004(38).
12. Vernez G, Krop RA, Rydell CP. The public benefits of education. In: *Closing the Education Gap: Benefits and Costs*.\* Santa Monica, CA: RAND Corporation; 1999: 13–32.
13. Lewallen LP. Healthy behaviors and sources of health information among low-income pregnant women. *Public Health Nursing* 2004; 21 (3): 200–6.
14. Association for Supervision and Curriculum Development. The whole child and health and learning\*. ASCD Adopted Positions. 2004.
15. Council of Chief State School Officers. Assuring school success for students at risk: A policy statement of the Council of Chief State School Officers.\* November 1987.
16. Council of Chief State School Officers. Policy statement on school health.\* 2004.
17. National School Boards Association. Beliefs and Policies of the National School Boards Association.\* Alexandria, VA: National School Boards Association; 2009.
18. National Association of State Boards of Education. Public policy positions of the National State Boards of Education.\* Alexandria, VA: National School Boards Association; 2009.
19. American Association of School Administrators. AASA position statements.\* Position statement 3: Getting children ready for success in school, July 2006; Position statement 18: Providing a safe and nurturing environment for students, July 2007.
20. Myers J, Sobczyk W, Ketterman K, Carrico R. Health Promotion Schools Of Excellence: Learning From The Past To Impact The Future. *Journal of the Kentucky Medical Association* 2008; 106(3): 98–103.

**2012-13**  
**Health Promotion Schools of Excellence**

## Application Instructions

Applicants must complete all sections of the application.  
Applications received after the deadline will not be accepted.

Action	Deadline	Check when completed
Read the 2012-13 <b>"Requirements" page. (See page 4.)</b> This page must be signed by both the principal and school HPSE coordinator.	April 20, 2012	
Complete the <b>"School Information" page and "HPSE Committee Members" page. (See page 5.)</b>	April 20, 2012	
Submit a one-page <b>Letter of Intent</b> to address the following questions: <ul style="list-style-type: none"><li>• How will your participation in the HPSE Program address your school's economic and health-related needs for increased and/or improved opportunities related to Coordinated School Health? What are your plans to meet the requirements of the HPSE Program?</li><li>• Describe your school's current and previous experience with programs for improving student health and wellness.</li><li>• What potential challenges do you anticipate as you undertake the proposed activities? How will you overcome these challenges?</li></ul>	April 20, 2012	
Review <b>required CSH components. (See page 6.)</b>	April 20, 2012	
Complete the <b>HPSE Budget Worksheet.</b>	April 20, 2012	

### Application Deadline

Applications are due by 4:30 p.m. on **April 20, 2012**. Applications may be submitted in three ways:

- **Fax:** (502) 485-7029 (Attention: HPSE Coordinators)
- **Mail:** Health Promotion Schools of Excellence, 546 South First Street, Room 311, Louisville, KY, 40202
- **JCPS Pony:** HPSE, Location Number 630

Principals will be notified of tentative acceptance by May 4, 2012.

For questions or more information, call the HPSE Office at **485-7920**.



2012-13  
**Health Promotion Schools of Excellence**  
**Program Requirements**

**1. Attend the Summer Health Institute.**

Program Review PL/CS—Professional Development and Support Services—  
Demonstrator 1: Planning

- All schools must have at least two people attend the entire two-day Summer Health Institute, tentatively scheduled for June 11 and 12, 2012. A maximum of five people from each school can attend the Institute. These participants must serve on the HPSE Committee and assist in the implementation of the program. On June 13, 2012, an additional day will be added as optional for anyone wanting to be trained in CPR/first aid.
- If your school is selected to participate in the HPSE Program, each designated attendee must complete an Institute Participant Form and return it by April 20, 2012.
- **Please note: If for any unforeseen reasons an Institute attendee representing your school is unable to attend all or part of the Institute, your school is still responsible for ensuring that you meet the two-person minimum requirement. If the requirement is not met, a school will be excluded from the program and forfeit the grant award (if applicable). However, it will be eligible to apply the following year.**

**2. Schedule and conduct a principal's meeting.**

Program Review: PL/CS—Administrative/Leadership Support and Monitoring—  
Demonstrator 4: Principal Leadership

The purpose of the principal's meeting is to discuss the program changes, and expectations for the upcoming school year and to review HPSE data from the previous school year. This meeting ensures that both the principal and HPSE school coordinator are aware of any program changes and updates and that both are in agreement on the method of implementing program requirements. Principals' meetings must be scheduled before **September 7, 2012**.

**3. Administer Physical Best assessments.**

Program Review: PL/CS—Curriculum and Instruction—  
Demonstrator 2: Aligned and Rigorous Curriculum

Physical Education and Formative and Summative Assessments—  
Demonstrator 2: Expectations for Student Learning

- **Please note: All schools, prior to testing, must send home the exemption/permission form provided by HPSE to parents/guardians before a child may be tested.**
- **Physical Best Fitness:** All kindergarten through grade-five students and all middle and high school students enrolled in a health or PE class are required to be assessed two times a year on aerobic endurance and height and weight (to calculate BMI). All other previous assessments (sit-ups, push-ups, and sit and reach) are optional.  
**Pretests are due September 28, 2012.**  
**Posttests are due April 5, 2013.**
- If assessments are not completed and entered by the deadline, the school will forfeit all or part of its funding.

**4. Convene an HPSE Committee.**

Program Review PL/CS—Professional Development and Support Services—  
Demonstrator 2: Participation

Each school must establish an HPSE school-site committee that:

- Has seven monthly meetings a school year. At least five active, regularly attending committee members must be present.
- Presents information to school staff about program plans, activities, and benefits.
- Shares the school's Physical Best data summary reports with all school staff.
- Provides program/activity updates to the schools' assigned HPSE Program specialist at each meeting.

By signing below, you acknowledge that you are aware of the requirements of the HPSE Program. Please note that schools will be monitored by their HPSE school coordinator's progress. If schools are not completing the program requirements, they may lose funding for the current school year (if applicable) and may not be accepted into the program in the future.

---

**Principal's Signature**

---

**HPSE School Coordinator's Signature**

**2012-13**  
**Health Promotion Schools of Excellence**

## School Information

School Contact Information	
School Name:	Today's Date:
School Address:	Number of Staff Members:
	Certified:          Classified:
	Total Enrollment (including Early Childhood):
School Phone Number:	Principal's Name:
School HPSE Coordinator Information	
HPSE Coordinator's Name:	HPSE Coordinator's Title (e.g., FRC coordinator, PE teacher):
Coordinator's Phone Number:	Coordinator's E-Mail:

## HPSE Committee Members

Identify five or more HPSE Committee members below. The suggested members are as follows:

\*\*Mandatory

\*Highly Recommended

Suggested Representative	Name	Title	E-Mail
1. HPSE Coordinator**			
2. Physical Education*			
3. Health Services* (School nurse if applicable or Health Records representative)			
4. Nutrition Services*			
5. Faculty/Staff*			
6. Parent*			
7. Counseling, Psychological, Social Services*			
8. Building Environment			
9. Community Member			
10. Additional Member			

## Required Coordinated School Health Components

Each HPSE school will engage in a concerted effort to expand the membership of the school's HPSE Committee and work toward achievement of the requirements as follows. All items are specific to all grades unless otherwise noted. The items below will serve as an outline to assist in your activity planning.

Health Services	Program Review: PL/CS Demonstrator
<p>To increase compliance rates, schedule exam clinic(s) via JCPS Health Services nurse practitioners (<b>485-3387</b>) for the following:</p> <ul style="list-style-type: none"> <li>Physical Exams for Initial Entry and sixth grade</li> <li>Immunization Certificate for required vaccinations</li> <li>Seasonal Flu Clinic</li> <li>Dental exams for 5- or 6-year-olds</li> <li>Contact your assigned JCPS nurse practitioner to discuss available resources for vision exams for 3-, 4-, 5-, and 6-year-olds upon initial entry.</li> </ul>	
<p>Conduct hand-washing lessons in each classroom to prevent the spread of communicable diseases. Specify how often and when. Select one:</p> <ul style="list-style-type: none"> <li>School nurse (if applicable)</li> <li>PACS NOW: Contact Deidra Abel at <b>468-3015</b> or <a href="mailto:deidra@pacs-ky.org">deidra@pacs-ky.org</a>.</li> <li>HPSE Program specialist: <b>485-7920</b></li> <li>Addressed in science, health, or chemistry classes</li> <li>Schoolwide video</li> </ul>	<p><b>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Health Education</b></p>
Health Promotion for Staff	
<p>Conduct the HPSE Staff Wellness Survey, and plan one program based on the wants/needs of staff.</p> <ul style="list-style-type: none"> <li>Will be provided by the HPSE Office</li> </ul>	
<p>Schedule staff health screenings through Humana/Summit Health.</p> <ul style="list-style-type: none"> <li>Contact Mindy Wallin at <b>476-5606</b> or <a href="mailto:mwallin@humana.com">mwallin@humana.com</a> to schedule.</li> </ul>	
<p>Implement the American Cancer Society's ten-week Active for Life workplace physical activity program in January 2013.</p> <ul style="list-style-type: none"> <li>Visit <a href="http://activeforlife.org">activeforlife.org</a> for more information and to register.</li> </ul>	
<p>Revise your school wellness policy to work toward a tobacco-free campus.</p>	
Healthy and Safe School Environment	
<ul style="list-style-type: none"> <li>Conduct an annual seatbelt/carseat check to reinforce the message of adult and child passenger safety during Child Passenger Safety Week (<b>September 16–22, 2012</b>). For more information, visit <a href="http://nhtsa.gov">nhtsa.gov</a>.</li> </ul>	<p><b>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Health Education</b></p>
<ul style="list-style-type: none"> <li>Become a Kentucky Green and Healthy Schools Candidate School, following the steps given on the Kentucky Green and Healthy Schools Web site.</li> <li>Schools must then conduct any <b>one</b> of the following Kentucky Green and Healthy Schools Inventory assessments: Energy, Green Spaces, Hazardous Chemicals, Health and Safety, Solid Waste, Transportation, Instructional Leadership, or Indoor Air Quality.</li> <li>Visit the Kentucky Green and Healthy Schools Web site at <a href="http://greenschools.ky.gov">http://greenschools.ky.gov</a>.</li> </ul>	<p><b>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Consumer/Financial Literacy</b></p>
Health Education	
<p>Identify the persons responsible for making sure that health education is covered in classrooms.</p>	

Physical Education and/or Physical Activity	
<p>Collect and report Physical Best data on all kindergarten through grade-five students and all grade-six through grade-twelve students enrolled in a PE and/or health class.</p> <ul style="list-style-type: none"> <li>• <b>Pretest is due September 28, 2012.</b></li> <li>• <b>Posttest is due April 6, 2013.</b></li> <li>• <b>Required</b> assessments are height/weight measurements for BMI, half-mile walk/run for kindergarten through grade-two students, and 1-mile walk/run for students in grades three through twelve.</li> <li>• <b>Optional</b> assessments are sit-ups, sit and reach, and push-ups.</li> </ul>	<p>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Physical Education Formative and Summative Assessments Demonstrator 2 Expectations for Student Learning</p>
<p>Have at least three classrooms apply to and successfully implement the Y5210 Program (kindergarten through grade five <b>only</b>).</p> <ul style="list-style-type: none"> <li>• Contact your assigned HPSE Program specialist for application instructions.</li> </ul>	<p>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Physical Education</p>
<p>Offer opportunities for physical activity for students through extracurricular programs, clubs, etc.</p>	<p>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Physical Education</p>
<p>Revise your school wellness policy to address:</p> <ul style="list-style-type: none"> <li>• Not restricting physical education or recess due to behavior issues.</li> <li>• Conducting daily ten-minute physical activity in addition to physical education for prekindergarten through grade-nine students (can include structured play during recess <b>or</b> the Y5210 Program).</li> </ul>	<p>Administrative/Leadership Support and Monitoring Demonstrator 3 Policy and Monitoring</p>
Nutrition Services	
<p>Work toward implementing <b>at least one</b> policy related to food and beverages available to students throughout the school day (includes parties, rewards, and school events):</p> <ul style="list-style-type: none"> <li>• School vending machines</li> <li>• Healthy concessions</li> <li>• School snacks</li> <li>• Healthy fundraising</li> <li>• Healthy food offerings at any school functions/meetings</li> </ul>	<p>Administrative/Leadership Support and Monitoring Demonstrator 3 Policy and Monitoring</p>
Family and Community Involvement	
<p>Conduct at least one event outside the school day that incorporates a variety of interactive health topics and has community involvement. *This program will tie in to the Program Review only if it is a student-led activity.</p>	<p>Curriculum and Instruction Demonstrator 4 Student Performance</p>
<p>Send home literature to parents about Healthy Celebrations.</p> <ul style="list-style-type: none"> <li>• See the JCPS Nutrition Services Web site (click on <i>Nutrition Data and Education</i>) and the district wellness policy.</li> </ul>	<p>Curriculum and Instruction Demonstrator 2 Aligned and Rigorous Curriculum Consumer/Financial Literacy</p>
<p>Plan for Dress in Blue Day (typically the first Friday in March) to promote colon cancer awareness and prevention.</p> <ul style="list-style-type: none"> <li>• Program specialists will provide the program materials.</li> </ul>	
Counseling, Psychological and Social Services	
<p>Complete the JCPS Safe and Drug-Free Schools “Best Practices Checklist” to address bullying. Visit the Safe and Drug-Free Schools employee page on the JCPS Web site.</p> <ul style="list-style-type: none"> <li>• Under <i>Violence Prevention</i>, click on <i>Bullying Guide</i>. Select either elementary or middle/high. From here, select <i>Best Practices Checklist</i>.</li> </ul>	<p>Curriculum and Instruction Demonstrator 3 Instructional Strategies</p>

**2012-13**  
**Health Promotion Schools of Excellence**

## HPSE Data Reporting Sheet

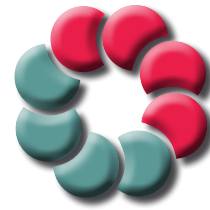
Required CSH Component	Baseline Data	End-of-Year Data
Dental Exams for 5- and 6-year-olds	# with: _____ # without: _____ Total: _____	# with: _____ # without: _____ Total: _____
Vision Exams for 3-, 4-, 5-, or 6-year-olds upon initial entry	# with: _____ # without: _____ Total: _____	# with: _____ # without: _____ Total: _____
Physical Exams for Initial Entry and sixth grade	# with: _____ # without: _____ Total: _____	# with: _____ # without: _____ Total: _____
Seasonal Flu Clinic	# of students: _____ # of staff: _____	# of students: _____ # of staff: _____
Immunization Certificate	# with: _____ # without: _____ # expired: _____ Total: _____	# with: _____ # without: _____ # expired: _____ Total: _____
Hand-Washing Education	# of classrooms: _____	# of classrooms: _____
HPSE Staff Wellness Survey	# completed: _____	# completed: _____
Staff members participating in Humana health screenings at school location	# of staff members: _____	# of staff members: _____
Active for Life	# of staff members: _____	# of staff members: _____
Child Passenger Safety Week Seat-belt/car-seat check	# of cars checked: _____	# of cars checked: _____



Required CSH Component	Baseline Data	End-of-Year Data
Has your school participated in a Kentucky Green and Healthy Schools Inventory? Please list which inventory was completed.	Date first implemented:  List inventory completed:	Date first implemented:  List inventory completed:
Classrooms participating in Y5210	# of classrooms:	# of classrooms:
List programs outside of the school day that provide opportunities for <b>physical activity</b> for students <b>and</b> the number of students, staff, and parents who participated.	List program: # of participants:	List program: # of participants:
List programs outside of the school day that provide opportunities for health promotion for students, staff, and parents <b>and</b> the number of students, staff, and parents who participated.	List program: # of participants:	List program: # of participants:
How many of the Bullying Best Practices have you implemented in your school?	# implemented:	# implemented:
How many nutrition policies does your current school wellness policy address? Please list.	List policies:	List policies:
Identify the persons responsible for making sure that health education is covered in classrooms. List when health education topics were covered and how often.	When?  How often?	When?  How often?
What is the date of the last review of your school wellness policy? For middle and high schools without a current wellness policy, create one.	Date reviewed or created:	

# 2012-13

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