



2013-14

*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 2013 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, each component of the HPSE Program is described, 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 **485-3387** 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 commitment to establishing and maintaining healthy habits is key to reversing current trends. It is also why the work of the HPSE Program is so important.

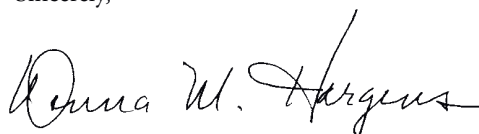
The strides HPSE has made over the past two decades is a reminder of what can happen when community organizations join forces and are focused on accomplishing a goal. This continued collaboration is also essential to helping the district achieve its goal of having all students graduate prepared to contribute to society throughout life.

As a member of the HPSE team, you are playing an instrumental role in shaping a culture and environment that understand the important link between good health and academic success. It is also an environment that will lead to lower absenteeism, higher achievement, and students who are alert and prepared to learn.

Eventually, the benefit efforts will extend beyond the classroom and trickle into our community.

I applaud you for your work and your efforts to develop innovative programs that will strengthen both our schools and the larger community. It is this ongoing commitment that will help Louisville become a healthier city and remain a great place to live, work, and play!

Sincerely,



Donna M. Hargens, Ed.D.
Superintendent, Jefferson County Public Schools (JCPS)



From the Coordinator

The JCPS District's journey to become the best urban district in the nation involves all of us. In striving to become the best, every opportunity needs to be taken advantage of in order to prepare all of our students for college, career, and life. The district's *Strategic Plan: Vision 2015* calls for a commitment from the community and families to work as partners. This approach is just like the approach we are taking with HPSE, which is a coordinated effort. Working together to implement the district's vision will increase student learning and ensure that **"All JCPS students graduate prepared to reach their full potential and contribute to our society throughout life."** The identified nine Core Values in *Vision 2015* include the following: "Partnerships among schools, families, and community are important for the health and well-being of our students." JCPS has goals in four focus areas. Goal 3 is Stakeholder Involvement/Engagement, and Goal 4 is Safe, Resourced, Supported, and Equipped Schools. These goals tie directly into HPSE's efforts. Students who are involved in many of our after-school programs, such as cross-country and Run! Louisville, Run!, are learning how to take care of their own health now and in the future. The students are also learning about nutrition and healthy eating as well as the importance of wearing a seat belt and pedestrian safety. These opportunities enrich students' educational experiences and support their success in

school and beyond by helping them become healthy, productive citizens throughout their life and career. HPSE offers after-school programs that help keep students safe and off the streets. The HPSE Program also helps schools with their Kentucky Department of Education (KDE) Program Review for Practical Living/Career Studies (PL/CS). For example, with the Physical Education for Progress (PEP) grant that we implemented in nine HPSE elementary schools, all staff members worked together to meet the grant requirements. Computer teachers helped upload the pedometer steps, and nurses and physical education (PE) teachers worked together to make sure student chronic disease issues, such as asthma and diabetes, were addressed. When different discipline areas work together, the staff has the opportunity to be creative and the duplication of efforts is reduced. This also sets an example for students to see how the staff models working together. Students will then use those same skills at school when working with their student peers or in the workforce later in life.

Sincerely,



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 measuring height and weight to calculate 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.

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 KDE Program Review for PL/CS. See the Appendix 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

- 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 four times a year (1/2-mile option for 5- to 9-year-olds only) and to measure each student's height and weight to determine BMI twice a year. 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 the 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 programs that meet the HPSE CSH program implementation requirements.

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.

Health Promotion Schools of Excellence Summer Health Institute—August 1, 2013 8 a.m.–2:45 p.m. Jefferson Community and Technical College, Southwest Campus Ronald J. Horvath Auditorium 1000 Community College Drive Louisville, KY 40272	
7–8 a.m.	Registration
8–8:15 a.m.	Welcome and Introductions <i>Tracy Monks, Program Specialist, HPSE</i>
8:15–9:15 a.m.	HPSE Requirements Overview and Changes <i>Bonnie Ciarroccki, Coordinator Health Services and HPSE, JCPS</i> <i>Beverly Winsch, Specialist II, Evaluation, JCPS</i> <i>Debra Osoffsky, Family Resource Center Coordinator, Stonestreet Elementary</i> <i>Josh Lynn, PE Teacher, Cochrane Elementary</i>
9:15–10 a.m.	Health Education: Program Review: Best Practice Examples <i>Todd Henderson, PE Teacher, Gutermuth Elementary</i> Health Education Curriculum Analysis Tool (HECAT) <i>Stephanie Bunge, PD/YRBS Coordinator, Coordinated School Health Team, Kentucky Department of Education (KDE)</i>
10–10:15 a.m.	Embedding Physical Activity into Math Curriculum <i>Craig Hammons, Program Specialist, HPSE</i>
10:15–11 a.m.	Physical Education and Other Physical Activity: Physical Education Curriculum Analysis Tool (PECAT) <i>Todd Davis, Physical Activity, Nutrition and Tobacco Coordinator, Coordinated School Health Team, KDE</i> Y5210 Awards <i>Sasha Belenky, Director of Healthy Actions (interim), Greater Louisville YMCA</i>
11 a.m.–12 noon	Lunch (on your own)
12 noon–1 p.m.	Nutrition Services: Nutrition Services Updates Breakfast In the Classroom (BIC) and Fresh Fruit and Vegetable Program <i>Julia Bauscher, Director of Nutrition Services, JCPS</i> <i>Andrea Wright, Coordinator of Nutrition Initiatives, JCPS</i> Healthy School Celebrations <i>Stephanie Richardson, LPN, Semple Elementary</i>
1–1:10 p.m.	Break
1:10–1:20 p.m.	Nutrition Toss: <i>Nikki Boyd-Westenhofer, Program Specialist, HPSE</i>
1:20–2 p.m.	Health Services: School Health Requirements <i>Bonnie Ciarroccki, Coordinator Health Services and HPSE, JCPS</i> Handwashing: <i>Nikki Boyd-Westenhofer, Program Specialist, HPSE</i>
2–2:45 p.m.	Counseling, Psychological and Social Services: Kids Exposed to Violence <i>Lora Haynes, Assistant Professor of Psychology, University of Louisville</i>
2:45 p.m.	Recap and Announcements

<p align="center">Health Promotion Schools of Excellence Summer Health Institute August 2, 2013 8 a.m.–2:45 p.m. Jefferson Community and Technical College, Southwest Campus Ronald J. Horvath Auditorium 1000 Community College Drive Louisville, KY 40272</p>	
7–8 a.m.	Registration
8–8:05 a.m.	Welcome and Introductions <i>Dr. Carol Montgomery</i> , Assistant Superintendent, Academic Support Services, JCPS
8:05–8:15 a.m.	Icebreaker: Metro Parks Staff
8:15–9:15 a.m.	Health Promotion for Staff: Cooper/Clayton Program <i>Rachelle Seger</i> , Program Coordinator, Kentucky Cancer Program Active 4 Life: <i>Stefanie Bramer</i> , Program Specialist, HPSE Humana Vitality/Summit Health Screening <i>Jacqueline Foree</i> , Contact Representative, Humana Vitality Dress in Blue Day <i>Jamie Wientjes</i> , Cancer Control Specialist, Kentucky Cancer Program
9:15–10:15 a.m.	Family and Community Involvement: <ul style="list-style-type: none"> ○ Elementary <ul style="list-style-type: none"> • Kentucky Cancer Program Challenge <i>Jamie Wientjes</i>, Cancer Control Specialist, Kentucky Cancer Program • Fit-Lit Night <i>Pattie Harry</i>, Family Resource Center Coordinator, Watterson Elementary ○ Middle and High <ul style="list-style-type: none"> • Distracted Driving Simulator <i>Brad Franklin</i>, Program Coordinator, Kentucky Office of Highway Safety • Cancer Prevention Information and Education <i>JoAnna Couch</i>, Clinical Educator, Norton Cancer Institute Resource Center <i>Leesa Mattingly</i>, Breast Health Patient Navigator, Norton Cancer Institute
10:15–11:30 a.m.	Counseling, Psychological and Social Services: Dating Violence <i>Kathleen Kelly</i> , Prevention Coordinator, The Center for Women and Families Bullying Prevention Best Practices <i>Cheryl Dolson</i> , Resource Teacher, JCPS Safe and Drug-Free Schools
11:30 a.m.–12:30 p.m.	Lunch (on your own)
12:30–1:40 p.m.	Healthy and Safe School Environment: Safe and Drug-Free Schools Overview <i>Jackie Wisman</i> , Director, JCPS Safe and Drug-Free Schools JCPS Recycling <i>Chuck Fleischer</i> , Director, JCPS Safety and Environmental Services <i>Bryan Bogo</i> , Sustainability Manager, Louisville Market, QRS Recycling
1:40–1:55 p.m.	Embedding Physical Activity into Literature Curriculum <i>Stefanie Bramer</i> , Program Specialist, HPSE
1:55–2:45 p.m.	Internet and Social Media Safety: Speaker TBA
2:45 p.m.	Recap, Announcements, and Evaluations

Day three of the 2013 Institute is an optional day where eligible participants attend a Health Services Training Recertification class. Attendees receive 4 hours of PD.

CSH Process

HPSE adopted CSH to follow as a guide in implementing curriculum and evidence-based programs in 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

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 and Other Physical Activity

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 and Other Physical Activity** component for the 2013-14 school year, each HPSE school must work toward achievement of the following:

Elementary Schools

Collect and report Physical Best data on all K–5 students four times a year on aerobic endurance using the walk/run test. To calculate BMI, height and weight will be measured two times a year. All other previous assessments (sit-ups, push-ups, and sit-reach) are optional.

- **Walk/Run and BMI Measurement #1** is due September 27, 2013.
- **Walk/Run Measurement #2** is due November 15, 2013.
- **Walk/Run Measurement #3** is due March 14, 2014.
- **Walk/Run and BMI Measurement #4** is due April 25, 2014.
- **Required** assessments are height/weight measurements for BMI, the ½-mile walk/run for K–2 students, and the 1-mile walk/run for grades three–five.
- **Optional** assessments are sit-ups, sit-reach, and push-ups.

Middle and High Schools

All middle and high school students enrolled in a health and/or PE class will be assessed at the beginning and end of the semester.

Have at least three classrooms apply to and successfully implement the Y5210 Program (K–5 **only**).

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

Program Review: PL/CS Demonstrator for Proficiency/Meets Expectations

Standard 1: Curriculum and Instruction
Demonstrator 2
Physical Education—D, E
Standard 2: Formative and Summative Assessments
Demonstrator 1-C
Demonstrator 2-B

Standard 1: Curriculum and Instruction
Demonstrator 1
Health Education—C, D, E
Demonstrator 2
Physical Education—C, D, E

Standard 1: Curriculum and Instruction
Demonstrator 2
Physical Education—D

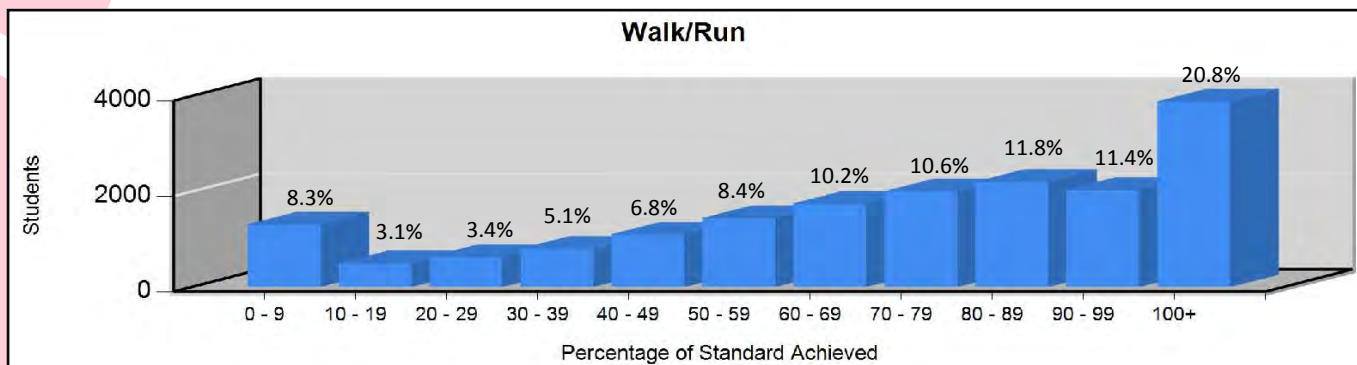
Available Data From 2012-13 Requirement

See pages 8–10 for data reports.

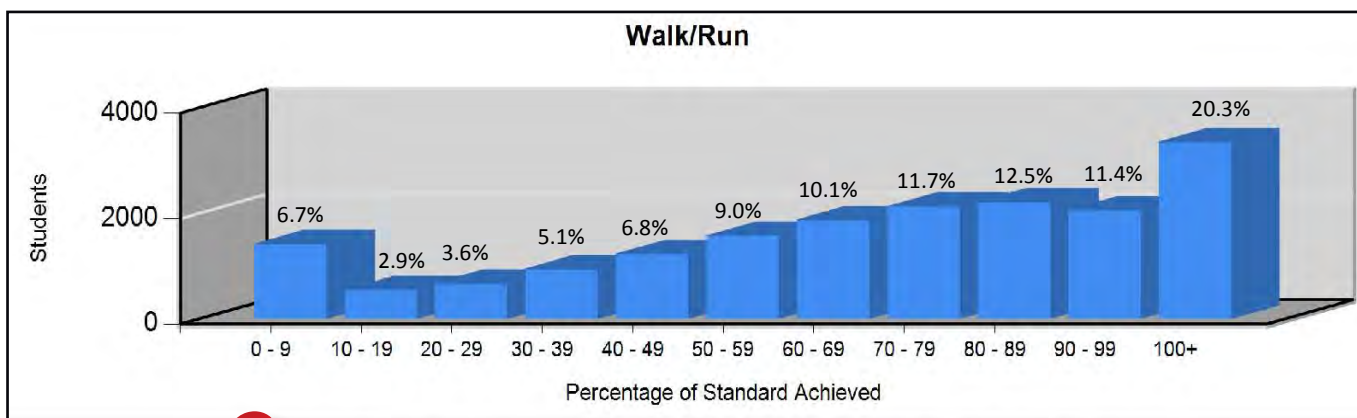
Had 320 classrooms complete the Y5210 Program

More than 700 students participated in after-school physical activity programs.

All HPSE Schools Physical Best Pretest Fall 2012



All HPSE Schools Physical Best Posttest Spring 2013



Billie Stone, fitness teacher at Bates Elementary, was recognized as the 2012 Physical Education Teacher of the Year by the Kentucky Association for Health, Physical Education, Recreation, and Dance (KAHPERD) during the group's conference in Louisville on Mon., Nov. 12, and Tues., Nov. 13.



Milessa Barnes, Family Resource Center (FRC) coordinator at Rangeland Elementary, was the subject of a volunteer spotlight in the November issue of the Girls on the Run Louisville e-newsletter. Girls on the Run Louisville is a program for girls ages 8 to 10 years old that combines training for a 3.1-mile running event with self-esteem-enhancing and uplifting workouts. Barnes volunteered last year to serve as a Girls on the Run coach, and she attributes her choice to initiate positive changes in her own fitness regimen to her involvement with the program. Initially, the running portion of the program intimidated Barnes, but since beginning the program, she has regularly participated in community 5K races and even the Kentucky Derby Festival miniMarathon. Barnes has become a dynamic coach in the program and is a role model for the girls who participate.

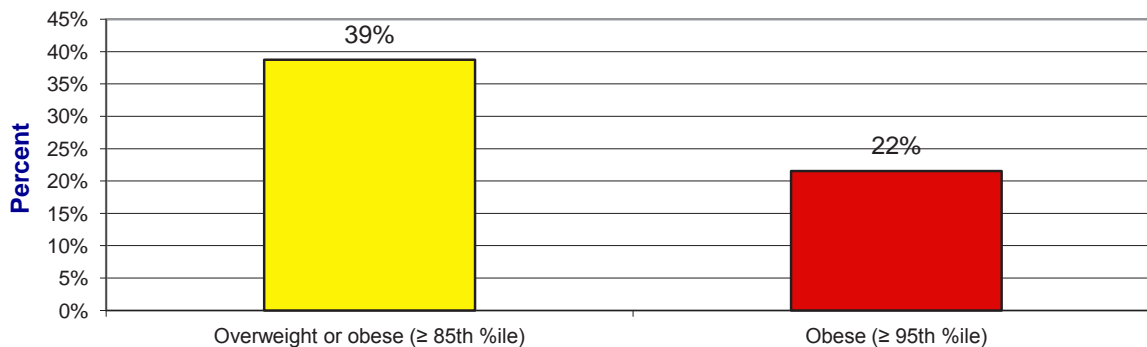
Health Promotion Schools of Excellence

2012 - 2013 All JCPS/HPSE Pre-Summary BMI-for-Age

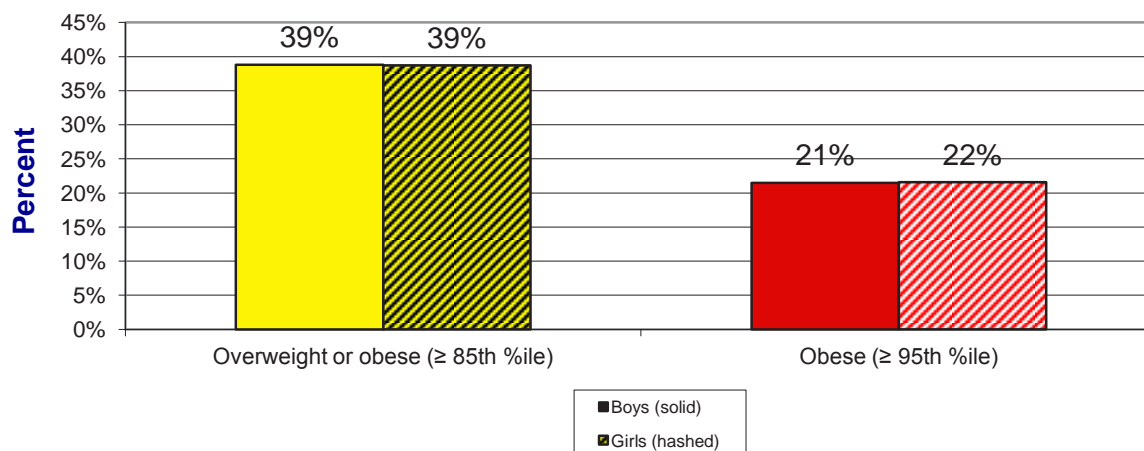
	Boys	Girls	Total
Number of children assessed:	8781	8248	17029
Underweight (< 5th %ile)	3%	3%	3%
Normal BMI (5th - 85th %ile)	59%	58%	59%
Overweight or obese (\geq 85th %ile)*	39%	39%	39%
Obese (\geq 95th %ile)	21%	22%	22%

*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



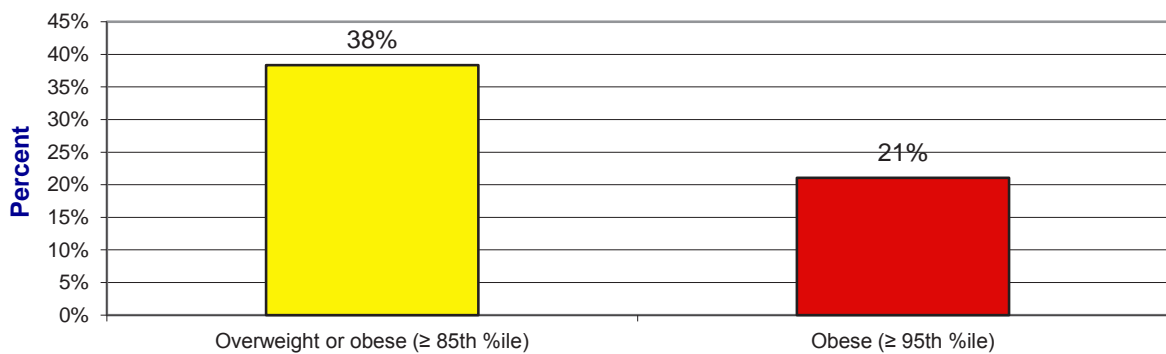
Health Promotion Schools of Excellence

2013 All JCPS/HPSE Post-Summary BMI-for-Age

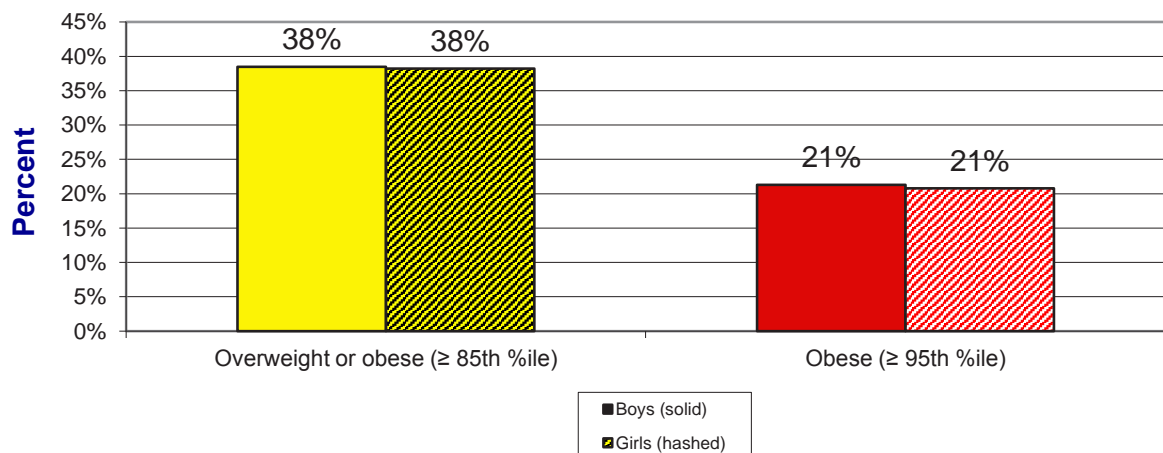
	Boys	Girls	Total
Number of children assessed:	8594	8082	16676
Underweight (< 5th %ile)	3%	3%	3%
Normal BMI (5th - 85th %ile)	59%	59%	59%
Overweight or obese (\geq 85th %ile)*	38%	38%	38%
Obese (\geq 95th %ile)	21%	21%	21%

*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



Spring 2013 Posttest Data



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 for the 2013-14 school year, each HPSE school must work toward achievement of the following:

Elementary Schools

Create and implement a schoolwide Healthy Celebration at least one time during the school year.

Middle and High Schools

Incorporate a healthy activity (e.g., physical activity, healthy snack) into at least one schoolwide celebration.

Program Review:
PL/CS Demonstrator for Proficiency/
Meets Expectations

Available Data
From 2012-13
Requirement

Standard 4: Administrative/Leadership
Support and Monitoring
Demonstrator 1-1

No data available

Wellington partnership brings produce to Shively

A partnership between Wellington Elementary and three community organizations will bring weekly deliveries of fresh, locally grown produce to area families. The Wellington Fresh Stop will be operated by teachers, students, and community members and serve Shively beginning in June. Partners in the effort will pool funds to buy produce from local farmers and distribute it among participants. For more information about prices and availability, contact Karyn Moskowitz at 509-6770 or at info@newrootsproduce.org.

District Wellness Policy
Web Site



Nutrition Services
Web Site





Health Services

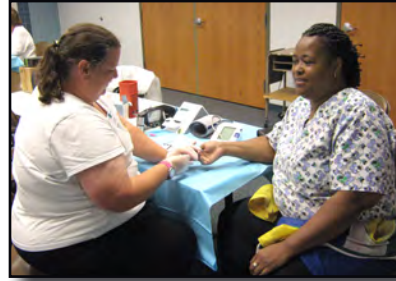
Growing children require a regular health-maintenance program that includes immunizations, dental checkups, physicals, hearing exams, and eye exams.



To address the Health Services component for the 2013-14 school year, each HPSE school must work toward achievement of the following:	Program Review: PL/CS Demonstrator for Proficiency/Meets Expectations	Available Data From 2012-13 Requirement
<p>Elementary Schools To increase compliance rates, communicate with your area JCPS Health Services nurse practitioner (485-3387) for the following:</p> <ul style="list-style-type: none"> Physical exams for initial entry and sixth grade Immunizations Seasonal Flu Clinic (if available) Dental exams for 5- or 6-year-olds <p>Contact your assigned JCPS nurse practitioner to discuss available resources for the following:</p> <ul style="list-style-type: none"> Vision exams for 3-, 4-, 5-, or 6-year-olds upon initial entry <p>Middle and High Schools To ensure that student immunizations, physical exams, and other school health requirements are met, communicate with your area JCPS Health Services nurse practitioner (485-3387) for the following:</p> <ul style="list-style-type: none"> Physical exams for initial entry and sixth grade Immunization Certificate for required vaccinations Seasonal Flu Clinic (if available) 	N/A	<p>27 JCPS schools with full-time nurses</p> <p>Students out of compliance received mandatory immunizations, school physicals, and dental screenings.</p>
<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"> School nurse (if applicable) HPSE Program specialist: 485-3387 Addressed in science, health, or chemistry classes Schoolwide video 	<p>Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, E</p>	<p>Handwashing curriculum conducted in 606 classrooms</p>

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 for the 2013-14 school year, each HPSE school must work toward achievement of the following:

Conduct the HPSE Staff Wellness survey, and participate in at least one of the following programs based on the wants/needs of your school staff:

- Humana/Summit Health Screenings
- HumanaVitality
- Cooper/Clayton smoking cessation classes
- American Cancer Society's Active for Life

**Program Review:
PL/CS Demonstrator for Proficiency/
Meets Expectations**

N/A

**Available Data
From 2012-13
Requirement**

- Nearly 1,050 staff members responded to HPSE staff wellness survey.
- 210 staff members from 18 HPSE schools received health screenings.

Stefanie Bramer, program specialist, organized the ten-week Active for Life team challenge. A total of 15 teams in 15 HPSE schools (a total of 163 participants) helped make the Health Promotion for Staff member challenge a success. The top team was from Eisenhower Elementary and was coordinated by PE teacher **Karen Sweazy**. The Eisenhower team was presented with individual prizes and a team certificate on Fri., Mar. 29. The other teams, listed in order of ranking, were as follows: Lassiter Middle, Hawthorne Elementary, Student Health Services, Johnsontown Road Elementary, Hazelwood Elementary, Stonestreet Elementary, Rangeland Elementary, Sanders Elementary, Greathouse/Shryock Traditional Elementary, Brandeis Elementary, Churchill Park School, Dixie Elementary, Wellington Elementary, and Farnsley Middle.



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 for the 2013-14 school year, 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 includes community involvement. Examples include Fit Lit, Family Fun Fitness Nights, and health fairs.

Send home literature to parents about Healthy Celebrations.

- See the JCPS Nutrition Services Web site (click on *Nutrition Education Resources*). To see the district wellness policy, see Guidelines and Policies.

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.

Program Review: PL/CS Demonstrator for Proficiency/Meets Expectations

Available Data From 2012-13 Requirement

**Standard 3: Professional Development
Demonstrator 2: Participation—B, D.**

No data available

**Standard 4: Administrative/Leadership
Support and Monitoring
Demonstrator 1: Policies and Monitoring—H, I**

**Standard 3: Professional Development
Demonstrator 2: Participation—D**

Simple event offers hands-on health

By Stephanie Richardson

Students at Semple Elementary geared up for the Kentucky Derby by “horsing around” with Officers Justin Hardy and Bill White and their equine partners, Officers Fury and Lance. This is the third year that the Louisville Metro Police Department (LMPD) Mounted Patrol has participated in the Semple Elementary Health Fair.

Having the Mounted Patrol at our Health Fair is so important. Not only do the students love the horses, but many of our students would never otherwise have the opportunity to be so up-close and personal with a horse. And it brings the police officers to the students in a positive, safe, and nonthreatening atmosphere.

The officers weren't the only public servants at the fair. The Louisville Metro Fire Department joined the campaign to educate students about calling 911 along with fire safety and procedures. The students made themselves right at home on the fire truck by asking questions, holding equipment, and aspiring to be just like the firefighters.

Students also learned other important health and safety information by visiting such booths as Small Smiles Dentistry, Hwang's Martial Arts, and the Colon Cancer Prevention Project, which featured a giant inflatable colon for the students to walk through.

Ryan Burt, health educator with Passport Health Plan, spoke to the students about the dangers of smoking, and he demonstrated poor lung function by letting the students breathe through normal drinking straws and then switching to coffee stirrers. It was an eye-opening lesson for many.

Sharon Rengers from Kosair Children's Hospital discussed seat belt/booster seat safety with the students. The students were engrossed and asked many relevant questions, such as, “Why aren't there seat belts on a school bus?”

At the end of the day, the students were excited and informed. If they only took away one lesson, they are still informed with more knowledge than they had yesterday—and they know that Semple Elementary is a safe haven for them.



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 for the 2013-14 school year, 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*.

Middle and High Schools

Promote at least one of the following programs:

- Prom Promise
- Program that addresses dating violence

Program Review: PL/CS Demonstrator for Proficiency/Meets Standard

Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D

Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D

Available Data From 2012-13 Requirement

HPSE Schools report implementing an average of 10 out of 15 Bully Prevention Best Practices.

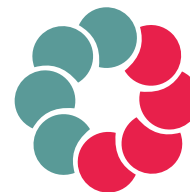
No data available

Bullying Best Practices Checklists



Sarawit Lindy, counselor at Foster Traditional Academy, coordinated several school activities during Red Ribbon Week, which is observed each year from Oct. 23 through Oct. 31. Foster students enjoyed many fun themed events during the week, which promotes education about the dangers of alcohol and drugs. Students participated in a Creative Contest Day, in which they designed posters, wrote poems, and composed raps about the importance of staying drug- and alcohol-free. Students also participated in a Hat Day, and on Fri., Oct. 26, the students and staff members wore red shirts and formed a large red ribbon on the school lawn. Lindy and volunteer Greg Mattingly, who is the brother of P2 (grade one) teacher **Lisa Diers**, climbed atop the school's roof to take a photograph of the formation.





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 for the 2013-14 school year, each HPSE school must work toward achievement of the following:

Promote Child Passenger Safety Week at your school **Sept. 15-21, 2013**. Materials will be provided by the Louisville/Jefferson County Safe Kids Coalition. For more information, visit www.nhtsa.gov.

All HPSE schools will recycle and follow the checklist provided by your HPSE Program specialist.

Middle and High Schools:

Promote at least one of the following programs:

- Drug/Alcohol awareness program (including Fatal Vision)
- Distracted Driving Simulator
- Smoking prevention or cessation

Program Review: PL/CS Demonstrator for Proficiency/Meets Standard

Available Data From 2012-13 Requirement

Standard 1: Curriculum and Instruction Demonstrator 1

Health Education—C, D

Demonstrator 3

Consumerism—B, C

Each HPSE school promoted Child Passenger Safety Week 2012 by providing educational literature to students and promoting safety message announcements.

Standard 1: Curriculum and Instruction Demonstrator 1

Health Education—B, C

No data available

Standard 1: Curriculum and Instruction Demonstrator 1

Health Education—B, C, D

No data available

Tiffany Stoner, FRC coordinator at Jacob Elementary, worked with employees of Raytheon Missile Systems, 6201 Strawberry Lane, to coordinate a workday on the grounds at Jacob. A team of Raytheon employees visited Jacob on Sat., Nov. 10, to beautify two school courtyards. Raytheon employees painted large flowerpots and birdbaths, refurbished garden beds, and added new landscaping. The team also handcrafted motivational stones, and they purchased bird feeders and windchimes. Stoner worked with Sidney Sutton, a Realizing Educational And Career Hopes (REACH) AmeriCorps member, to invite a few Jacob students and employees who enjoy gardening.



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 for the 2013-14 school year, each HPSE school must work toward achievement of the following:

Identify the persons responsible for making sure that the PL/CS Program Review for Standard 1: Curriculum and Instruction is covered in classrooms.

**Program Review:
PL/CS Demonstrator for
Proficiency/Meets Standard**

**Available Data
From 2012-13
Requirement**

Demonstrator 1: Health Education

No data available

**JCPS Gheens Academy
for Curricular Excellence
and Instructional
Leadership Curriculum
Maps**



Looking for a **FUN** fitness activity?
Try Something Different!

Line Dance Class



Step by step instruction provided by DJ Carl!
Learn new steps and enjoy the old steps to
"Old school" R & B/Hip Hop Music!

Get heart healthy without getting bored!
Classes will take place on Mondays
(September 24, October 1, 15, 22, November 12, 19)
6:15-7:30

@
Myers Middle Community School
3741 Pulliam Drive

For more info, or to sign up, contact Linda Harris @ 458-2316 or
linda.harris2@jefferson.kyschools.us

Adults of all ages and mature youth are welcome!
Adults are encouraged to contribute a weekly donation of \$2.00
JCPS students may attend FREE if accompanied by an adult!

**Take personal responsibility for your well being
and come get movin'!**

Emotional and physical benefits of maintaining physical fitness at any age include feeling better from the release of stress and tension, decrease in depression/appetite, increase in self confidence and a healthy heart!

Section II

*Selected Schools for the
2013-14 School Year*



11/9/12

Bates Bears,
The weather this weekend
will be great! Make sure you
spend some time outside getting
some exercise. Play in the leaves,
ride your bike or just play tag
with your friends.
Sincerely,
The Bates Staff

Section II

Selected Schools for the 2013-14 School Year

New Schools for the 2013-14 School Year

Engelhard Elementary
Meyzeek Middle
Wheatley Elementary

Three Years

Myers Middle

Seven Years

Blue Lick Elementary
Fairdale High School
Sanders Elementary
Simple Elementary
Shelby Traditional Academy

Eight Years

Brandeis Elementary
Churchill Park School

Nine Years

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

Eleven Years

Johnsontown Road Elementary

Thirteen Years

Gutermuth Elementary

Fifteen Years

Jeffersontown Elementary
Rangeland Elementary

Sixteen Years

Indian Trail Elementary
Wilkerson Traditional Elementary

Seventeen Years

Eisenhower Elementary
Farnsley Middle

Eighteen Years

Foster Traditional Academy
Kennedy Montessori Elementary
Layne Elementary
Medora Elementary

Nineteen Years

Dixie Elementary

Twenty Years

Waller-Williams Environmental

Twenty-One Years

Bates Elementary
Cochrane Elementary
Hazelwood Elementary

Charter Schools—

Twenty-Two Years

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



HPSE School Contact Information

Bates Elementary (Location No. 55)	
7601 Bardstown Road Louisville, KY 40291 485-8208 , (Fax) 485-8960 485-7004 (FRC) , (Fax) 485-8960	Alecia Dunn, Principal Billie Stone, Coordinator billie.stone@jefferson.kyschools.us Stefanie Bramer, HPSE Program Specialist
Blue Lick Elementary (Location No. 91)	
9801 Blue Lick Road Louisville, KY 40229 485-8212 , (Fax) 485-3131	Melody Raymond, Principal Sherri Davis, Coordinator sherri.davis@jefferson.kyschools.us Nikki Boyd-Westenhofer, HPSE Program Specialist
Brandeis Elementary (Location No. 260)	
2817 West Kentucky Street Louisville, KY 40211 485-8214 , (Fax) 778-7354 485-6195 (FRC) , (Fax) 778-7354	Shervita West, Principal Jessica Graham, Coordinator jessica.graham@jefferson.kyschools.us Nikki Boyd-Westenhofer, HPSE Program Specialist
Churchill Park School (Location No. 917)	
435 Boxley Avenue Louisville, KY 40209 485-8229 , (Fax) 485-8982 485-8118 (FRC) , (Fax) 361-7398	Tom Knabel, Principal Melissa Mastin, Coordinator melissa.mastin@jefferson.kyschools.us Tracy Monks, HPSE Program Specialist
Cochrane Elementary (Location No. 83)	
2511 Tregaron Avenue Louisville, KY 40299 485-8231 , (Fax) 485-8392 485-7291 (FRC) , (Fax) 485-7291	Susan Haynes, Principal Joshua Lynn, Coordinator joshua.lynn@jefferson.kyschools.us Stefanie Bramer, HPSE Program Specialist
Crums Lane Elementary (Location No. 92)	
3212 South Crums Lane Louisville, KY 40216 485-8236 , (Fax) 485-8536 485-3837 (FRC) , (Fax) 485-8536	Anna Byrd, Principal Kim Stevenson, Coordinator kim.stevenson@jefferson.kyschools.us Craig Hammons, HPSE Program Specialist
Dawson-Orman Education Center (Location No. 037)	
900 South Floyd Street Louisville, KY 40203 485-7008 , (Fax) 485-6910	Darryl White, Principal Kathy Flowers, Coordinator kathy.flowers@jefferson.kyschools.us Tracy Monks, HPSE Program Specialist
Dixie Elementary (Location No. 82)	
10201 Casalanda Drive Louisville, KY 40272 485-8238 , (Fax) 485-8448 485-3896 (FRC) , (Fax) 485-8448	Stephen Howard, Principal Kai Hardison, Coordinator kai.hardison@jefferson.kyschools.us Craig Hammons, HPSE Program Specialist
Dunn Elementary (Location No. 156)	
2010 Rudy Lane Louisville, KY 40207 485-8240 , (Fax) 485-8829	Patti Barron, Principal Ryan Murphy, Coordinator ryan.murphy@jefferson.kyschools.us Stefanie Bramer, HPSE Program Specialist

Eisenhower Elementary (Location No. 131)	
5300 Jessamine Lane Louisville, KY 40258 485-8244 , (Fax) 485-8552	Julie Cummings, Principal Teresa Foushee, Coordinator teresa.foushee@jefferson.kyschools.us Craig Hammons, HPSE Program Specialist
Engelhard Elementary (Location No. 240)	
1004 South First Street Louisville, KY 40203 485-8246 , (Fax) 485-8793 485-8021 (FRC) , (Fax) 587-7267	Teresa Meyer, Principal Brian Lindsey, Coordinator brian.lindsey@jefferson.kyschools.us Nikki Boyd-Westenhofer, HPSE Program Specialist
Fairdale High (Location No. 057)	
1001 Fairdale Road Fairdale, KY 40118 485-8248 , (Fax) 485-8761	Bradley Weston, Principal Kathy Blevins, Coordinator kathy.blevins@jefferson.kyschools.us Tracy Monks, HPSE Program Specialist
Farnsley Middle (Location No. 49)	
3400 Lees Lane Louisville, KY 40216 485-8242 , (Fax) 485-8663 485-6015 (FRC) , (Fax) 485-6178	Vacant, Principal Tiant Sprow, Coordinator tiant.sprow@jefferson.kyschools.us Craig Hammons, HPSE Program Specialist
Foster Traditional Academy (Location No. 270)	
1401 South 41st Street Louisville, KY 40211 485-8253 , (Fax) 485-8665 485-8104 (FRC) , (Fax) 485-8665	Robert Gunn, Principal Latascha Craig, Coordinator latascha.craig@jefferson.kyschools.us Nikki Boyd-Westenhofer, HPSE Program Specialist
Greathouse/Shryock Traditional Elementary (Location No. 13)	
2700 Browns Lane Louisville, KY 40220 485-8259 , (Fax) 485-8768	Karla Davis, Principal Erin Gast, Coordinator erin.gast@jefferson.kyschools.us Stefanie Bramer, HPSE Program Specialist
Greenwood Elementary (Location No. 14)	
5801 Greenwood Road Louisville, KY 40258 485-8260 , (Fax) 485-8046 485-6885 (FRC) , (Fax) 485-6885	Dylan Owens, Principal Robin (MeMe) Ratliff, Coordinator robin.ratliff@jefferson.kyschools.us Craig Hammons, HPSE Program Specialist
Gutermuth Elementary (Location No. 115)	
1500 Sanders Lane Louisville, KY 40216 485-8261 , (Fax) 485-8379 485-6193 (FRC) , (Fax) 485-8379	Laura Mullaney Eric Wright, Coordinator eric.wright@jefferson.kyschools.us 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 Stefanie Bramer, 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	Michael Terry, Principal John Yates, Coordinator john.yates@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 Taylor Haydock, Coordinator taylor.haydock@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
Lowe Elementary (Location No. 146)	
210 Oxfordshire Lane Louisville, KY 40222 485-8293 , (Fax) 485-8594	David Armour, Principal Lyn Travis, Coordinator lyn.travis@jefferson.kyschools.us Stefanie Bramer, HPSE Program Specialist

Medora Elementary (Location No. 22)

11801 Deering Road
Louisville, KY 40272
485-8298, (Fax) 485-8572
485-1079 (FRC), (Fax) 485-8812

Betsy Pickup, Principal
Phil Evans, Coordinator
phil.evans@jefferson.kyschools.us
Craig Hammons, HPSE Program Specialist

Meyzeek Middle (Location No. 340)

828 South Jackson Street
Louisville, KY 40203
485-8299, (Fax) 485-8641

Chris Burba, Principal
Sarah Baker, Coordinator
sarah.baker@jefferson.kyschool.us
Stefanie Bramer, HPSE Program Specialist

Moore Traditional School (Location No. 155)

6415 Outer Loop
Louisville, KY 40228
485-8304, (Fax) 485-8168
485-3925 (FRC), (Fax) 485-8168

Vicki Lete, Principal
Mike Thomas, Coordinator (High)
mike.thomas@jefferson.kyschools.us
Kyle McKune, Coordinator (Middle)
kyle.mckune@jefferson.kyschools.us
Nikki Boyd-Westenhofer, HPSE Program Specialist

Myers Middle (Location No. 159)

3741 Pulliam Drive
Louisville, KY 40218
485-8305, (Fax) 485-8157

Jack Baldwin, Principal
Linda Harris, Coordinator
linda.harris@jefferson.kyschools.us
Stefanie Bramer, HPSE Program Specialist

Rangeland Elementary (Location No. 81)

1701 Rangeland Road
Louisville, KY 40219
485-8317, (Fax) 485-8874
485-8113 (FRC), (Fax) 962-1790

Mashelle Kiggins, Principal
Chris Edge, Coordinator
chris.edge@jefferson.kyschools.us
Stefanie Bramer, HPSE Program Specialist

Sanders Elementary (Location No. 086)

8408 Terry Road
Louisville, KY 40258
485-8322, (Fax) 485-8555
933-0724 (FRC), (Fax) 485-8555

Pam Cooper, Principal
Tracy Teague, Coordinator
tracy.teague@jefferson.kyschools.us
Craig Hammons, HPSE Program Specialist

Semple Elementary (Location No. 580)

724 Denmark Street
Louisville, KY 40215
485-8324, (Fax) 485-8144
485-8118 (FRC), (Fax) 361-7398

Danielle Randle, Principal
Tiffany Mosley, Coordinator
tiffany.mosley@jefferson.kyschools.us
Tracy Monks, HPSE Program Specialist

Shelby Traditional Academy (Location No. 610)

735 Ziegler Street
Louisville, KY 40217
485-8327, (Fax) 485-8507

Kim Goff, Principal
Ayisha Courtney, Coordinator
ayisha.courtney@jefferson.kyschools.us
Nikki Boyd-Westenhofer, HPSE Program Specialist

Stonestreet Elementary (Location No. 71)

10007 Stonestreet Road
Louisville, KY 40272
485-8333, (Fax) 485-8450
933-0741 (FRC), (Fax) 485-8450

Barbara Harris, Principal
Debra Osoffsky, Coordinator
debra.osoffsky@jefferson.kyschools.us
Tracy Monks, HPSE Program Specialist

Waller-Williams Environmental (Location No. 34)

2415 Rockford Lane
Louisville, KY 40216
485-8314, (Fax) 485-8560
485-8190 (FRC), (Fax) 485-8560

Heather Moss, Principal
Michelle Chesser, Coordinator
michelle.rainbolt@jefferson.kyschools.us
Tracy Monks, HPSE Program Specialist

Watson Lane Elementary (Location No. 69)

7201 Watson Lane
Louisville, KY 40272
485-8341, (Fax) 485-8455
485-8846 (FRC), (Fax) 4935-2580

Joshua Williams, Principal
Sherryl A. Anderson, Coordinator
sherryl.anderson@jefferson.kyschools.us
Craig Hammons, HPSE Program Specialist

Watterson Elementary (Location No. 72)

3900 Breckinridge Lane
Louisville, KY 40218
485-8342, (Fax) 485-8999

Vickie B. Talbott, Principal
Pattie Harry, Coordinator
pattie.harry@jefferson.kyschools.us
Stefanie Bramer, HPSE Program Specialist

Wellington Elementary (Location No. 116)

4800 Kaufman Lane
Louisville, KY 40216
485-8343, (Fax) 485-8525
485-8117 (FRC), (Fax) 485-8525

Brandi Carney, Principal
Susan Dake, Coordinator
susan.dake@jefferson.kyschools.us
Craig Hammons, HPSE Program Specialist

Wheatley Elementary (Location No. 182)

1107 South 17th Street
Louisville, KY 40210
485-8348, (Fax) 485-8998
485-8348 (FRC), (Fax) 485-8998

Kristi Gregory, Principal
Annie Haigler, Coordinator
annie.haigler@jefferson.kyschools.us
Nikki Boyd-Westenhofer, HPSE Program Specialist

Wilkerson Traditional Elementary (Location No. 066)

5601 Johnsontown Road
Louisville, KY 40272
485-8351, (Fax) 485-8454
485-8103 (FRC), (Fax) 485-8454

Rina Gratz, Principal
Brooke Burd, Coordinator
brooke.burd@jefferson.kyschools.us
Craig Hammons, HPSE Program Specialist

Young Elementary (Location No. 374)

3526 West Muhammad Ali Boulevard
Louisville, KY 40212
485-8354, (Fax) 485-8880
485-8108 (FRC), (Fax) 485-8880

Mary Minyard, Principal
Laurie Workman, Coordinator
laurie.workman@jefferson.kyschools.us
Nikki Boyd-Westenhofer, HPSE Program Specialist

Section III

Student Health Services and Support Staff



Section III

Student Health Services Staff

Bonnie Ciarroccki, MAT, MCHES Coordinator, Health Services and Health Promotion Schools of Excellence	
HPSE Staff	
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

Nursing Staff		
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	Seth Green, 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 Marquez, 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
Vacant, 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	

Clerical/Support Staff	
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

Interim Director of Healthy Actions
YMCA of Greater Louisville
545 South Second Street
Louisville, KY 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
Van Hoose, 5th Floor
3332 Newburg Road
Louisville, KY 40218

485-3387 • 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

Stefanie Bramer, BS

Program Specialist II, HPSE
Jefferson County Public Schools
Van Hoose, 5th Floor
3332 Newburg Road
Louisville, KY 40218

485-3387 • 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
Kentucky 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 the Kentucky 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

Cheryl Dolson, MEd

Resource Teacher/Prevention Specialist
Safe and Drug-Free Schools
Jefferson County Public Schools
3332 Newburg Road
Louisville, KY 40218
485-7527 • 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
P.O. Box 35070
Louisville, KY 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
Van Hoose, 5th Floor
3332 Newburg Road
Louisville, KY 40218
485-3387 • 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 handouts; 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
Van Hoose, 5th Floor
3332 Newburg Road
Louisville, KY 40218

485-3387 • 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, KY 40202

214-0065

michelle.eckhart@jhsnh.org

Ellie Schweizer, MPH

Community Health Education Specialist
Tobacco Prevention and Cessation Program
Louisville Metro Dept. 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

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 Dept. 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, KY 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@jhsmdh.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

2013-14 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.

Introduction

The JCPS District's journey to become the best urban district in the nation involves all of us. In striving to become the best, every opportunity needs to be taken advantage of in order to prepare all of our students for college, career, and life. The district's *Strategic Plan: Vision 2015* calls for a commitment from the community and families to work as partners. This approach is just like the approach we are taking with HPSE, which is a coordinated effort. Working together to implement the district's vision will increase student learning and ensure that **"All JCPS students graduate prepared** to reach their full potential and contribute to our society throughout life." The identified nine Core Values in *Vision 2015* include the following: "Partnerships among schools, families, and community are important for the health and well-being of our students." JCPS has goals in four focus areas. Goal 3 is Stakeholder Involvement/Engagement, and Goal 4 is Safe, Resourced, Supported, and Equipped Schools. These goals tie directly into HPSE's efforts. Students who are involved in many of our after-school programs, such as cross-country and Run! Louisville, Run!, are learning how to take care of their own health now and in the future. The students are also learning about nutrition and healthy eating as well as the importance of wearing a seat belt and pedestrian safety. These opportunities enrich students' educational experiences and support their success in school and beyond by helping them become healthy, productive citizens throughout their life and career. HPSE offers after-school programs that help keep students safe and off the streets. The HPSE Program also helps schools with their KDE Program Review for PL/CS. For example, with the PEP grant that we implemented in nine HPSE elementary schools, all staff members worked together to meet the grant requirements. Computer teachers helped upload the pedometer steps, and nurses and physical education (PE) teachers worked together to make sure student chronic disease issues, such as asthma and diabetes, were addressed. When different discipline areas work together, the staff has the opportunity to be creative and the duplication of efforts is reduced. This also sets an example for students to see how the staff models working together. Students will then use those same skills at school when working with their student peers or in the work force later in life.

When reviewing the remainder of the application, think about the district's vision and how health is an integral part of—if not the first step in—making sure we become the best urban district. Your school efforts are helping our students graduate prepared to reach their full potential and contribute to our society throughout life.

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 twenty-second year of operation, HPSE has been implemented in 43 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.²⁰

Over the last 22 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.¹ 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.²⁻⁸ 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.⁹⁻¹³ 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.¹⁴⁻¹⁹ 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 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 485-3387.

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 RF, 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.

2013-14 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 2013-14 “Program Requirements” page, and complete all steps. (See page 38.) This page must be signed by both the principal and HPSE school coordinator.	May 10, 2013	
Complete the “School Information” page and “HPSE Committee Members” page. (See page 39.)	May 10, 2013	
Submit a one-page Letter of Intent to address the following questions: <ul style="list-style-type: none"> • 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 CSH? What are your plans to meet the requirements of the HPSE Program? • Describe your school's current and previous experience with programs for improving student health and wellness. • What potential challenges do you anticipate as you undertake the proposed activities? How will you overcome these challenges? • How would this program help your students graduate prepared and reach their full potential to contribute to our society throughout life? 	May 10, 2013	
Review required CSH components. (See page 40.)	May 10, 2013	
Complete the HPSE Budget Worksheet.	May 10, 2013	

Application Deadline

Applications are due by 4:30 p.m. on **May 10, 2013**. Applications may be submitted in three ways:

- **Fax:** (502) 485-7029 (Attention: HPSE Coordinators)
- **Mail:** Health Promotion Schools of Excellence, VanHoose Education Center, 5th Floor, 3332 Newburg Road, Louisville, KY 40218
- **JCPS Pony:** HPSE, VanHoose, 5th Floor, Location Number 630

Principals will be notified of tentative acceptance by **May 31, 2013**.

For questions or more information, call the HPSE Office at **485-3387**.

2013-14 Health Promotion Schools of Excellence

Program Requirements

1. Attend the Summer Health Institute.

Program Review PL/CS

Standard 3: Professional Development and Support Services

Demonstrator 1: Opportunities—B, C

Demonstrator 2: Participation—A, B, D, E

- **All schools** must have at least **two** people attend the entire two-day Summer Health Institute, tentatively scheduled for **July 31–August 2, 2013**.
- 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.** If your school is selected to participate in the HPSE Program, each designated attendee must complete the Institute Participant Form and return it by **June 3, 2013**.
- **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, the school will be eligible to apply the following year.

2. Schedule and conduct a principal's meeting.

Program Review PL/CS

Standard 4: Administrative/Leadership Support and Monitoring

Demonstrator 2: Principal Leadership—A, C

The purpose of the principal's meeting is to discuss program implementation, 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. Principal's meetings must be scheduled before **August 30, 2013**.

3. Implement required CSH components.

Each HPSE school will engage in a concerted effort for the school to expand the membership of the HPSE Committee and work toward achievement of the CSH requirements. (See page 40.) All items are specific to all grades unless otherwise noted. The required CSH components, listed on page 40, will assist you in your activity planning.

4. Administer Physical Best Assessments

Program Review PL/CS

Standard 1: Curriculum and Instruction

Demonstrator 2: Physical Education—A

Standard 2: Formative and Summative Assessments

Demonstrator 1: Assessments—C

Demonstrator 2: Expectations for Student Learning—B

Please note: Before a child may be tested, all schools **must** send home the exemption/permission form provided by HPSE to the parents/guardians.

Elementary

Physical Best Fitness: All K–5 students are required to be assessed four times a year on aerobic endurance using the walk/run test. Height and weight (to calculate BMI) will be measured two times a year.

- **Walk/Run and BMI Measurement #1 is due September 27, 2013.**
- **Walk/Run Measurement #2 is due November 15, 2013.**
- **Walk/Run Measurement #3 is due March 14, 2014.**
- **Walk/Run and BMI Measurement #4 is due April 25, 2014.**

Middle and High Schools

- All middle and high school students enrolled in a health and/or PE class will be assessed at the beginning and end of the semester. Please provide your schools' semester start and end dates. **Once provided, your HPSE Program specialist will determine your due dates.**

If assessments are not completed and entered by the deadline, the school will forfeit all or part of its funding.

5. Convene an HPSE Committee.

Program Review PL/CS

Standard 1: Curriculum and Instruction

Demonstrator 1: Health Education—D

Demonstrator 2: Physical Activity—D

Standard 4: Administrative/Leadership Support and Monitoring

Demonstrator 1: Policies and Monitoring—A, H, I

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

- Meets seven times a school year. At least five active, regularly attending committee members must be present. **Institute participants must be present at committee meetings.**
- 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. 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

2013-14
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:

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 and Social Services*			
8. Building Environment			
9. Community Member			
10. Additional Member			

**Mandatory

*Highly Recommended

2013-14
Health Promotion Schools of Excellence

Elementary Required CSH Components

Each HPSE school will engage in a concerted effort for the school to expand its HPSE Committee membership 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>1) To increase compliance rates, communicate with your area JCPS Health Services nurse practitioner (485-3387) for the following:</p> <ul style="list-style-type: none"> Physical exams for initial entry and sixth grade Immunizations Seasonal Flu Clinic (if available) Dental exams for 5- or 6-year-olds <p>Contact your assigned JCPS nurse practitioner to discuss available resources for the following:</p> <ul style="list-style-type: none"> Vision exams for 3-, 4-, 5-, or 6-year-olds upon initial entry 	
<p>2) 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"> School nurse (if applicable) HPSE Program specialist: 485-3387 Addressed in science, health, or chemistry classes Schoolwide video 	<p>Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, E</p>
Healthy and Safe School Environment	
<p>1) Promote Child Passenger Safety Week at your school. Materials will be provided by Safe Kids Louisville.</p> <ul style="list-style-type: none"> September 15–21, 2013. For more information, visit www.nhtsa.gov. 	<p>Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D Demonstrator 3 Consumerism—B, C</p>
<p>2) All HPSE schools will recycle and follow the checklist provided by their HPSE Program specialist.</p>	<p>Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—B, C</p>
Health Education	
<p>1) Identify the persons responsible for making sure that the Practical Living/ Career Studies Program Review for Standard 1: Curriculum and Instruction is covered in classrooms.</p>	<p>PL/CS Program Review</p>
Physical Education and/or Physical Activity	
<p>1) Collect and report Physical Best data on all K–5 students four times a year on aerobic endurance using the walk/run test. Height and weight will be measured two times a year. All other previous assessments (sit-ups, push-ups, and sit-reach) are optional.</p> <ul style="list-style-type: none"> Walk/Run and BMI Measurement #1 is due September 27, 2013. Walk/Run Measurement #2 is due November 15, 2013. Walk/Run Measurement #3 is due March 14, 2014. Walk/Run and BMI Measurement #4 is due April 25, 2014. Required assessments are height/weight measurements for BMI; the ½-mile walk/run for K–2 students; and 1-mile walk/run for grades three–five. Optional assessments are sit-ups, the sit-reach, and push-ups. 	<p>Standard 1: Curriculum and Instruction Demonstrator 2 Physical Education—D, E Standard 2: Formative and Summative Assessments Demonstrator 1–C Demonstrator 2–B</p>

Physical Education and/or Physical Activity	
2) Have at least three classrooms apply to and successfully implement the Y5210 Program (grades K–5 only) <ul style="list-style-type: none"> Contact your assigned HPSE Program specialist for application instructions. 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D, E Demonstrator 2 Physical Education—C, D, E
3) Offer opportunities for extracurricular programs, clubs, etc., to provide physical activity for students.	Standard 1: Curriculum and Instruction Demonstrator 2 Physical Education—D
Nutrition Services	
1) Create and implement a schoolwide Healthy Celebration at least one time during the school year.	Standard 4: Administrative/Leadership Support and Monitoring Demonstrator 1–1
Counseling, Psychological and Social Services	
1) 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. <ul style="list-style-type: none"> Under <i>Violence Prevention</i>, click on <i>Bullying Guide</i>. Select either <i>Elementary</i> or <i>Middle/High</i>. From here, select <i>Best Practices Checklist</i>. 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D
Family and Community Involvement	
1) Conduct at least one event outside the school day that incorporates a variety of interactive health topics and has community involvement. Examples include Fit Lit, Family Fun Fitness Nights, and health fair.	
2) Send home literature to parents about Healthy Celebrations (must be completed by September 30). <ul style="list-style-type: none"> See the JCPS Nutrition Services Web site, and click on <i>Nutrition Data and Education</i> and <i>District Wellness Policy</i>. 	
3) Plan for Dress in Blue Day (typically the first Friday in March) to promote colon cancer awareness and prevention. <ul style="list-style-type: none"> Program specialists will provide the program materials. 	
Health Promotion for Staff	
1) Conduct the HPSE Staff Wellness survey, and participate in at least one of the following programs based on the wants/needs of your school staff: <ul style="list-style-type: none"> Humana/Summit Health Screenings HumanaVitality Cooper/Clayton smoking cessation classes American Cancer Society's Active for Life 	

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Health Promotion Schools of Excellence

Middle/High Required Coordinated School Health (CSH) Components

Each HPSE school will engage in a concerted effort for the school to expand its HPSE Committee membership 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
1) To ensure that student immunizations, physical exams, and other school health requirements are met, communicate with your area JCPS Health Services nurse practitioner (485-3387) for the following: <ul style="list-style-type: none"> Physical exams for initial entry and sixth grade Immunization Certificate for required vaccinations Seasonal Flu Clinic (if available) 	
2) Conduct hand-washing lessons in each classroom to prevent the spread of communicable diseases. Specify how often and when. Select one: <ul style="list-style-type: none"> School nurse (if applicable) HPSE Program specialist: 485-3387 Addressed in science, health, or chemistry classes Schoolwide video 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, E
Healthy and Safe School Environment	
1) Promote Child Passenger Safety Week at your school. Materials will be provided by the Louisville/Jefferson County Safe Kids Coalition. • September 15–21, 2013 ; for more information, visit www.nhtsa.gov .	Standard 1: Curriculum and Instruction Dem1h Education—C, D Demonstrator 3 Consumerism—B, C
2) All HPSE schools will recycle and follow the checklist provided by their HPSE Program specialist.	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—B, C
3) Promote at least one of the following programs: <ul style="list-style-type: none"> Drug/Alcohol awareness program (including Fatal Vision) Distracted Driving Simulator Smoking prevention or cessation 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—B, C, D
Health Education	
1) Identify the persons responsible for making sure that the PL/CS Program Review for Standard 1: Curriculum and Instruction is covered in classrooms.	PL/CS Program Review
Physical Education and/or Physical Activity	
1) All middle and high school students enrolled in a health and/or PE class will be assessed at the beginning and end of the semester. Please provide your schools' semester start and end dates. Once provided, your HPSE specialist will determine your due dates.	Standard 1: Curriculum and Instruction Demonstrator 2 Physical Education—D, E Standard 2: Formative and Summative Assessments Demonstrator 1—C Demonstrator 2—B
2) Offer opportunities for extracurricular programs, clubs, etc., to provide physical activity for students.	Standard 1: Curriculum and Instruction Demonstrator 2 Physical Education—D

Nutrition Services	
1) Incorporate a healthy activity (e.g., physical activity, healthy snack) into at least one schoolwide celebration.	
Counseling, Psychological and Social Services	
1) Complete the JCPS Safe and Drug-Free Schools <i>Best Practices Checklist</i> to address bullying. Visit the Safe and Drug-Free Schools employee page on the JCPS Web site. <ul style="list-style-type: none"> Under <i>Violence Prevention</i>, click on <i>Bullying Guide</i>. Select either <i>Elementary</i> or <i>Middle/High</i>. From here, select <i>Best Practices Checklist</i>. 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D
2) Promote at least one of the following programs: <ul style="list-style-type: none"> Prom Promise Program that addresses dating violence 	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D
Family and Community Involvement	
1) Conduct at least one event that educates students on cancer and cancer prevention.	Standard 1: Curriculum and Instruction Demonstrator 1 Health Education—C, D
2) Send home literature to parents about Healthy Celebrations (must be completed by September 30). <ul style="list-style-type: none"> See the JCPS Nutrition Services Web site, and click on <i>Nutrition Data and Education</i> and <i>District Wellness Policy</i>. 	
3) Plan for Dress in Blue Day (typically the first Friday in March) to promote colon cancer awareness and prevention. <ul style="list-style-type: none"> Program specialists will provide the program materials. 	
Health Promotion for Staff	
1) Conduct the HPSE Staff Wellness survey, and participate in at least one of the following programs based on the wants/needs of your school staff: <ul style="list-style-type: none"> Humana/Summit Health Screenings Humana/Vitality Cooper/Clayton smoking cessation classes American Cancer Society's Active for Life 	

HPSE Data Reporting Sheet Elementary Schools

Required CSH Component	Baseline Data (from 2012-13 school year)	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: _____
Immunizations	# with: _____ # without: _____ # expired: _____ Total: _____	# with: _____ # without: _____ # expired: _____ Total: _____
Hand-washing education	# of classrooms: _____	# of classrooms: _____
HPSE Staff Wellness Survey	# completed: _____	# completed: _____
List the program and the number of staff members participating in the Health Promotion for Staff activity.	# of staff members: _____	# of staff members: _____
Does your school currently recycle? If yes, what materials are recycled?	(Circle one.) Yes No List materials: _____	(Circle one.) Yes No List materials: _____

Required CSH Component	Baseline Data (from 2012-13 school year)	End-of-Year Data
Classrooms participating in Y5210	# of classrooms:	# of classrooms:
List programs outside of the school day that provide opportunities for physical activity for students and 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 and 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:
Identify the persons responsible for delivering any health education in your school.	Name: Discipline area: Education topic:	Name: Discipline area: Education topic:
What is the date of the last review of your school wellness policy?	Date reviewed or created:	

HPSE Data Reporting Sheet

Middle and High Schools

Required CSH Component	Baseline Data (from 2012-13 school year)	End-of-Year Data
Physical exams for initial entry and sixth grade	# with: _____ # without: _____ Total: _____	# with: _____ # without: _____ Total: _____
Seasonal Flu Clinic (if applicable)	# of students: _____ # of staff: _____	# of students: _____ # of staff: _____
Immunizations	# with: _____ # without: _____ # expired: _____ Total: _____	# with: _____ # without: _____ # expired: _____ Total: _____
Hand-washing education	# of classrooms: _____	# of classrooms: _____
Does your school currently recycle? If yes, what materials are recycled?	(Circle one.) Yes No List materials: _____	(Circle one.) Yes No List materials: _____
HPSE Staff Wellness Survey	# completed: _____	# completed: _____
Staff members participating in Health Promotion for Staff activity List program: _____	# of staff members: _____	# of staff members: _____

Required CSH Component	Baseline Data (from 2012-13 school year)	End-of-Year Data
Identify the persons responsible for delivering any health education in your school.	Name: Discipline area: Education topic:	Name: Discipline area: Education topic:
List programs outside of the school day that provide opportunities for physical activity for students and the number of students, staff, and parents who participated.	List program: # of participants:	List program: # of participants:
List what programs were conducted in your school to address the HPSE Counseling, Psychological and Social Services requirement (Prom Promise or Dating Violence) and the number of students participating.	List program: # of participants:	List program: # of participants:
How many of the Bullying Best Practices have you implemented in your school?	# implemented:	# implemented:
List your schools' schoolwide celebration and what healthy activity was integrated into the celebration.	List celebration: Healthy activity integrated:	List celebration: Healthy activity integrated:
What is the date of the last review of your school wellness policy?	Date reviewed or created: Were changes made? If so, please describe the changes.	



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