

What is Coordinated School Health (CSH)?

Coordinated School Health Components at a Glance

Nutrition Services: Schools should provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer students a learning laboratory for classroom nutrition and health education, and serve as a resource for linkages with nutrition-related community services. Qualified child nutrition professionals provide these services.

Family/Community Involvement: An integrated school, parent, and community approach can enhance the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Health Promotion for Staff: Schools can provide opportunities for school staff members to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage staff members to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

Health Education: Health education provides students with opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others. Comprehensive school health education includes curricula for students in pre-K through grade 12 that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Qualified, trained teachers teach health education.

Counseling, Psychological, and Social Services: These services are provided to improve students' mental, emotional, and social health and include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

Physical Education & Other Physical Activity Programs: Physical education is a school-based instructional opportunity for students to gain the necessary skills and knowledge for lifelong participation in physical activity. A planned, sequential K-12 curriculum provides cognitive content and learning experiences in a variety of activity areas. Quality physical education programs assist students in achieving the national standards for K-12 physical education. The outcome is a physically educated person who has the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Qualified, trained teachers teach physical education.

Healthy and Safe School Environment: A healthy and safe school environment includes the physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychosocial environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

Health Services: Health services are designed to ensure access or referral to primary health care services or both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health. Qualified health personnel provide these services.

COORDINATED SCHOOL HEALTH

Various examples of CSH programs that can be implemented at any grade level.

Not inclusive of all programs.

Note: Activities could cross over in to other components

- Implementation, enforcement, reinforcement of and educating students, staff and parents about Federal, State and Local Nutrition Policies.
- HealthierUS School Challenge
- Coordinate with School Cafeteria and JCPS Food services for Health Fairs, Family Nights, and special events.
- Utilize JCPS Nutrition Services for nutrition education resources.
- Invite Nutrition Services to a faculty meeting to explain meal requirements
- Avoid using food and beverages as rewards

- Encourage family involvement in PTA, SBDM Council, volunteer opportunities, etc.
- Community partnerships such as JA Biztown, YMCA, Kosair, etc.
- Health Fair/Fit-Lit Night
- Family Nights (e.g., Skate Party, Father/Daughter Dance, etc.)
- Healthy Fundraisers, such as Walk-a-thon, Bowl-a-thon, etc.
- Turkey Trot/Derby Trot
- Health Awareness Days (Wear Red for Heart Disease, Dress In Blue Day for Colon Cancer, Breast Cancer Awareness)

- Humana Vitality
- Cooper Clayton Smoking Cessation Classes
- American Cancer Society's Active For Life
- Before/After School Fitness Class or Walking Club

- Immunization and Physicals Compliance Reports
- Implementation, enforcement, reinforcement and educating students, staff and parents about Federal, State and Local Health Services Policies.
- Full-time School Nurse
- School Physical and Immunization clinics
- Hand Washing Curriculum Education

- Empower students by inviting them to plan, create, and sustain a school culture of safety and respect
- Recycling
- Seat Belt, Bike, Pedestrian Safety Education
- Fire Prevention
- Site assessments (KY Green and Healthy Schools)
- Brightside Campus Cleanup
- Distracted Driving Program

- Physical Education is aligned to National, State, and Local Standards
- Comprehensive School PE Program
- Physical Education Curriculum Analysis Tool (PECAT)
- After-school physical activity (e.g., cross-country, soccer, flag football)
- Physical Assessments, including 1-mile Walk/Run and BMI Measurements
- PD opportunities for PE teachers
- Utilizing up to 30 minutes of wellness time. Examples of programs include Y5210, CATCH, Walking Book Club, etc.

- School-based group and individual counseling for students
- Bullying Prevention Programs
- Referrals for tutoring, clothing, financial assistance, child care, etc.
- Job Development and Career Exploration
- Substance Abuse Education and Counseling
- Suicide Prevention
- Referrals to Health Services

- Practical Living/Career Studies Program Review, Standards 1-4
- Health Education Curriculum Analysis Tool (HECAT)
- Coordinated School Health Committee

