

Nebraska Coordinated School Health



Coordinated School Health (CSH) is a systems-building process by which schools, school districts, and communities can develop capacity and create an infrastructure that supports continuous improvement in health-promoting environments for students and staff. It is a vehicle for school improvement—improving students' academic performance and overall physical well-being by promoting health in a systemic way.

CSH consists of two components: structure and process. The CSH **structure** outlines eight components schools must address to tend to student's holistic health needs: health education; physical education; health services; nutrition services; counseling and psychological services; healthy school environment; health promotion for staff; and family and community involvement. Many of these programs are already in place in schools, but are often fragmented. The CSH **process** is designed to purposefully integrate the efforts and resources of education and health to provide a full set of programs without duplication or fragmentation by emphasizing needs assessment; planning based on data; sound science; analysis of gaps and redundancies; and evaluation. The CSH process model assists in the development of coordinated, comprehensive, multifaceted programming that enhances environmental supports and the capacity of the school to ensure its academic mission.

What the Research Says: Healthy Kids Perform Better

- Increased scores on standardized tests
- Increased graduation rates
- Increased alertness & concentration
- Increase energy levels
- Improved self-esteem
- Improved mood levels
- Less absenteeism
- Reduction in disruptive behaviors
- Reduction in expulsions from school
- Reduction in drop-out rates
- Decrease in teen pregnancy rates
- Decrease in juvenile crime arrests



Nebraska Department of Education facilitates a series of Coordinated School Health Institutes engaging teams of school and community members. The seven day CSH Institute **series** for 2012-2013 will be in North Platte on the following dates: September 20-21; November 13; January 14-15; and March 25-26. For additional information contact:



Nebraska Department of Education
Julane Hill, Director
Coordinated School Health
Julane.hill@nebraska.gov 402-471-4352