



## COORDINATED SCHOOL HEALTH “Taking Action” Tools

### 1. Healthy School Environment

What parents, educators, business leaders, school officials and community members can do:

- Hold workshops on health-enhancing topics
- Implement/enforce school policies to prohibit tobacco and alcohol
- Implement/enforce school wellness policies
- Implement/enforce school policies to prohibit the use of physical activity as punishment
- Create school health councils and school health teams

#### What the Research Says:

Students who develop a positive affiliation or social bonding with the school are:

- More likely to remain academically engaged
- Less likely to be involved with misconduct at school

### 2. Health Education

Examples of What Can Be Done:

- Collaboration with health departments. and schools for sharing resources and expertise
- Health education teachers incorporate role-playing to teach conflict resolution, refusal skills, dangers of alcohol, drug, tobacco use
- Cafeterias provide opportunities to try healthful foods (discussed in class, reinforced in posters)

#### What the Research Says:

Quality Health Instruction:

- Reduces health-risk behaviors
- Increases students’ ability and confidence to use life skills: goal-setting, decision-making, stress management, communication in the real world

### 3. School Meals and Nutrition

Schools/communities can examine meal programs, offer nutritious food, and develop educational activities to encourage good nutritional choices for life. For instance:

- Parents, school staff, and students partner to select healthy cafeteria menus
- Schools offer healthy food choices in vending machines
- Elementary schools can adopt healthy snack policies for school celebrations summer food programs/fruits and veggies

#### What the Research Says:

Better Breakfast Makes For Better Learning

- Less absenteeism
- Improved concentration
- Less trips to the nurse
- Better test taking abilities

#### 4. Physical Education

Parents, schools and community organizations can encourage students to be physically active. For instance:

- Challenge teachers and students to include physical fitness in daily routines
- Encourage joint efforts between students, teachers and health departments to set up:
  - Aerobics classes
  - Walking programs
  - Swimming or water aerobics classes ....
- Develop a calendar of physical activities
- Develop after school programs

#### What the Research Says:

Kids Who Move ---Improve ...

- Concentration
- Academic achievement
- Stress levels
- Conduct

#### 5. Health Services

What to do?

- Schools, working with parents and health care personnel can provide critical preventive care
- Health departments can sponsor immunization campaigns for students and teachers
- Nurses can work with students with chronic health problems to manage symptoms and reduce time lost from school

#### 6. Counseling, Psychological, and Mental Health Services

The Solution:

- School counselors influence positive behaviors by consulting and problem solving with students, families, and teachers
- Schools can provide counseling, instruction, and referrals to professionals for students and families when appropriate
- Students get help and classroom disruptions are minimized

#### 7. Staff Wellness

Schools can enact programs to help teachers and staff feel their best and perform at peak levels.

Consider collaborating with health departments. to provide:

- Seminars on stress reduction, smoking cessation, physical fitness, or others
- Jogging clubs for teachers – before or after school
- Simple health screenings such as blood pressure so staff can identify early symptoms of disease

## **What the Research Says:**

### Healthy Employees

- Model healthy behavior
- Promote healthy messages
- Reinforce the value of health
- Have better morale
- Have lower absenteeism
- Manage stress better

## **8. Parent/Community Partnerships**

### Examples:

- Community members volunteer to assist teaching health units
- Open school facilities to public during non-school hours for physical activity, fitness sessions, family health seminars, social and recreational functions
- Creation of School Health Councils (district level) and School Health Teams (building level)

## **What the Research Says:**

### Benefits:

- A closer working relationship between parents and schools
- Parents, businesses, community groups, and schools can form powerful coalitions to address health needs of students