

Nebraska Coordinated School Health

Coordinated School Health (CSH) is a systems-building process by which schools, school districts, and communities 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 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 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
- Increased 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 following schools have participated in the CSH Institutes:

Hartington Public Schools
Ansley Public Schools
Centura Public Schools
Elliot Elementary (LPS)
Norris School District
Lincoln Elem.-Hastings
St. Cecilia’s MS-Hasting
Franklin Public Schools
Superior Public Schools

David City Public Schools
St. Paul Public Schools
Cross County Community Schools
High Plains Community Schools
ESU 4
Pawnee City Public Schools
Thayer Central Community Schools
Lincoln Elementary (North Platte)
Adams Central Jr./Sr. High School

Sutherland Public Schools
Maxwell Public Schools
Brady Public Schools
Garden Co. Public Schools
Buffalo Elementary (NPPS)
Hall Elementary (NPPS)
Jefferson Elementary (NPPS)
Lake Elementary (NPPS)
Osgood Elementary (NPPS)



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