

Coordinated School Health

Coordinated School Health is a dynamic, systematic approach to promoting student health, achievement, and life success.¹

Kentuckians share a vision that all Kentucky children and adolescents will develop into physically, socially, and emotionally healthy adults, educationally prepared to become contributing members of society. A Coordinated School Health Program can help schools deliver evidence-based comprehensive health education, develop and implement health-related policies, and provide health-promoting school environments. The *practical living* portion of the Program Review that all Kentucky schools will be completing has multiple references to the Coordinated School Health model. Fully functioning characteristics in both the curriculum and instruction standard and the administrative leadership support and monitoring standard specifically identify Coordinated School Health committees as a part of the school culture. A model Coordinated School Health Program (CSHP) consists of eight interactive components which follow:²



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 courses of study (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. Health education curricula should address the National Health Education Standards and incorporate the characteristics of an effective health education curriculum. Health education assists students in living healthier lives. Qualified, trained teachers teach health education. <http://www.cdc.gov/HealthyYouth/SHER/characteristics/index.htm>

Physical Education: Physical education is a school-based instructional opportunity for students to gain the necessary skills and knowledge for lifelong participation in physical activity. Physical education is characterized by a planned, sequential K-12 curriculum (course of study) that 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 of a quality physical education program 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. <http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Health Services: Services provided for students to appraise, protect, and promote health. These services are designed to ensure access and/or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable diseases 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 professionals such as physicians, nurses, dentists, health educators, and other allied health personnel provide these services.

Nutrition Services: 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.

Counseling, Psychological & Social Services: Services provided to improve students' mental, emotional, and social health. These services 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.

Healthy & Safe School Environment: 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 Promotion for Staff: Opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage school staff 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. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

School Wellness Guide: A Guide for Protecting the Assets of Our Nation's Schools is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. <http://www.schoolempwell.org/>

Family/Community Involvement: An integrated school, parent, and community approach for enhancing 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.

Research and reports of best practice are showing that coordinated school health can make a positive difference for students. A nurturing school climate; health-promoting environments; attention to removing barriers to learning; supportive actions of teachers, parents, and peers; access to health information and services, active concern for the healthy growth and development of every child results in more positive attitudes, healthier behaviors, better attendance, more effective teaching and learning, better grades and test scores, and clearer visions of future health and life success.³

1. The Society of State Leaders of Health and Physical Education. <http://www.thesociety.org/programs-CSHP.asp>
2. Centers for Disease Control and Prevention. Division of Adolescent School Health. <http://www.cdc.gov/healthyyouth/CSHP/>
3. The Society of State Leaders of Health and Physical Education. <http://www.thesociety.org/programs-CSHP.asp>