

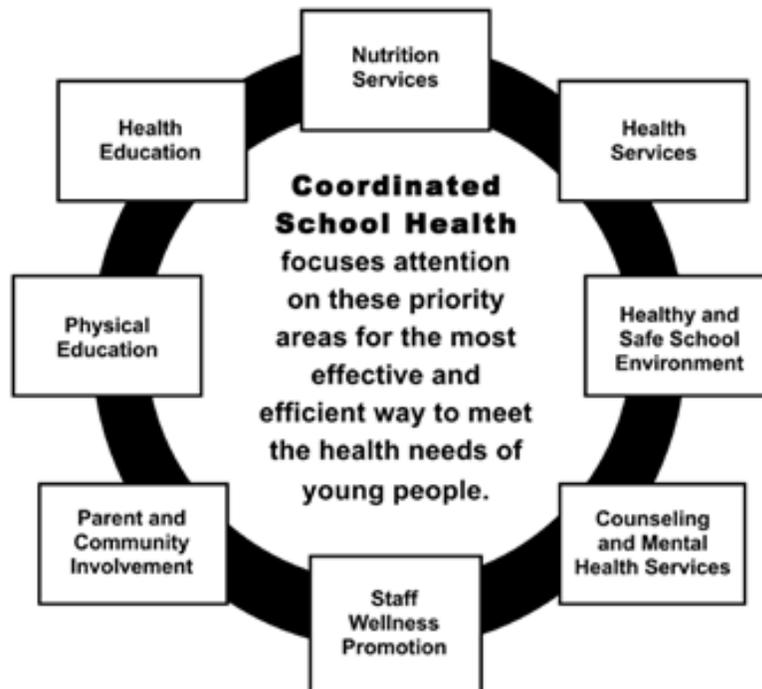
Coordinated School Health Committee West Independent School District

Mission: CSH must be directed toward the needs of students, responsive to the needs of families and reflective of the values of the local community.

Definition: Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetime.

8-Component Model: CSH consists of eight health-related areas covering all aspects of the school environment that are linked together to function as a unified, effective system to the benefit of the entire school community.

Statute: All Texas school districts are required by law to implement a coordinated school health program in grades K-8. [Title 2, Chapter 38, Section 38.013 of the Texas Education Code]



Committee Membership:

- Chair: David Truitt
- Health Education: Chandler Hejl
- Health Services: Loretta Cvikel
- Nutrition Services: Cathy Gerik
- Healthy and Safe School Environment: Dr. Richard Phillips

- Counseling and Mental Health Services: Alison Janek
- Staff Wellness Promotion: Terri Tobola
- Parent and Community Involvement: Amanda Adams
- Physical Education: David Woodard and John Knutson

Eight Components:

1. **Health Education:** A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education.

Comprehensive Health Education: Key Elements

The following are key elements of comprehensive health education, which itself is part of an overall coordinated school health program:

1. A documented, planned, and sequential program of health instruction for students in grades kindergarten through twelve.
 2. A curriculum that addresses and integrates education about a range of categorical health problems and issues at developmentally appropriate ages.
 3. Activities that help young people develop the skills they need to avoid: tobacco use; dietary patterns that contribute to disease; sedentary lifestyle; sexual behaviors that result in HIV infection, other STDs and unintended pregnancy; alcohol and other drug use; and behaviors that result in unintentional and intentional injuries.
 4. Instruction provided for a prescribed amount of time at each grade level.
 5. Management and coordination by an education professional trained to implement the program.
 6. Instruction from teachers who are trained to teach the subject.
 7. Involvement of parents, health professionals, and other concerned community members.
 8. Periodic evaluation, updating, and improvement.
2. **Physical Education:** A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical activity.

3. **Counseling and Mental Health Services:** Provides services to students to improve mental, emotional and social health and include individual and group assessments, interventions and referrals. 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.
4. **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.
5. **Health Services:** Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health professionals provide services on site that appraise, protect and promote health for students. These services are designed to ensure access to primary health care, foster appropriate use of primary health care, and prevent and control communicable disease and other health problems. Appropriate management of students with special health care needs is also provided. Services are provided for emergency care for illness or injury, and optimum conditions for a safe and sanitary school facility and school environment are also managed. Educational and/or referral information and counseling opportunities for promoting and maintaining individual, family and community health are available as well.
6. **Healthy and 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 psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.
7. **Staff Wellness Promotion:** 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.
8. **Parent/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.