



# COORDINATED SCHOOL HEALTH

End Of Year Newsletter

April 2018

## What is Coordinated School Health?

Coordinated School Health (CSH) is a state funded grant program designed to eliminate health barriers to learning. The Rutherford County Board of Education employs 2 full time CSH staff that work to connect health with education. This coordinated approach improves students' health and their capacity to learn through support of families, communities and schools working together. The CSH model was developed by the Centers for Disease Control and includes the following eight components:

**Student, Family and Community Partners**

**Health Services**

**Health Education**

**Nutrition**

**Physical Education, Activity and Wellness**

**Healthy School Environments**

**Mental Health and School Counseling**



Mrs. Tennessee with Smyrna Elementary students

## In This Issue

- District BMI trends
- Walking tracks
- Mayor Walk
- Titans at SMS!
- Legislative updates



TN State Senator Bill Ketron at McFadden Elementary

## Activity Monitors

CSH provided cases of Polar Activity Monitors to some of our schools! We also have sets at central office available for check out.

These watches track steps, calorie burn and length of time in difference activity zones. These are great in our PE classes as well as traditional classes. We also give these to staff for personal wellness tracking!

## Body Mass Index Trends

CSH staff complete body mass index (BMI) screenings on students in grades K,2,4,6,8 and 9 each year. By taking each student's height and weight, we can determine BMI. We have been tracking our rates of overweight and obese students since 2011. Students **MUST** have parent permission to participate in the BMI screening.

**2011: 39.2%**

**2012: 38.7%**

**2013: 39.1%**

**2014: 38.1%**

**2015: 38.3%**

**2016: 39.4%**

**2017: 40.3%**

**2018: 38.4%**



Polar Activity Monitor Case



## Grants & In-Kind

CSH is completely grant funded! Below is a quick look at how much CSH staff have brought in through grants and in-kind donations:

2012: \$118,000

2013: \$135,400

2014: \$130,600

2015: \$265,600

2016: \$130,500

2017: \$205,900

2018: \$202,413



Titans players, & cheerleaders and CSH staff at Smyrna Middle

## Walking Tracks

Since 2011, CSH staff has secured funding for 23 walking tracks. The elementary tracks are 200 meters while the middle school tracks are the traditional 400 meter distance. All tracks are made of concrete as this material is more durable than asphalt. All of the tracks were funded by grants applied for and received by the Coordinated School Health Supervisor. Elementary tracks are about \$22,000 and middle school tracks are \$42,000.

The goal of the walking tracks is to increase physical activity time for students during the school day and decrease the overweight/obesity number by at least 1% each school year. CSH staff continues to measure the body mass index of students each year and track this data.

The outdoor tracks are used by physical education teachers, classroom teachers, faculty and staff. When students become restless, teachers can allow short walking breaks to wake up their brains and increase classroom productivity. Study after study proves that physical activity increases brain cells and aids a student's ability to learn.

No special equipment, skills or training are needed to start walking so all students will have the ability to participate. We hope students would develop an enjoyment of moving and being active and pass that along to family and friends at home. Walking is something everyone can do, so it's an easy way for families to be active together.



# Legislative Updates

**Tom Cronan Physical Education law was passed in April.**

It requires:

- All elementary school students participate in physical education (PE) class at least 2 days per week
- The total PE class time each full calendar week shall be no less than 60 minutes.
- The PE class shall be taught by a licensed teacher with an endorsement in PE or specialist in PE.
- All school districts shall file an annual report verifying that it has met the PE requirements.

## Contact Us

Give us a call for more information about our services

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