

Statewide funded resources available to individual charter schools or through their districts:

The Colorado Department of Education's Office of Health & Wellness provides state and federal funding, training, and technical assistance to schools to prevent risk behavior, serve at-risk students and their families, and promote positive health and behavior. - See more at: <http://www.cde.state.co.us/healthandwellness>

- **Coordinated School Health**

Colorado Coalition for Healthy Schools

The Colorado Coalition for Healthy Schools supports statewide infrastructure and systems to promote healthy schools through policy, surveillance and partnerships. The Coalition is managed through an interagency partnership between the Colorado Department of Education and the Colorado Department of Public Health and Environment. The Coalition meets quarterly and charter schools are welcome.

http://www.cde.state.co.us/healthandwellness/csh_home

- **Healthy Schools Colorado**

A partnership with RMC Health and the Colorado Department of Public Health and Environment

RMC Health, CDE and CDPHE will collaborate to implement a dynamic, statewide process to address childhood obesity within schools. The Coordinated School Health (CSH) model, promoted by the Centers for Disease Control and Prevention, is a framework for schools to implement effective strategies using school health teams within schools to assess their school needs and address them collaboratively. Through this process, the Colorado Health Foundation's measurable Healthy Living outcomes will be addressed. **Charter schools have access to their district wellness coordinators through this initiative.** Participating districts include:

Academy School District 20

Adams 12 Five Star District

Adams County School District 50

Brighton School District 27J

Douglas County School District

Falcon District 49

Fremont County Region

Harrison School District 2

Jefferson County Public Schools

Poudre School District

Thompson School District

Center Consolidated Schools 26JT

Cripple Creek Victor School District
RE-1

Englewood Schools

Grand County School District

Hayden SD/South Routt School
District

Lake County School District R-1

Manitou Springs School District 14

Woodland Park School District RE-2

For more on this program, visit <http://www.cde.state.co.us/healthandwellness/HSC.htm>

RMC Health and CDE: A Roadmap and Guidebook to Implementing Coordinated School Health: <http://www.rmc.org/destination/>

- **Colorado Physical Education Cadre**

The Colorado physical education cadre provides state of the art, standards-based in-service training for P-12 physical educators. All workshops are based on Colorado standards and best practices, and tailored to meet the unique needs of each audience.

The workshops include: Full- or half-day of expert training from a professional instructor

Training at your convenience and at your location

Sub pay for participants to attend training events

Lunch provided for full day workshops

http://www.cde.state.co.us/healthandwellness/hs_pe

- **Student Wellness Programs**

In 2008, the State legislature passed HB 1224, providing state money from Amendment 23 to be used for Student Wellness Programs to address: Childhood Obesity Wellness Policies. The State legislature's Intent is high-quality physical education programs taught by persons who are licensed and endorsed in physical education may be a factor in battling the rising incidence of obesity by ensuring not only that children receive a healthy level of physical activity, but that they also learn skills and develop knowledge that will enable them to maintain a healthy level of activity throughout their lifetimes.

Districts funded for Student Wellness Programs:

Canon City

Cripple Creek

East Grand

Englewood

Lamar

Las Animas

NE BOCES (10 districts)

Pueblo 70

Woodland Park

http://www.cde.state.co.us/healthandwellness/hs_swp

- **State-Funded Comprehensive Health Education Trainings and Support for Schools**

RMC Health, the Colorado Department of Education, and the Colorado Legacy Foundation have partnered to develop trainings to help support the implementation of Colorado's Comprehensive Health Education Standards. The trainings will give participants an understanding of the new Comprehensive Health Education Standards and identify ways to implement them in their school or classrooms. Tools for redesign of health curricula will be shared as well as strategies for integrating the standards into existing lessons. Resources and materials from the trainings are also available.

<http://www.rmc.org/whats-going-on/standards/colorados-comprehensive-health->

[education-standards1/](#)

http://www.cde.state.co.us/healthandwellness/hs_comprehensivehealtheducation

- **Medicaid Program:**

School Health Services Program (SHS) is administered by the Department of Health Care Policy and Financing (the Department) in collaboration with the Colorado Department of Education. School districts participating in the program may receive federal matching funds for amounts spent in providing health services through the public schools to students who are receiving Medicaid benefits. Charter schools are eligible to receive district health and wellness related services and support that are funded through Medicaid. The services available include:

Physician services

Speech-Language services

Nursing services

Audiology services

Personal Care services

Occupational Therapy

Physical Therapy

Specialized Transportation

Orientation, Mobility, and

Vision services

Targeted Case Management

Psychology and Counseling
services

Social Work services

For a list of participating districts and services available to schools by participating districts, visit The Department of Health Care Policy and Financing, School Health Services, Annual Reports page:

<http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1251579136390>

For general information about the Medicaid funded School Health Services Program, visit http://www.cde.state.co.us/healthandwellness/medicaid_home

- **School Nursing and Health:**

CDE provides resources to support nurse practice at schools, for a variety of service models: single school site, multiple school responsibilities, contracted services and nurse consultant models.

http://www.cde.state.co.us/healthandwellness/snh_home

- **Surveys/Assessments:**

Healthy Kids Colorado Survey is the local name for CDC's Youth Risk Behavior Survey, which is administered every other year with a sample of Colorado school to determine prevalence of health-risk behavior and trends related to these behaviors. The Healthy Kids Colorado Survey (HKCS) collects health information from Colorado public school students, and a unified version has been launched for 2013 that consolidates multiple needs for youth health data

http://www.cde.state.co.us/healthandwellness/csh_surveys

School Health Index

The *School Health Index (SHI): Self-Assessment & Planning Guide 2012* is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential. Elementary and Middle/High School assessments available.

The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to

- Enable schools to identify strengths and weaknesses of health and safety policies and programs
- Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health

<http://www.cdc.gov/healthyyouth/SHI/>

Healthy School Champions Score Card

The Score Card is a voluntary program assessment tool and recognition program used to acknowledge champions for creating healthy schools. The Score Card assesses schools

based on best practices in the eight components of Coordinated School Health. The Score Card includes questions about school health policies and programs, and also has a place for you to share successes!

<http://www.healthyschoolchampions.org/score-card/overview>

Colorado Education Initiative (CEI)

CEI incentivizes Colorado schools and districts to implement systemic, strategic and coordinated approaches to creating healthy and engaging learning environments that support instruction, align with current policy goals and improve student outcomes. The Colorado Education Initiative's Healthy Schools Initiative builds awareness, develops resources, exchanges information and provides training about best practices in school nutrition, health education, physical activity, school health services and workplace wellness.

<http://www.coloradoedinitiative.org/our-work/health-wellness/>

Colorado Health Foundation

The Colorado Health Foundation is a non-profit organization that engages through grantmaking, public policy, investing in evaluation, private sector engagement and communications outreach. Our partners include nonprofits, health care leaders, policy makers, educators and the private sector. To achieve its mission, the Colorado Health Foundation focuses on three community outcome areas. In *Healthy Living*, the focus is to ensure every kid in Colorado has the opportunity to eat healthy and engage in physical activity utilizing two key strategies:

Create healthy early childhood settings and schools that provide quality physical education and activity and healthy food and beverages.

Create healthy communities where it is easy to access affordable, healthy food and safe, affordable options for physical activity for kids

<http://www.coloradohealth.org/>

Kaiser Permanente's Thriving Schools

Thriving Schools is a national effort to improve the health of students, staff and teachers in K-12 schools by making the healthy choice the easy choice. Through a focus on healthy eating, active living and school climate, Thriving Schools seeks to intentionally align and coordinate Kaiser Permanente resources related to schools and to work closely with partners that have expertise in school wellness. Thriving Schools promotes workforce health and student-focused initiatives like improving school lunches and increasing opportunities for physical activity. By helping students, staff and teachers focus on making healthy choices, schools can become a focal point and beacon of health throughout entire communities. The Thriving Schools website offers ready-to-use tools and resources at no cost. Wellness champions across the country can tap into these resources to generate positive change in their school communities.

<http://thrivingschools.kaiserpermanente.org/>

LiveWell Colorado

LiveWell Communities: LiveWell Colorado's community investments strategy funds community coalitions working on healthy eating and active living strategies at the local level. In 2013, LiveWell Colorado awarded \$2.5 million to 24 communities across the state. In addition to financial support, LiveWell Colorado provides technical assistance and opportunities for shared learnings and collaborations. For a listing of Colorado's Communities, visit <http://livewellcolorado.org/healthy-communities>.

LiveWell at School Food Initiative: The LiveWell@School Food Initiative works in partnership with food service directors and their staff to serve up freshly prepared meals that taste good and are good for students through FREE culinary trainings, on-site chef consultant support and strategic and culinary action planning. It is our mission to make sure every child in Colorado eats well, lives well and stays well to serve their communities and families

<http://livewellcolorado.org/healthy-schools>

LiveWell Funding Opportunities: LiveWell provides a listing of national, statewide, and local grant opportunities related to building healthy schools.

<http://livewellcolorado.org/healthy-living/be-part-of-the-solution/funding-opportunities>

LiveWell Healthy Lifestyle: Browse the healthy Recipe Center, sign up for an event, or join the conversation in their healthy community message board.

<http://livewellcolorado.org/healthy-living/healthy-lifestyle>

Federally Funded School Health Resources

The **Center for Disease Control and Prevention (CDC)** provides a vast amount of information and resources related to the Coordinated School Health Model, a systemic and integrated approach to creating a healthier school. It has a helpful search engine to access certain facts and statistics with regards to student health, such as obesity, chronic disease, and the connection between health and academic achievement.

www.cdc.gov/healthyyouth/schoolhealth/index.htm

The Alliance for a Healthier Generation provides expert advice and resources for school professionals, teachers and students in addition to information specifically for parents. This site provides practical ideas and tips on how to improve meal and snack programs, physical activity and education, and staff wellness at your school.

<https://www.healthiergeneration.org/>

The Alliance for a Healthier Generation: Online lessons to become a healthier school

The Alliance for a Healthier Generation maps out a path to a healthier school using a six-step process. In this How-to series, you will get an in-depth tour of each step. You will learn why each step is necessary, how to articulate the process to your team, and how to ask the right questions to meet your school's health needs. You may engage with these Lessons at your own pace, taking as much time as you need during and in between each.

https://schools.healthiergeneration.org/resources_tools/learning_opportunities/how-to_six_step_process/

Action for Healthy Kids

Action for Healthy Kids is the nation's leading non-profit and largest volunteer network fighting childhood obesity and undernourishment by partnering with schools to improve nutrition and physical activity to help our kids learn to eat right, be active every day, and be ready to learn. AFHK facilitates a parent network that hosts wellness roundtable events, a parent education series, shared successes, and social media, in order to educate, empower, and mobilize parents statewide with the necessary resources and support to take action in the areas of nutrition and physical activity in their own schools. AFHK also helps parent advocates seek funding sources to implement their approved school wellness projects.

<http://www.actionforhealthykids.org/>

Colorado Department of Transportation: Safe Routes to School Program

Colorado Safe Routes to School (SRTS) uses a comprehensive approach to make school routes safe for children when walking and bicycling to school. The Colorado Department of Transportation (CDOT) administers Colorado's SRTS program. In Colorado, many communities, parents and schools are fostering a safe environment for their students by using SRTS programs to not only fund education and safe infrastructure, but also to encourage healthy options for our children that are safe for both walking and bicycling. Both infrastructure (capital) and non-infrastructure (education) projects are funded. These projects are federally funded and involve an application process.

<http://www.coloradodot.info/programs/bikeped/safe-routes>

Let's Move Initiative

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation. The initiative's website provides resources and ideas to encourage schools to move more and eat healthier. <http://www.letsmove.gov/healthy-schools>

School programs include:

- The HealthierUS School Challenge (HUSSC), a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity. <http://www.fns.usda.gov/hussc/healthierus-school-challenge>
- Chefs Move to Schools, which matches schools with a local chef as school chefs work hard to make meals nutritious and delicious. <http://www.chefsmovetoschools.org/>
- Let's Move Salad Bars to Schools, a grassroots public health effort to support salad bars in schools and increase fruit and vegetable consumption. The goal is to fund a total of 6000 salad bars in schools across the nation
- Let's Move Child Care, an initiative started to empower child care and early childhood education providers. Provides guidance, tools and resources on how to increase physical activity, reduce

screen time, improve food choices, provide healthy beverages, and support breast feeding for infants.

<http://www.healthykidshealthyfuture.org/home/startearly.html>