



IMPLEMENTATION OF NDE'S COORDINATED SCHOOL HEALTH APPROACH



Nebraska's 2010 CSH Pilot Program Successes:

ANSLEY PUBLIC SCHOOLS

- ✚ Supportive administration for creating healthy school environments
- ✚ Established a Coordinator for coordinated school health efforts
- ✚ Established a functioning School Health Council: Expanded Wellness Committee--inclusive of school and community members, parents and students; meet monthly to plan; implement, and evaluate efforts
- ✚ Promoted the academic achievement benefits related to student wellness
- ✚ Conducted School Health Index (healthy school environment assessment)
- ✚ Created Action Plans based on needs of School Health Index: health areas focused on were: CSH Policy, Wellness Policy, Tobacco Prevention Policy, Staff Wellness, Healthy Eating, and Community Engagement
- ✚ Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating
- ✚ Provided information to students and families on the nutrition and caloric content of food available
- ✚ Conducted student taste tests to determine food preference for nutritious items
- ✚ Developed procedures to inform students, faculty, staff and visitors about tobacco-use prevention policy that prohibits the use of tobacco
- ✚ Revised tobacco-use prevention policy to include guidelines on what actions the school should take when students are caught smoking cigarettes
- ✚ Added tobacco-use prevention informing procedures and disciplinary guidelines to student handbook and Wellness Policy
- ✚ Posted signs marking "tobacco-free school zone" outside of school buildings
- ✚ Partnered with Loup Basin Public Health Department to plan and implement events and programs to reduce tobacco use
- ✚ Adopted tobacco-free prevention curriculum
- ✚ Offer tobacco cessation services for students
- ✚ Conducted parent and staff surveys regarding wellness; conducted parent survey regarding the school lunch program
- ✚ Published student activities to inform community members to participate in physical activity
- ✚ Communicated with administration about nutrition concerns
- ✚ Offer low-fat (1%) and/or non-fat milk during school hours
- ✚ Limit the sale and access of foods of low or minimal nutritional value during the regular school hours
- ✚ Provide healthy foods/beverages at the school store and school events



- ✚ Provide 150 minutes of PE per week for elementary students and 250 minutes per week for secondary students
- ✚ Provide 45 minutes of recess for grades K-2; 30 minutes for grades 3-4; and 20 minutes for grades 5-6
- ✚ In process of applying for the Bronze Award for Healthier U.S. School Challenge: (National Award)
- ✚ Received a Bronze Award from NE Action For Healthy Kids: (State Award)

HARTINGTON PUBLIC SCHOOLS

- ✚ Supportive administration for creating healthy school environments
- ✚ Established a Coordinator for coordinated school health efforts
- ✚ Functioning School Health Council: inclusive of school and community members, parents, and students; meet a minimum of three times per year
- ✚ Promoted the academic achievement benefits related to student wellness
- ✚ Conducted School Health Index (healthy school environment assessment)
- ✚ Created Action Plans based on needs of School Health Index: health areas focused on were: CSH Policy, Wellness Policy, Staff Wellness, Healthy Eating, Community Engagement, physical activity and physical education
- ✚ Designed an incentive program for staff to incorporate walking into their daily routines
- ✚ Designed cafeteria meals around the Healthier U.S. School Challenge criteria
- ✚ Provided a walk to school day event and bike event for students
- ✚ Provided a monthly fitness challenge and Wellness Wednesdays for elementary students
- ✚ Partnered with UNL Extension to meet with 7-12 grade students to discuss portion size
- ✚ Revised Wellness Policy and the new changes will be added to the teacher and student handbooks at the start of the 2011-2012 school year
- ✚ Created policy promoting healthy or non-food items for the following: fund raising, classroom activities and school parties
- ✚ Created policy prohibiting the use of food as a reward
- ✚ Limit the sale and access of foods of low or minimal nutritional value during the regular school hours
- ✚ Provide healthy foods/beverages at the school store and school events
- ✚ Created policy which prohibits withholding PE/physical activity/recess as punishment
- ✚ Created policy which prohibits use of physical activity as punishment
- ✚ Incorporate physical activity into the classroom during the school day on the elementary level
- ✚ Involved total community in their Walk to School event: parochial schools, mayor, business owners, students, parents, families, school staff
- ✚ Created a Wellness Float for the homecoming parades
- ✚ Participate in the Wellness Works program
- ✚ School Staff completed a Personal Health Assessment



- ✚ Received Bronze Award from Healthier U.S. School Challenge (National Award)
- ✚ Received a Silver Award from NE Action For Healthy Kids (State Award)

ELLIOTT ELEMENTARY SCHOOL-LINCOLN

Elliott Elementary encountered many challenges from varying circumstances and had many changes in their building over the past year. Some of these changes included a principal change, high demands to immediately increase academic scores, high demands to meet student needs and help them learn life skills to decrease tough behavior situations, and during the summer has become a construction site to improve playground needs. Many adjustments had to be made over the years' time.

- ✚ Established a Coordinator for coordinated school health efforts
- ✚ Community Learning Center staff member coordinated the coordinated school health approach
- ✚ Created School Health Team which meets two times per year
- ✚ Conducted the School Health Index (healthy school environment assessment)
- ✚ Created Action Plans based on needs assessment: health areas focused on were: Wellness Policy, Healthy Eating, Community Engagement, Physical Activity, Physical Education
- ✚ Community Learning Center program offered 30 minutes of physical activity per day to all students
- ✚ Utilized evidence-based programs in their afterschool programs (CATCH K-5; SPARK Afterschool Program; GeoMotion)
- ✚ Participated in the National School Breakfast Program
- ✚ Participated in the Fresh Fruit and Veggie Program
- ✚ Conducted the Food Backpack Program during the school year and throughout the summer
- ✚ Incorporated physical activity into the classroom throughout the school day
- ✚ Extended health and physical education to the families in a Family Night event
- ✚ Partnered with Lincoln-Lancaster Health Department, Lincoln YMCA youth sports, People's Choice, Boy Scouts, Ideal Grocery, and Wal-Mart to conduct the Family Night
- ✚ Created policy promoting healthy or non-food items for classroom activities
- ✚ Created policy prohibiting the use of food as a reward

NORRIS SCHOOL DISTRICT

- ✚ Supportive administration for creating healthy school environments
- ✚ Established a Coordinator for coordinated school health efforts
- ✚ Established a functioning School Health Advisory Council: inclusive of individuals from all 3 school buildings as well as community members and parents; meet quarterly to implement and evaluate efforts
- ✚ Promoted the academic achievement benefits related to student wellness
- ✚ Conducted School Health Index (healthy school environment assessment) on all three levels (elementary, middle school and high school)

- ✚ Created Action Plans based on needs of School Health Index: health areas focused on were: CSH Policy, Staff Wellness, and Community Engagement
- ✚ Participate in the National School Breakfast Program; added breakfast program for grades 5-12
- ✚ Added milk machines in middle school and high school
- ✚ Provided low fat 1%/or non-fat milk during school meals (already had)
- ✚ Foods and beverages are not offered at school celebrations
- ✚ Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages
- ✚ Collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating
- ✚ Provided information to students/families on the nutrition and caloric content of food available
- ✚ Promotion of candy, meals from fast food restaurants, or soft drinks are not allowed at school through the distribution of hats, t-shirts, book covers, etc.
- ✚ Developed procedures to inform visitors about the tobacco-use prevention policy that prohibits their use of tobacco on school grounds
- ✚ Posted signs in the halls by the gym stating they are a “tobacco-free school zone”
- ✚ Aligned tobacco program with Health Curriculum Analysis Tool (HECAT) and national standards for grades 5-8 and infused tobacco into the Personal Fitness class in high school
- ✚ Provided tobacco cessation services to faculty and staff and have arrangements with organizations/health care professionals to provide this service
- ✚ Received professional development on nutrition and dietary behavior, physical education/physical activity, and tobacco-use prevention
- ✚ Currently using CATCH Physical Education kits for grades 6-8, Fast Foods Curriculum, Youth In Motion Curriculum, and health and PE standards
- ✚ Provided staff with plans for how to assess student performance in PE
- ✚ Aligned PE curriculum to the state and national standards
- ✚ Classroom teachers incorporated physical activity (Jammin Minute and other PA) into the classroom during the school day; classroom activity breaks during the day average 15 minutes/day or 75 min./week
- ✚ Offer recess before lunch (had previously)
- ✚ Created policy prohibiting the use of PA for punishment and withholding PE/PA/Recess as punishment
- ✚ Created a policy that promotes the use of healthy or non-food items for fund raising, classroom activities, and school parties; prohibits using food as a reward
- ✚ Offered an expanded/alternative breakfast program
- ✚ Offered healthy foods and beverages at school events and school concessions
- ✚ Conducted staff surveys and health screenings; conducted a 3 hour rotating program of various wellness sessions from nutrition, stress management, and money management, conducted walking challenge for staff, worked with Educators Health Alliance and implemented a program with a local health facility
- ✚ Utilized SPARK-trained personnel and program to incorporate PA in their before and after school program initiatives
- ✚ In process of applying for Bronze Level with HUSSC

CENTURA PUBLIC SCHOOLS

- # Supportive administration for creating healthy school environments
- # Established a Coordinator for coordinated school health efforts (combined it with the Curriculum Director)
- # Established a functioning School Health Advisory Council: inclusive of the Supt., principals, staff, community members, and students; meet 3 times in the first quarter to plan and then once per quarter to implement and evaluate efforts
- # Promoted the academic achievement benefits related to student wellness
- # Conducted School Health Index (healthy school environment assessment) on all three levels (elementary and secondary))
- # Created Action Plans based on needs of School Health Index: health areas focused on were: Health Promotion for Staff and Family and Community Involvement; focused on improving the school environment through the CSH Policy, School Wellness Policy, Healthy Eating, and Physical Activity
- # Collected suggestions from students, families and school staff on nutritious food preferences and strategies to promote healthy eating
- # Provided information to students or families on the nutrition and caloric content of food available
- # Offer recess before lunch (had previously)
- # Created policy prohibiting the use of PA for punishment and withholding PE/PA/Recess as punishment
- # Utilized the CATCH PE kits for grades K-6
- # Utilized the Smart Moves CD for classroom PA breaks
- # In process of aligning health education curriculum to the national standards
- # In process of aligning physical education curriculum to the state standards
- # Created goals, objectives and expected outcomes for physical education
- # Provided a chart describing the annual scope and sequence of instruction in physical education
- # Created plans for how to assess student performance in physical education
- # Students can no longer be exempted from physical education due to participation in school sports
- # Provided healthy foods and beverages at the school store and at school events
- # Offered whole grain foods everyday at all levels
- # Offered low-fat (1%) and/or non-fat milk during school meals
- # Conducted taste tests to determine food preferences for nutrition items
- # Students can no longer purchase foods/drinks that are not low in fat (pop, fruit drinks, salty snacks, cookies, crackers, pastries, etc.) from vending machines and the school store
- # Teachers in school collaborate with school nutrition staff to use the cafeteria as a learning laboratory for wellness and nutrition education
- # Received professional development on nutrition and dietary behavior and physical education and physical activity
- # Worked with local agencies/organizations to plan and implement events/programs intended to reduce tobacco use
- # Posted signs marking "tobacco-free school zone"
- # In process of applying for Bronze Level with HUSSC

