



Healthy Living @ SCS

Fall 2007, Volume 1

"It's Not Just A Goal, But A Lifestyle!"

healthyliving@scsk12.org

Introduction

What is Coordinated School Health?

In 1987, the CDC developed a model based on the premise that the community should become involved in a child's life from many perspectives that all work together to promote health and wellness within the child. The model consists of eight components that interact to provide a forum for students to be touched on mental, emotional, and physical levels. The point is to develop our students into adults that have strong qualities in areas of physical and emotional awareness in order to be stronger contributors to the well-being of our communities. So, we [Shelby County Schools] have adopted the approach from the CDC as a nation, state, and locally in order to participate in the growth and development of our students to a higher degree. Tennessee Department of Education has mandated that all school districts establish an office for Coordinated School Health so that we more closely monitor our progress towards fully integrating the eight components of the Coordinates School Health Model.

What's Going Around?

Common Back-to-School illnesses that occur in the fall according to WebMD are the following:

- Colds
- Sinusitis
- Allergies
- Gastroenteritis (Stomach Flu)
- Head Lice



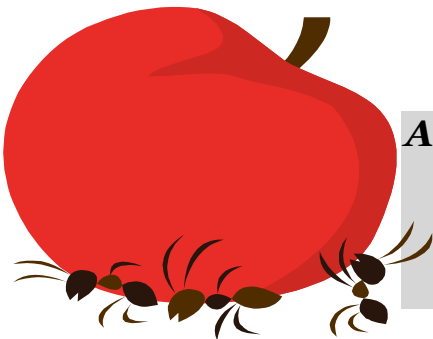
Also, on a national radar:

- Community Associated Methicillin-Resistant Staphylococcus Aureus (CA-MRSA)

The best way to prevent these illnesses from occurring and spreading is by good

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An Apple A Day . . .

Wash hands often with soap & water or use an alcohol-based hand sanitizer.

Handwashing is your greatest defense against infection and contamination.



MD

Talk Shoppe

In this section of our newsletter we will provide you with valuable information from a local physician on a medical hot topic for pediatric or adolescent medicine. We will also have contributions from other physicians in our area on topics that you choose by sending email to healthyliving@scsk12.org



Action for Healthy Kids

<http://www.afhk.org>

Action for Healthy Kids (AFHK) was established in 2002 as the only nonprofit organization focused on making changes in schools that would address the increased numbers of overweight, undernourished, and sedentary children. Tennessee has its own state team chapter of Action for Healthy Kids and has received recognition for its efforts throughout the state and national organization. All 50 States and the District of Columbia are involved and committed to enhancing children's health through increased physical activity and improved nutrition. They have central to their mission that learning and wellness are intricately linked which flows with the Coordinated School Health Model of the Centers for Disease Control & Prevention.

Tennessee School Health Coalition

<http://www.tnschoolhealth.org>

The TSHC was formed in 1984 to improve the health environment in schools. Since 1990, the Coalition has been a lead supporter for CSH in the state. The group comprises professionals and policymakers representing the eight components of CSH. The Coalition sponsors professional development meetings and advocates for improvements in school health offerings.

Health vs. Wellness A Definition

Health: a state of complete physical, mental, and social wellbeing and not just the absence of disease or illness.

Wellness: an interactive process of becoming aware of and practicing healthy lifestyle behaviors to create a more balanced individual.

Tennessee Office of Coordinated School Health

<http://www.tennessee.gov/education/schoolhealth/>



This office resides in the state Department of Education and partners with the Tennessee Department of Health on many of its initiatives. The TN Office of Coordinated School Health was established in 200. The coordinated school health program

development in the Tennessee began in 10 pilot sites that you can find

The Eight Components of Coordinated School Health

By definition all Coordinated School Health Components work together to improve the lives of students and their families. Although these components are listed separately, it is their composite that allows CSH to have significant impact.

Comprehensive Health Education

Health education is a planned, sequential, pre K-12 curriculum and program that addresses the physical, mental and emotional, and social dimensions of health. The activities of the curriculum and program are integrated into the daily life of the students and 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 curriculum and program include a variety of topics such as personal health, family health, community health, consumer health, environmental health, family living, mental and emotional health, injury prevention and safety, CPR, nutrition, prevention and control of disease and substance use and abuse. Qualified professionals such as health educators, teachers, school counselors, school health nurses, registered dietitians, and community health care professionals provide health education.

Health Services

Health services are provided and/or supervised by school health nurses to appraise, protect, and promote the health of students. These services include assessment, planning, coordination of services and direct care for all children, including those with special health care needs. Health services are designed and coordinated with community health care professionals to ensure early intervention, access and referral to primary health care services; foster appropriate use of primary health care services; prevent and control communicable disease and other health problems; provide emergency care for student and staff illness or injury; provide daily and continuous services for children with special health care needs; 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 school health nurses, physicians, psychiatrists, psychologists, dentists, health educators, registered dietitians, school counselors, and allied health personnel including speech therapists and occupational or physical therapists provide these services.

Nutrition Services

Nutrition services assure access to a variety of nutritious, affordable and appealing meals in school that accommodate

more information online.

the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to meet the complete nutrition needs of students.

Each school's nutrition program also offers a learning laboratory for classroom nutrition and health education that helps students develop skills and habits in selecting nutritionally appropriate foods, and serves as a resource and link with nutrition-related community services and educational programs. Qualified professionals such as experienced, knowledgeable school food supervisors and registered dietitians provide these services.

Physical Education/Physical Activity

Physical education is a planned, sequential pre-k -12 curriculum program that follows national standards in providing developmentally appropriate, cognitive content and learning experiences in a variety of physical activity areas such as basic movement skills; physical fitness; rhythm and dance; cooperative games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education promotes, through a variety of planned individual and cooperative physical activities and fitness assessments, each student's optimum physical, mental, emotional and social development; and provides fitness activities and sports that all students, including students with special needs, can enjoy and pursue throughout their lives. Qualified professionals such as physical education teachers and physical activity specialists provide physical education and related fitness activities.

Healthy School Environment

Healthy school environment concerns the quality of the physical and aesthetic surroundings; the psychosocial climate, safety, and culture of the school; the school safety and emergency plans; and the periodic review and testing of the factors and conditions that influence the environment. Factors and conditions that influence the quality of the physical environment include the school building and the area surrounding it; transportation services; any biological or chemical agents inside and outside the school facilities that are detrimental to health; and physical conditions such as temperature, noise, lighting, air quality and potential health and safety hazards. The quality of the psychological environment includes the physical, emotional and social conditions that affect the safety and well being of students and staff. Qualified staff such as facilities and transportation supervisors, principals, school and community counselors, social workers, psychologists, school health nurses, health educators, and school safety officers assess and plan for these factors and conditions in the school environment.

School Counseling, Psychological and Social Services

Counseling, mental health, and social services are provided to assess and improve the mental, emotional, and social health of every student. All students receive these services, including developmental classroom guidance activities and preventative educational programs, in an effort to enhance and promote academic, personal, and social growth.

Students who may have special needs are served through the administration and interpretation of psychometric and psychoeducational tests, observational assessments, individual and group counseling sessions, crisis intervention for emergency mental health needs, family/home consultation, and/or referrals to outside community-based agencies when appropriate. The professional skills of counselors, psychologists, and social workers, along with school health nurses, are utilized to provide coordinated "wrap around" services that contribute to the mental, emotional, and social health of students, their families and the school environment. Qualified professionals such as school and community counselors, school and community psychologists, school health nurses, social workers, and qualified staff from community agencies provide these services.

Student, Family and Community Involvement

Involvement of students, parents, community representatives, health specialists, and volunteers in schools provides an integrated approach for enhancing the health and well being of students both at school and in the community. School health advisory councils, coalitions, and broadly-based constituencies for school health can build support for school health programs. School administrators, teachers, and school health staff in all components actively solicit family involvement and engage community resources, expertise, and services to respond effectively to the health-related needs of students and families. Qualified professionals such as principals, teachers, and school health staff, along with students, parents and volunteers, provide leadership in this area.

School-Site Health Promotion for Staff

Wellness opportunities such as health assessments, health education and physical fitness activities are provided to all school staff, including the administrators, teachers and support personnel, to improve their health status. These opportunities encourage staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and greater personal commitment to the overall coordinated school health program. This personal commitment often transfers into greater commitment to the health of students and serving as positive role models. Health promotion activities conducted on-site improve

productivity, decrease absenteeism, and reduce health insurance costs. Qualified professionals such as principals, supervisors, health educators, school health nurses and school personnel/human resources directors provide leadership in this area.

Upcoming Events

Please send me any activities that you are sponsoring that pertain to any of the eight components listed in this newsletter so that we may assist you in publicizing your event and also so we are able to see that Shelby County Schools Parents, Students, Staff, Faculty and the community are committed to living the healthy life.

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For questions or to make contributions,

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