Institute on Health, Wellness, and Safety
Going for the Goal

Health IS Academic

Shane McNeill, Director
Office of Healthy Schools
If schools do not deal with children’s health by design, they deal with it by default.
Every day in Mississippi, we have an opportunity to reach…

- 494,038 public school students
- 152 School Districts
- 618 Elementary Schools/225 Secondary Schools
- Over 68,000 adults work as teachers, school building staff, or school district staff
Why Coordinated School Health?

- It is difficult for students to be successful in school if they are:
  - Depressed
  - Tired
  - Being bullied
  - Stressed
  - Sick
  - Using alcohol or other drugs
  - Hungry
  - Abused
MASLOW’S HIERARCHY AND COORDINATED SCHOOL HEALTH

Motivated and Learning

Sense of Positive Self-Esteem

Sense of Belonging and Importance
Sense of Being Loved and Appreciated

Free of Fear and In A Safe place

Physical Health

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Counseling, Psychological and Social Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement
The relationship makes sense

Maslow’s Hierarchy

Deficiency Needs

- Biological and Physical Needs
- Safety Needs
- Belonging and Love Needs
- Esteem Needs
- Cognitive Needs
- Aesthetic Needs
- Self-Actualization

Growth Needs

Barriers to Learning

Health is Academic
Why Coordinated School Health?

Six behaviors account for most of the serious illness and premature deaths in the U.S.

- Tobacco Use
- Abuse of alcohol and other drug use
- Unintentional injuries and violence
- Sexual Behaviors resulting in HIV, sexually transmitted diseases or teenage pregnancy
- Poor eating habits
- Inadequate physical activity
Measurable Costs to State (2004-2005)

- Statewide Enrollment: 493,302
- ADA Statewide: 470,879
- Statewide Attendance: 95%
- $4,574 per student based on fully funded MAEP
- Statewide schools leaving $102,562,802 on table (not taking into consideration local contribution)
Measurable Cost to Schools
Reduced Absenteeism Means…

- School District: 3,000 Students
- Each 1% attendance improvement = $137,220
Bringing Academics and Health Together

Academics

- Effective Classroom Instruction
- Supplemental Instruction
- Intensive Instructional Interventions

Response to Intervention - Three-Tier Model

- All Students
- Approximately 20-30%
- Approximately 5-10%

Health is Academic
Bringing Academics and Health Together

Healthy Behavior

School and Classroom Systems of Prevention and Support

Specialized Group Interventions

Intensive, Individual Interventions

Response to Intervention Three-Tier Model

Health is Academic
Bringing Academics and Health Together

Academics

RtI

Healthy Behavior
Communities

- Increase in Referrals
- Decrease in Juvenile Crime Rate
- Economic Development
- Placement of Intern/Student Teachers
- Decrease in Prison Costs
- Decrease in Health Care Costs
- Public Relations/Marketing
Reduce the drop out rate by 50% in 5-7 years

- Early intervention of Health Services
- Increase student and staff attendance
- Decrease disruptive behaviors
- Opportunities for engagement
Increase NAEP Scores to National Average in 5-7 years

- Teacher Quality
  - Recruitment/Retention
  - Effective instruction
- Family Involvement
- Reduced Discipline Referrals
- Increased Attendance - Students and Staff
- Academic Achievement
Coordinated Approach

Leadership
- Comprehensive School Health Education
- Physical Education
- Family and Community Involvement in School Health
- School Nutrition Services

Services
- School Health Services
- School Site Health Promotion Staff
- Healthy School Environment
- School Counseling, Psychological, and Social Services

Environment

Curriculum

Partnership

Health is Academic
Systems Change

- Paradigm Change
- A system is a group of key individuals or organizations that interact to produce a benefit
- In this case the benefit is healthy, educated, productive, members of a democratic society
“He did each thing as if he would do nothing else” spoken of Charles Dickens.

Passion Matters

Am I doing everything possible to unleash opportunities for all children to be successful?
SURVIVAL: Moving from silos to circles… in our thinking, planning, implementing

Non-communicative
Restrictive
Close Minded
Possessive
Anti-children
Traditional
Positions and Authority

Brainstorming
Inclusive
Visionary
Nurturing
Our Children’s
Out of the Box
Jobs and duty
Coordinated Approach

Leadership Matters

Health is Academic
Coordinated Approach

Collaboration Matters

Leadership

Services

School-site Health Promotion Staff

Healthy School Environment

Comprehensive School Health Education

Phys. Educ. & Physical Activity

Family and Community Involvement in School Health

School Counseling, Psychological, and Social Services

School Nutrition Services

Partnership

Environment

Health is Academic
The Collaboration Continuum

- Networking
- Cooperation
- Coordination
- Collaboration
- Coalition
Coordinated Approach

Partnerships Matter

Health is Academic
“Must Have” Partnerships

- Commitment
- Coordinated infrastructure/resources
Coordinated Approach

Professional Development Matters

Health is Academic
Opportunities

- NASPE Pipeline Training
  - Quality Instruction
- PECAT
  - Curriculum Analysis
- Health Education Institute
  - Quality Teachers
- Physical Education Regional Trainings
  - Quality Instruction
Coordinated Approach

Champions Matter

Health is Academic
Everyone - from the superintendent to students of all ages - can be champions for health and wellness.
Wellness Policy

A document - approved by the local school board - that promotes a healthy school environment. By focusing on nutrition and physical activity standards, a wellness policy seeks to improve children’s health, classroom behaviors, and academic performance.
School Health Council

A School Health Council (SHC) is an advisory group composed of committed individuals from both the school and the community. The group works together to provide guidance and leadership to the school on all aspects of the school health program.
Mississippi Public School Accountability Standards

37.2 Each **school** has on file a school wellness policy developed by a **local school health council** that addresses the eight components of a **coordinated approach to school health** and that has been **approved by the local school board**.
Guidelines for Mississippi School Health Councils

- School Health Councils must meet a minimum of three times per year.
- School Health Councils must maintain minutes for each meeting for documentation.
- A minimum of one presentation per year must be made to the local school board for approval of all school wellness policies.
School Health Council Members

- Parents
- Teachers
- School Attendance Officers
- Food Service Staff
- Custodial Staff
- Students
- School staff
- Health care providers (MD, PA, RN, NP, DDS, RD)
- Business/industry representatives
- Community leaders
- Government officials
- Extension staff
- Social service agencies
- Attorneys and law enforcement officials
- Clergy
- College/university personnel
- Media
Mississippi BEVERAGE and SNACK REGULATIONS are now one of the minimum requirements for all Local Wellness Policies in Mississippi.
2007 School Health Policy Development

2007-2009 Legislative Year

Healthy Students Act (House Bill 732/Senate Bill 2369 - Section 37-13-134 - Mandated)

- Mandates 150 minutes per week of physical education, K-8
- Mandates 45 minutes per week of health education, K-8
- Requires ½ Carnegie Unit of physical education for graduation, 9-12
- Appropriates funds for a physical education coordinator to be housed at MDE
Healthy Students Act (House Bill 732/Senate Bill 2369 - Section 37-13-134)

- Requires the State Board of Education to establish regulations for child nutrition school breakfast and lunch programs to include how food items are prepared, time allotted for the consumption of breakfast and lunch, extra food sales, marketing and retail fast foods.
- Defines the duties of the School Health Councils to include a coordinated approach to school health.
HEALTH SERVICES
- Hire RN
- Hire Certified Nurse Assistant to work with RN
- Clinic Equipment
- Speech Therapist
- Clinic Supplies
- Clinic Space

SOURCES
- Administrative Claiming
- Invest in School Health
- Improve Student Health
- Improve ADA

HEALTH EDUCATION
- Hire Health Education Teacher
- Purchase curriculum

STAFF WELLNESS
- Walking Track
- School RN Health Screening
- Staff Fitness Room
- After school health/fitness

PHYSICAL EDUCATION
- Hire PE Teacher
- Hire PE Assistant
- Fitness Room
- Walking Track
- Purchase curriculum

COUNSELING
- Hire Mental Health Therapist
- Hire Social Worker
- Hire Guidance Counselor
- Speech Therapist
- Depression Screening Tool

FOOD SERVICE
- Buy fresh fruits and vegetables
- Provide healthy snacks
- Hire Registered Dietitian
- Purchase ovens to replace fryers

SAFE AND HEALTHY SCHOOL ENVIRONMENT
- Hire District Safety Officer
- Random drug testing
- Security cameras

FAMILY AND COMMUNITY
- Health Fairs
- Parenting Classes
- Faith Based Partnerships
Coordinated Approach

Marketing Matters

Health is Academic
GOAL
Media Coverage
Newspaper articles
TV coverage
Excellent
Effective

ACCURATE
POSITIVE
CONSISTENT
1. Nutrition and physical activity at school help Mississippi children be fit, healthy, and ready to succeed.

2. When children are well-nourished and physically fit, they do better in school.

3. Our school is taking important steps to meet the standards of Healthy Students Act passed by the 2007 Legislature.
5 ***** Star Food
Nutrition Integrity
Dribbling Math Challenge

Grade Level: 2-4
Related Month: February - Healthy Heart Month
Competency Taught: Motor Skills
Content Strand: Motor Skills
Integrated Subject Area: Math
Duration: 15 min.
Prerequisites: Should have prior experience dribbling with their feet/hands, basic addition, subtraction, multiplication, and division skills.

Purpose/Objective: To practice foot dribbling and hand dribbling with control. In addition it helps to reinforce math concepts.

Description:
Have cones spread out around the gym. Have math cards in hoops at the ends of the area. Students begin at a cone with a ball and dribble (hand/foot) to a hoop. Students select a card and dribble to the appropriate cone based on the answer to the math equation. They then dribble back to the hoop, replace the card and select a new one.

Materials: A soccer ball/basketball for each student, at least 50 cones (with numbers on them), cards with grade-appropriate math problems on them, and 2 hula hoops.

Assessment: Are students dribbling with the ball using the correct technique? Are they able to dribble with the ball under control? Use the Assessment Checklist to record student skills.

Links to Further Resources: www.basketballforhearts.org

Date Posted: 10/26/2002
Submitted by: Lauren Lynch at Rodeph Sholom in New York, NY.
John D. Bower, M.D.
School Health Network 1

- Ten Schools- 2005-2008 $100,000 each
- 3 year grant
- Implement Coordinated School Health
- 2008-2011 funding of $91,000
- Develop Action Plan
- Community Meetings
- Marketing Strategies
- Sustainability
John D. Bower, M.D.
School Health Network 2

- Three year grant
- $161,000
- Implement Coordinated School Health
- Requires 7 team members
- Partnership with MSDH for implementation of staff wellness
Committment Matters
What is EPSDT?

- A FREE health care program for Mississippi’s children ages birth through 21 who are eligible for Medicaid
  - **Early** – Assessing health care early in life so that potential disease and disabilities can be prevented or detected in their preliminary states, when they are most effectively treated
  - **Periodic** – Assessing a child’s health at regular, recommended intervals in the child’s life to assure continued healthy development
  - **Screening** – The use of tests and procedures to determine if children being examined have conditions warranting closer medical or dental attention
  - **Diagnosis** – The determination of the nature or cause of conditions identified by the screening
  - **Treatment** – The provision of services needed to control, correct or lessen health problems
Funding Priorities Matter

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- Hire RN
- Hire Certified Nurse Assistant to work with RN
- Clinic Equipment
- Speech Therapist
- Clinic Supplies
- Clinic Space

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FUNDING PRIORITIES MATTER

Health is Academic
Successes Matter
RWJF catalyzes efforts to prevent childhood obesity. Through the NGA’s Healthy Kids, Healthy America program, governors in 15 states are creating and implementing plans to tackle the epidemic. While each participating state is working hard, we’re especially excited about what’s happening in Mississippi. State leaders have embraced the cause of obesity prevention with a passion, despite a myriad of economic and social challenges, including restoring the Gulf Coast region battered by Hurricane Katrina. The Mississippi obesity-prevention effort may be the most integrated and collaborative in the nation, with education leaders, the public health community and philanthropies working hand in hand with government officials. Mississippi’s decision to include private foundations as an equal partner is unique, and I believe it’s a very smart approach.
Mississippi’s Coordinated School Health Program (CHSP) is a collaborative effort between the Mississippi Department of Education Office of Healthy Schools and the Mississippi Department of Health. Mississippi receives funding from CDC’s Division of Adolescent and School Health to promote coordinated school health, provide HIV prevention education, and conduct the Youth Risk Behavior Survey (YRBS).
School Success Stories

Health is Academic
Amory Middle School tied for second place as the healthiest school in the United States and the Principal was selected as Administrator of the Year in MS!
Grenada Upper Elementary started a staff wellness program and staff lost over 1000 lbs.
Starkville School District

All schools have completely removed deep fryers as part of their overall commitment toward healthier food preparation.
Gulfport School District

Pass Road Elementary students have daily FANTastic Movement Moments - 5 minutes of physical activity to help them be more alert and able to focus in class.
DeSoto County Schools

Hernando Elementary introduced a snack program where apples, oranges, and bananas are sold to students for just 25 cents.
W.L. Smith Elementary teachers worked with students to set personal goals for a healthier lifestyle - and helped them monitor their weekly progress.
Madison Station Elementary

Increased participation in school breakfast program by 50 percent which reduced referrals to the school nurse by 40 percent
Jackson Public Schools

Pecan Park Elementary School implemented quality school health programs and received the Healthy Youth for a Healthy Future.
DeSoto County Schools

Shadow Oaks Elementary offers 30 minutes of physical activity for every student - with special recognition for those who walk with principal at recess.
Who benefits?

Administrators
Teachers
Schools
Families
Who benefits?

STUDENTS
IT’S EASIER THAN YOU THINK
Let’s Keep the Momentum Mississippi!!!!
QuickTime™ and a TIFF (LZW) decompressor are needed to see this picture.