

Coordinated School Wellness: An Example in Action

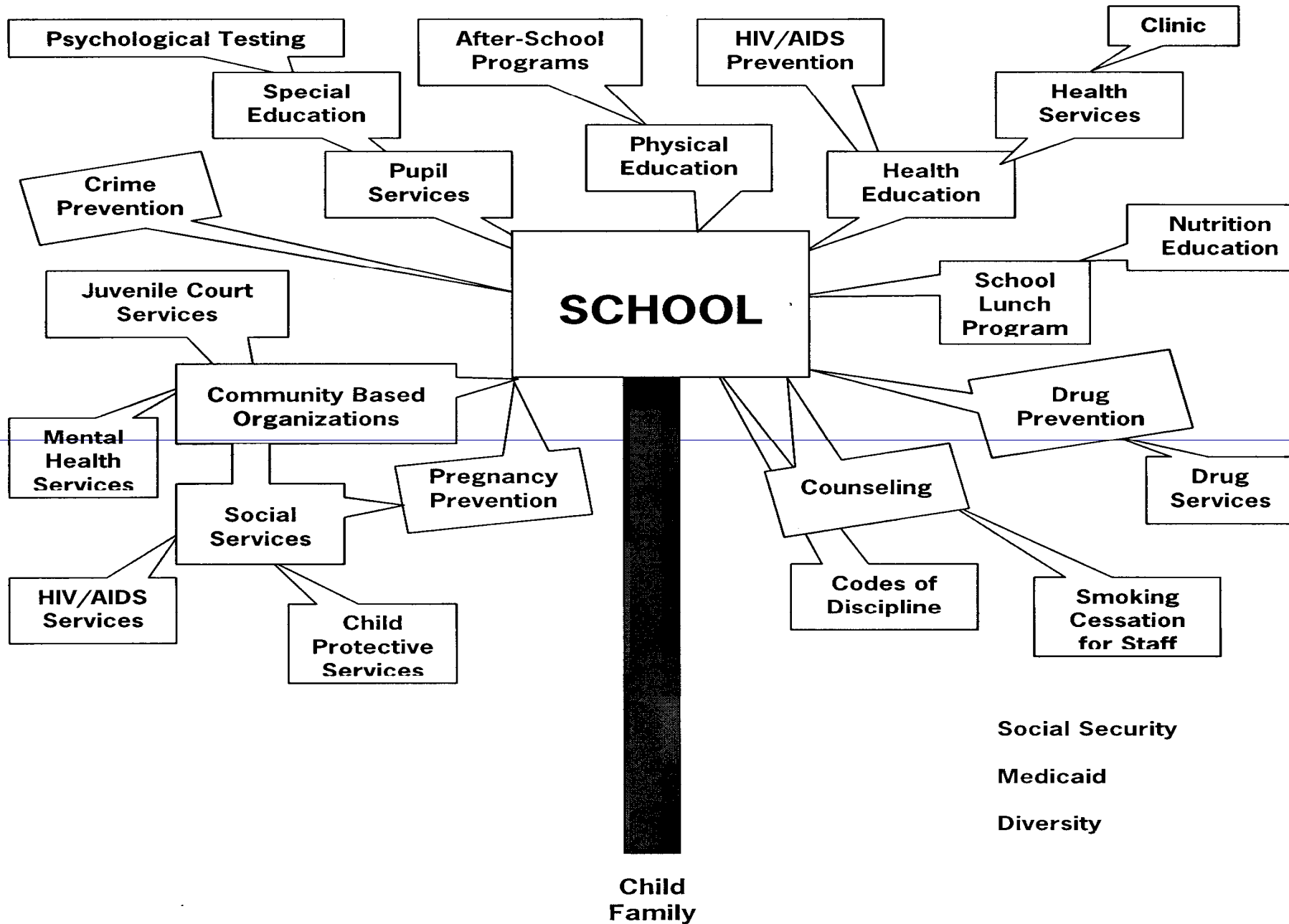
**Presented for
Illinois School Health Educators**

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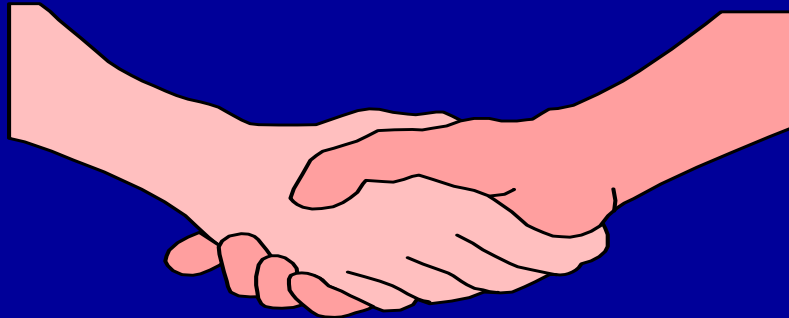
Summer, 2005

Is Your School *Uncoordinated*?

An Example of an Uncoordinated System



*Then here's how to
Get Coordinated!*



The 9 Component Model for
Coordinated School Wellness

What's in here to help you Get Coordinated

- Inspirational Quotes for coordinating school health
- The model for coordinating school health
- An example of a school wellness team
- How to get started creating your own team
- Any questions? Email resources provided

The following quotes may help
to make the case for
coordinating your efforts

“While a teacher taught the food pyramid, the cafeteria offered pizza and french fries.”

Tyson, “A Load Off Teachers’ Backs: Coordinated School Health Programs,” *Phi Delta Kappan*, 1999

“The very formation of a school health team often liberates the energies of teachers who see problems and have ideas about how to solve them - but are unable to put their ideas into practice by themselves.”

Hoyle, Mariner Model, South Carolina

“A team of teachers won principal support for changing vending machines from soft drinks to fruit juices.”

Hoyle, Mariner Model,
South Carolina

The Division of Adolescent & School Health (DASH)
recommends a multi-disciplinary approach to address student needs.

The DASH approach seeks to influence the health of children through teamwork and the coordinated effort of 8 components focusing on the CDCP 6 adolescent risks.

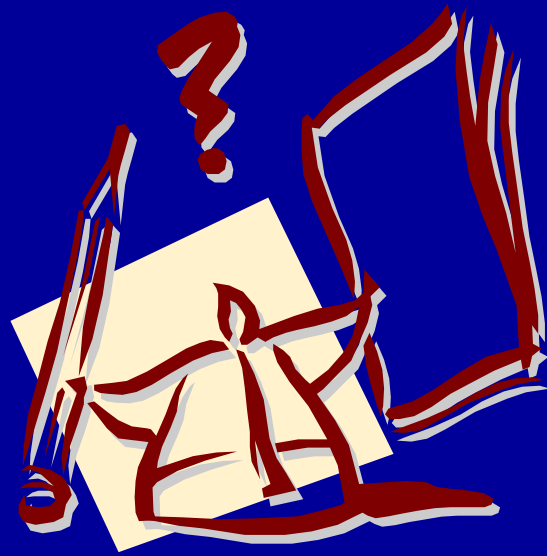
The 3 *Essential Structures* of a
Coordinated School Health
Program are
School Health Coordinator,
School Health Team &
District Health Team

Marx, Health is Academic

“Schools should improve academic performance through fostering health and fitness of adolescents, by providing a health coordinator and a health-promoting school environment.”

Turning Points: Preparing American Youth for the 21st Century, Carnegie Council on Adolescent Development, 1989

So, what is Coordinated School Wellness?



First, the textbook model . . .

- By Allensworth and Kolbe's
- The 8 Component Model Comprehensive School Health
- The 9th component was added later

Next, the model as adapted for a high school

- By New Trier High School

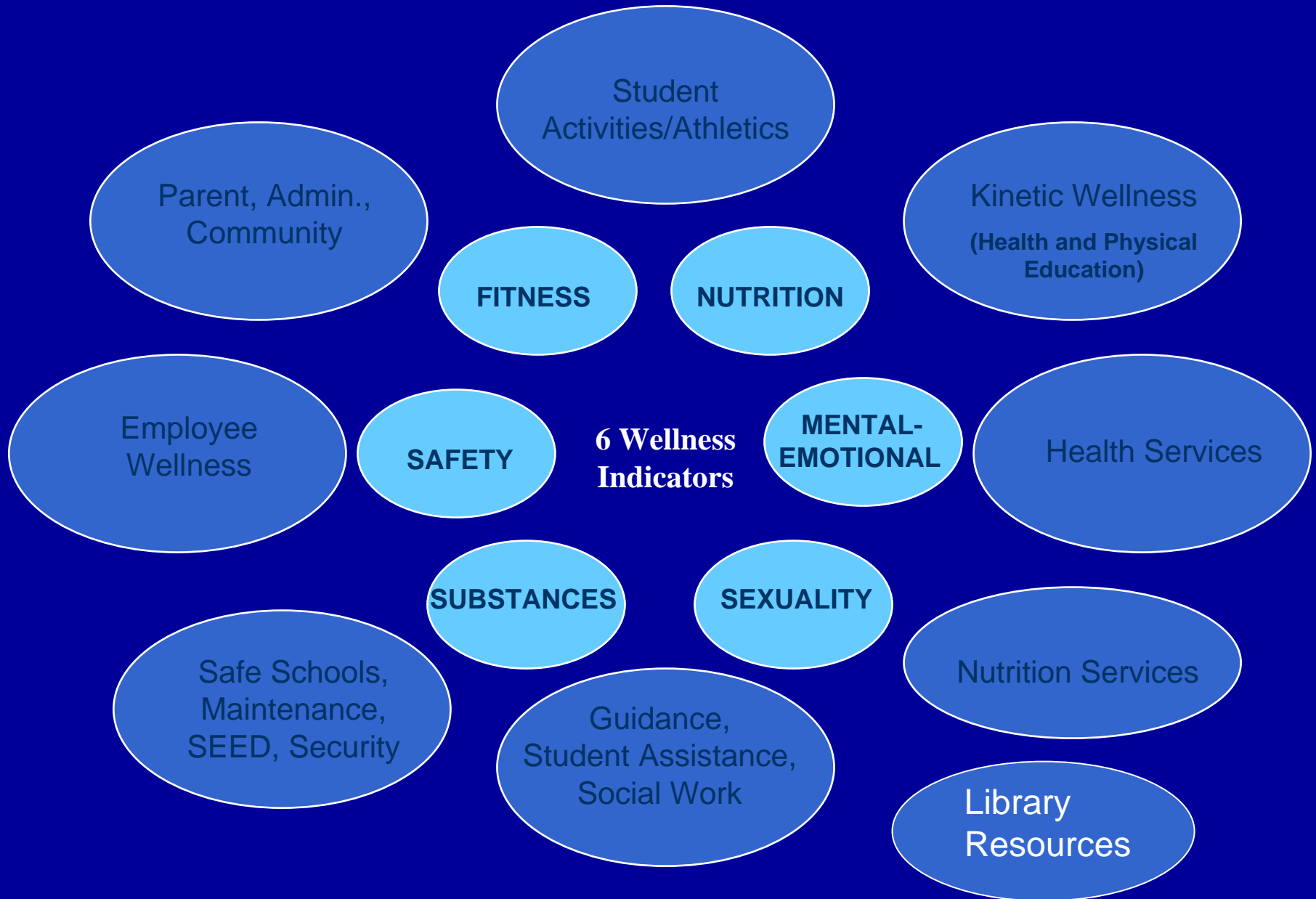
New Trier All-School Wellness Team



The same model shown surrounding the CDCP 6 Adolescent Risk Behaviors

- All 9 components coordinate efforts around these 6 Wellness Indicators

New Trier All-School Wellness Team



What are the “Essential Structures” to support a coordinated effort?

- School Wellness Coordinator
- School Wellness Team
- District Wellness Team



Clarify the role of the *School Wellness Coordinator*

- Help articulate a mission and vision
- Analyze strengths/challenges
- Advocate/negotiate for coordinated efforts
- Gather team representatives to meet
- Assess collaborative programs

The All-School Wellness Team's

Mission: To coordinate, communicate and collaborate on school-wide wellness

Vision: To educate others about the connection between wellness and academic success

Clarify the role of the School* Wellness Team



- Coordinate/collaborate
- Communicate back to constituents
- Promote school wellness programs
- Consider all CDCP 6 Adolescent Wellness Indicators

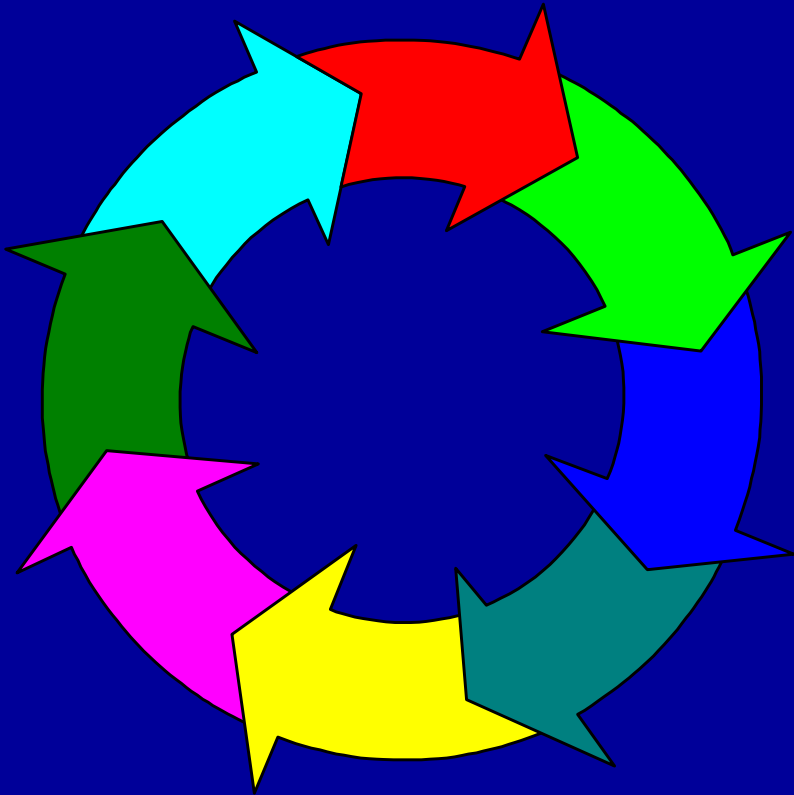
*A district wellness team has the same roles

How do you get started?

Creating a school wellness team

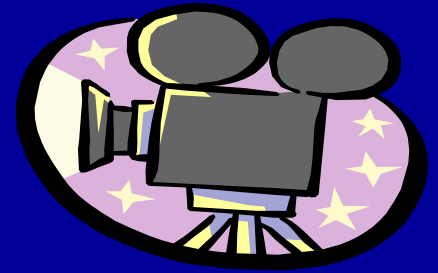


Call representatives from all 9 components of comprehensive school wellness



Who might you invite from these 9 areas at your school?

Present the concept to:



Tailor presentations for each group below

- Superintendent, Assistant Superintendent Curriculum and Principal
- 9 component representatives
- Own health/physical education department
- Staff at each fall meeting (Why?)

Tie these into the presentation:

- School Improvement Plan (SIP)
[school climate, oral communication, reflection]
- Strategic Planning
[many action plans included wellness: stress mgmt, nutrition]
- Show connections between Academics & Wellness

The Goals for Education *include* Wellness & Academic Success

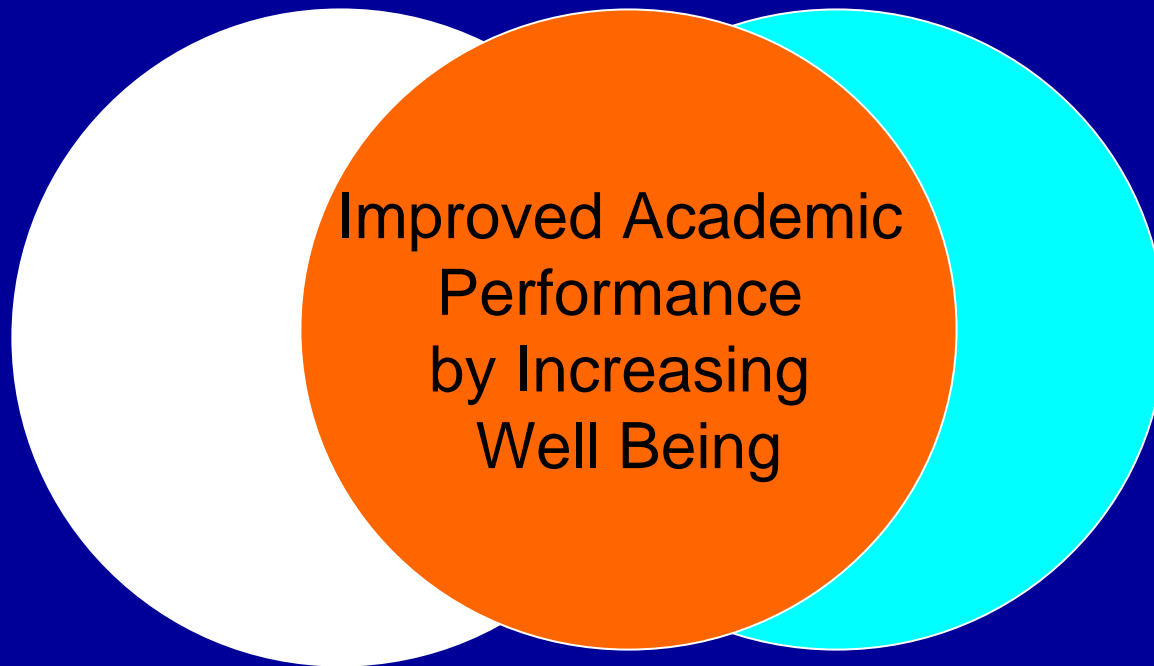


Raise Academic
Performance

and

Improve Children's
Well Being

Coordinated School Wellness *connects* wellness & academics



Relationship between *Fitness & Academic Success*

Physical Activity Improves:

- ✓ Dietary practices
- ✓ Ability to handle stress
- ✓ Energy
- ✓ Concentration
- ✓ Math, reading & writing scores
- ✓ Self-esteem & attitude towards school
- ✓ Reduces depression & anxiety

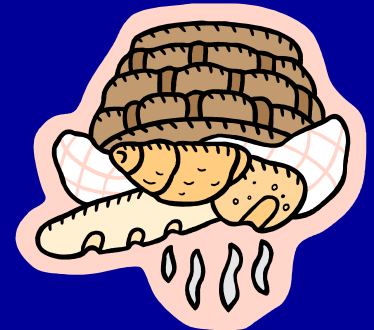


- (10 research studies)

Relationship between *Nutrition* & Academic Success

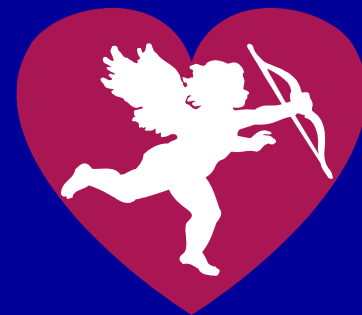
Poor Nutrition Causes:

- ✓ Irritability, apathy, low energy
- ✓ Poor concentration, lowered immune system
- ✓ Psychological/Social effects of over/under eating due to stress, lowered self-esteem
- ✓ 30% of teens on YRBS said they diet
 - (15 research studies)



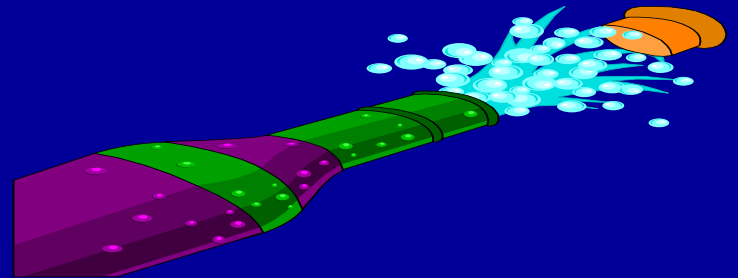
Relationship between *Sexuality* & Academic Success

- Long and short term effects of teen pregnancy, STIs, cervical cancer
- Physical, emotional & social effects of unhealthy relationships
- (7 research studies)



Relationship between *Substances* & Academic Success

- Poor relationships with parents, poor grades, negative attitude toward school
- Increased absenteeism, risk-taking
- Lower attention span, ambition, creativity, motivation
- Brain's ability to receive-sort-synthesize information is hindered
- (16 research studies)



Relationship between *Safety* & Academic Success

Intentional Injury

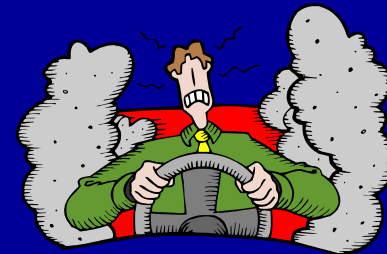
- ✓ Lack of interest, behavior problems, low self-esteem, low grades
- ✓ Abused have poor concentration, attention
- ✓ Chaos at home = cautious, fearful, withdrawn, sleep disordered, headache
- ✓ 34% of teens in YRBS reported fighting at school
- ✓ 80% reported being harassed at school

(9 research studies)



Relationship between *Mental/Emotional* Wellness & Academics

- Depression recognition
- Suicide prevention
- Self-injury
- Not have strategies/skills to deal with issues
- Emotional development slowed with substance use to medicate mental issues



Now that you have presented
the model . . .

It's time to schedule your first
wellness team meeting

Meet 3 times per year (7am Breakfast)

- Spring Meeting: Needs Assessment Matrix to identify gaps/overlaps for next school year in all 6 wellness areas
- Fall Meeting: Communicate planned/proposed programs for 1st semester, set up collaboration for new programs
- Winter Meeting: Communicate planned/proposed programs for 2nd semester, continue collaboration efforts



Some Examples of Collaborative Wellness Programs

1st Semester Programs

Wellness Week

Body Image Student, Staff & Parent Programs

YRBS/YPBS social norming campaign

Blood Drive

Clothesline Exhibit

Finals Week: free breakfast, stress mgmt clinics, Quiet room, open gyms & fitness areas

2nd Semester Programs

AIDS Awareness Day

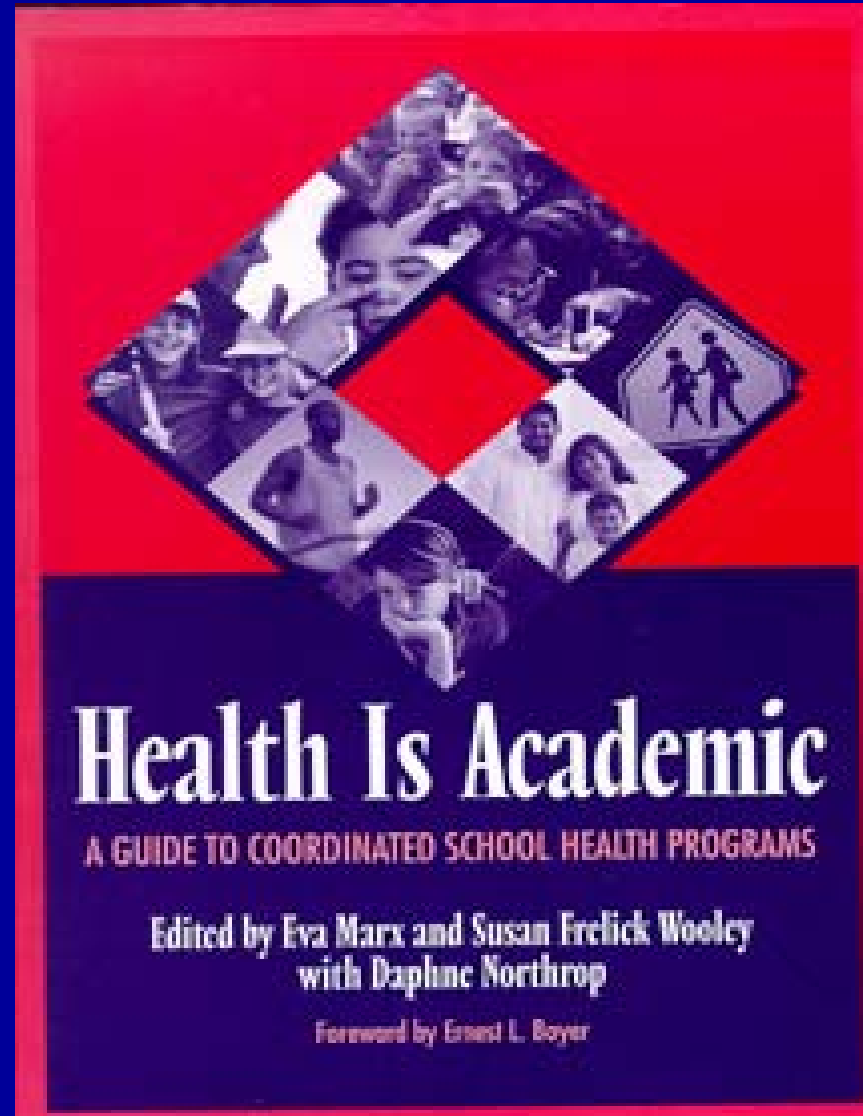
Senior 411

Blood Drive

Health Fair/Health Day (variety of wellness topics w/speakers, booths)

Alcohol Awareness Day (before Prom)

REMEMBER . . .



You can't educate a child who
isn't healthy,
And you can't keep a child
healthy who isn't educated

-Joycelyn Elders, former Surgeon General

The dream of collaboration for wellness
can begin with you.

THE END



Good luck in your efforts to improve school wellness!

Questions? Email: ishaweb.com or
lacursin@newtrier.k12.il.us