

GUIDE TO BECOMING PART OF THE *HEALTHY SCHOOLS PROGRAM* 2018-2021



Considering becoming part of the
Healthy Schools Program?

This guide contains the information schools should know.

Please read this guide carefully prior to submitting your application.

You can apply at the below link:

<https://tinyurl.com/2018HSPapplication>



Healthy Schools Program: 2018-2021

What is the Healthy Schools Program?

- The Healthy Schools Program is an opportunity sponsored by the South East Education Cooperative (SEEC), through a Maternal Child Health, that will focus on increasing the opportunities students have to be physically active while at school and improving the school nutrition environment. The program was developed to reduce overweight and obesity in children, and also increase the capacity of local schools and communities to sustain healthy environments for their children.
- The program activities will result in implementation of a Comprehensive School Physical Activity Program, improved physical fitness levels of students, delivery of quality nutrition education curriculum and creation of healthier learning environments for students.

Who can participate in the Healthy Schools Program?

- The SEEC is searching for 3-5 new school buildings to be part of the 3rd cohort of the Healthy Schools Program.
 - All types of schools are welcome to apply (primary, middle, secondary, K-12, etc.)
 - School buildings must be located within the SEEC region
 - Additional school buildings will be brought on board each year, and will then serve as a new cohort. This is the 3rd cohort of the Healthy Schools Program.

What is expected from the 3-5 school buildings?

- Each cohort is being asked to make a 3-year commitment to the Healthy Schools Program.
- Each school building will need to designate a Physical Activity Leader (PAL), who will most likely be a physical education teacher.
- Each school building will need to establish a Wellness Committee/Team that will be asked to meet quarterly.
- Each school will be asked to sign a Data Sharing Agreement and to provide the needed information to support the overall evaluation plan.

Why is a Data Sharing Agreement needed for the Healthy Schools Program?

- Right now the major challenge to understanding and combating childhood obesity in North Dakota schools is the lack of a coordinated system to collect and analyze student information and reporting tools as it relates to fitness levels. A system is needed to measure the impact of all physical education and health education components of the curriculums at the student, classroom, building, district and state level.
- SEEC will be working with Interactive Health Technologies (IHT) to develop and implement a plan of data collection focused on the outcomes of the current North Dakota curriculum used at the elementary and secondary schools.
- SEEC will need the 3-5 schools to share the data gained from the IHT software.
- The Healthy Schools Program has set a goal to have the number of students scoring in the "Healthy Fit Zone" for the Presidential Youth Physical Fitness (PYFP) Progressive Aerobic Cardiovascular Endurance Run (PACER) to increase by at least 5% by September 30, 2021 (which marks the end of the Maternal Child Health Grant period).

What is Interactive Health Technologies (IHT)?

- IHT will provide a statewide solution to easily collect, manage, report Presidential Youth Fitness Program data through a collaborative partnership in order to build a viable, large scale model that can enhance the efforts of individual teachers and their programs.
- IHT will provide PE teachers, administrators, SEEC and the state of ND with customizable data collection and reporting software, wrist-based wearable technology (heart rate monitors) and ongoing training that will document the impact of the Healthy Schools Program.
- The IHT software can help correlate increased Moderate to Vigorous Physical Activity (MVPA), physical literacy and fitness to improved academic performance. Administrative staff can use the IHT software platform to help ensure performance improvement is a central element of their program. This video showcases how Massachusetts is using IHT for their statewide physical education data collection initiative <https://vimeo.com/156267156>
- The IHT Spirit System's Adidas ZONE wrist-based Heart Rate Technology will make it easy for PE classroom teachers to track student performance, provide personalized learning opportunities, and measure the effectiveness of K-12 PE programs. This video is a short instructional video on the technology <https://vimeo.com/161549976>
- The IHT Spirit System combined with the Adidas Zone wrist-based heart rate technology work together to simultaneously measure, track and correlate a students' health data with their academic success. The goal is to empower students to take ownership of their health and well-being while connecting all stakeholders.

What is expected commitment of Building Level Administrators?

- Participate on the school's wellness team or committee or assign an administrative representative
- Provide on-going support for effective implementation of wellness policies

What is expected commitment of the Physical Activity Leader (PAL)?

- PAL's are required to participate in the following trainings:
 - Interactive Health Technologies (IHT) Training *1-2 total days of training: 2018 & 2019.*
 - This training will provide physical education staff information on to properly utilize the IHT software and Spirit System System's Adidas ZONE wrist-based heart rate technology.
 - **This training will be scheduled once all schools are finalized.**
 - Inclusive PE Training
 - Implement strategies for successful engagement of all students
 - Utilize the SPARK Inclusive PE Guidebook resource
 - Participate in activities to learn ways to modify for specific disabilities
 - Identify needs of various exceptionalities and how they affect participation in PE
 - Explore a variety of options for modifications to increase engagement
 - **This training is scheduled for Tuesday, September 25th in Jamestown and Wednesday, September 26th in Fargo**
 - Presidential Youth Fitness Program (PYFP)/FITNESSGRAM/Physical Best Training
 - This training will provide physical education staff the needed skills to implement the state standards, curriculum and assessments that relate to the Physical Youth Fitness Program (PYFP)/FITNESSGRAM.
 - **This training is will be scheduled once all schools are finalized.**
 - Healthy Schools Summit
 - Keynote and breakout sessions will be scheduled closer to the date.
 - **This training is usually held in Spring.**
 - Other trainings will be identified and scheduled throughout the 3 years

- PAL's will assist in conducting the following assessments of existing physical activity opportunities over the course of the three-year period:
 - School Health Index (SHI)
 - The SHI is an assessment and planning guide that will identify strengths and weaknesses of your school's health and safety policies and programs.
 - Physical Education Curriculum Assessment Tool (PECAT)
 - The PECAT is a self-assessment and planning guide developed by the Centers for Disease Control and Prevention (CDC). It will help schools conduct clear, complete and consistent analyses of physical education curricula, based upon national physical education standards.
 - Health Education Curriculum Assessment Tool (HECAT)
 - The HECAT is also an assessment tool developed by CDC. The HECAT can help schools conduct a clear, complete and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum.
- Assist in the planning, implementation and evaluation of the Comprehensive School Physical Activity Program (CSPAP)
 - With the help of the Wellness Committee/Team and SEEC's Healthy School Program Coordinator create a vision statement, goals and objectives for the CSPAP
- Provide needed program data that will support the overall evaluation plan
 - Including but not limited to IHT data, PACER data, Curl-up data, PE Metrics Cognitive Assessment data, etc.
- Partner with local higher education institutions to implement Adopt-a-School programs that will utilize pre-service teachers to plan, coordinate and implement strategies to increase student activity before, during and after school time.

Why create a Wellness Committee/Team and What is the expected commitment of the Wellness Committee/Team?

- The Committee/Team will work to improve the health and academic success of its students. It will work collectively to lead, coordinate and implement the Healthy Schools Program, and ensure that district level wellness policies are being implemented at the building level.
- Representatives on the team or committee may include:

<ul style="list-style-type: none"> ○ Building administrator ○ Physical education teacher ○ Classroom teachers ○ Food Service Director and/or Manager 	<ul style="list-style-type: none"> ○ Health education teachers ○ Paraprofessionals ○ School nurse ○ Students ○ Parents
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- Wellness Committee/Team members will be asked to:
 - Participate in trainings offered by the SEEC (i.e. Culinary Skills Training, Smarter Lunchroom Training, Active Recess/Classroom Training, Nutrition Education Curriculum Trainings, Healthy School Summit, etc.)
 - Participate in committee/team meetings. Meetings should be held quarterly at a minimum, but may meet more frequently as needed.
 - Assist in the assessments of existing health and wellness policies
 - School Health Index
 - WellSAT
 - Physical Education Curriculum Assessment Tool (PECAT)
 - Health Education Curriculum Assessment Tool (HECAT)
 - Support in the update of school health and wellness policies
 - Model healthy behaviors that support the school health and wellness policy

What will be the role of SEEC's Healthy Schools Program Coordinator?

- Coordinate and organize trainings offered to PAL's and other school staff
- Participate in the committee/team meetings throughout the school year
- Facilitate the required assessments
- Provide follow-up support needed by each school
- Assist in the coordination, implementation and evaluation of the CSPAP
- Work directly with outside contractors to provide technical assistance to schools
- Communicate with schools regarding upcoming trainings, resources, grant opportunities, etc.

What incentives will be provided to the participating schools?

- Each school will be provided with a set of Interactive Health Technologies Spirit System: Adidas Zone Wrist-based Heart Rate Technology.
- Interactive Health Technologies Spirit System Software
- Registration cost for ALL staff for ALL Healthy School related trainings will be covered for the 3-5 schools
- The potential to receive other incentives and rewards to support school's action plans and to support a culture of wellness in their school

Cost of Program to Schools:

- In-kind costs of sending staff to the trainings, including sub-time and mileage
- If trainings are taken for credit, the cost of credit will be an additional cost for the schools participants

Training Dates:

There are some trainings below that have been confirmed, but others have not yet been confirmed. This list will be updated and communicated with schools once all other trainings have been confirmed.

- **CONFIRMED:**
 - SEPTEMBER 19th – Culinary Skills Training: *Making Yummy Healthy – Desserts* (Fargo)
 - SEPTEMBER 20TH – Culinary Skills Training: *Making Yummy Health* (Jamestown)
 - SEPTEMBER 25rd: Inclusive PE Training (Jamestown)
 - SEPTEMBER 26TH: Inclusive PE Training (Fargo)
- **POSSIBLE DATES FOR OTHER TRAININGS:**
 - OCTOBER or NOVEMBER: Interactive Health Technologies (IHT) training
 - DECEMBER: PYFP Training
 - SPRING 2019: Healthy Schools Summit
- **YEAR 2 and 3:**
 - Other trainings will be planned and required as the needs of the different schools emerge

Optional Credit Available:

- Continuing Education credits will be available through VCSU for some trainings. Cost of credits are the responsibility of the participant.