



Healthy Schools Program: 2016-2019

Project Description

The Healthy Schools Program is an opportunity sponsored by the South East Education Cooperative (SEEC), through a Maternal Child Health and TEAM Nutrition grant, 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 will participate?

There will be a pilot cohort of 10 school buildings. A three-year commitment will be required. This cohort will move the Healthy Schools Program together. Additional schools will be brought on board each year, and will then be an additional new cohort.

Each school building will be asked to establish a team or committee. Each school building will then designate a Physical Activity Leader (PAL). Who will most likely be a physical education teacher.

Representatives on the team or committee may include:

- Building administrator
- Physical education teacher (required)
- Classroom teachers
- Food Service
- Health education teachers
- Paraprofessionals
- School nurse
- Students
- Parents

What is the expected commitment of the participants?

Data Sharing Agreement:

- District Administration will sign the Data Sharing Agreement with respect to this scope of work.

Building administrators will:

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

Physical Activity Leaders will:

- Participate in the following trainings:
 - Interactive Health Technologies (IHT) Training
 - Presidential Youth Fitness Program (PYFP)/Physical Best Training
 - Physical Activity Leader (PAL) Training
 - Comprehensive School Physical Activity Plan (CSPAP) Training
 - Other trainings identified by the needs of the 10 pilot schools
- Conduct an assessment of existing physical activity opportunities
 - Physical Education Curriculum Assessment Tool (PECAT)
 - Health Education Curriculum Assessment Tool (HECAT)
 - PE Metrics Cognitive Assessment
- Assist in the implementation the Comprehensive School Physical Activity Program (CSPAP)
- Provide needed program data that will support the overall evaluation plan
- Partner with local higher education intuitions 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.

Participating team/committee members will:

- 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 team/committee meetings.
- Assist in the assessment of existing health and wellness policies
 - School Health Index
 - WellSAT
 - 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

SEEC Staff will:

- Coordinate and organize trainings offered to PAL's and other school staff
- Participate in the team/committee meetings throughout the 2016-2017 school year
- Facilitate the required assessments
- Provide follow-up support needed by each school
- Assist in the coordination and implementation of the CSPAP
- Work directly with outside contractors to provide technical assistance to schools
- Communicate with schools regarding upcoming trainings, resources, etc.

What incentives will the school be provided?

- 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
- Cost of attending the trainings will be covered for the 10 pilot 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 mileage

Training Dates:

Have not all been determined and confirmed. There are some trainings below that have been confirmed. This list will be updated and communicated with schools once all other trainings have been confirmed.

CONFIRMED:

SEPTEMBER 23rd: Active Recess Training

OCTOBER 5th: Culinary Skills for Food Service.

OCTOBER 17th: Smarter Lunchroom Training

NOVEMBER 21st: Culinary Skills for FACS teachers

POSSIBLE DATES FOR OTHER TRAININGS:

OCTOBER: Interactive Health Technologies (IHT) – 2-day training

NOVEMBER: Physical Youth Fitness Program (PYFP) & Physical Best Training – 1-day training

SPRING 2017: Physical Activity Leader (PAL) and Comprehensive School Physical Activity Plan (CSPAP) – 2-day training

YEAR 2 and 3:

Other trainings will be planned and required as the needs of the 10 pilot 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.