

TAKE THE TENNESSEE HEALTHIER SCHOOLS CHALLENGE!

Challenge

Criteria

1. CSH goals are incorporated into school system's strategic plan. These goals should be incorporated into the LEA's school improvement plan as well as First to the Top plan. The measurement for this criterion will be a copy of the LEA's plans that demonstrate school health goals inclusion.

2. One new school is recognized as a USDA HealthierUS Challenge school. Specific criteria are available at the USDA's website <http://www.fns.usda.gov/tn/healthierus/index.html>. To help meet this goal schools must make changes to:

- improve the quality of the foods served,
- provide students with nutrition education, and
- provide students with physical education and opportunities for physical activity.

3. All schools are compliant with the 90-minute physical activity law. CSH Coordinators monitor compliance with the 90 minute physical activity law as a part of their CSH grant requirements. The measurement for this criterion will be each system's quarterly CSH PA/PE reports.

4. One new school participated in a physical activity program. Examples of a physical activity program include:

- Blue Cross Blue Shield's (BCBS) *Walking Works for Schools Program* (<http://www.walkingworksforschoolstn.com/>)
- American Heart Association's *Jump Rope for Heart* program (http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home_UCM_315609_SubHomePage.jsp)
- Take 10! (<http://www.take10.net/whatistake10.asp?page=new>)
- Adventure To Fitness (www.adventuretofitness.tv)

The measurement for this criterion will be certification from the CSH Coordinator that this has been implemented.

5. A wellness program was provided to school board members and 50% actively participated. Examples of a wellness program include:

- 10,000 Steps A Day* program over a six week time frame (<http://www.active.com/walking/>)
- Get Fit TN Health and Fitness Tracker* program (<http://www.getfittn.com/fitnesstracker/index.aspx>)
- USDA's *My Plate* wellness program (<http://www.choosemyplate.gov/tools.html>)

Criteria will be measured by school board members submitting a description of their wellness program and acknowledgement of a minimum of six weeks participation to the CSH Coordinator.

6. Health and wellness information was shared with all parents/guardians. Examples of health and wellness information shared with all parents of students include:

- Action for Healthy Kids (<http://www.actionforhealthykids.org/resources/>)
- 10 Tips to Help Families Be Healthy (<http://www.choosemyplate.gov/tipsresources/tentips.html>)
- Alliance for A Healthier Generation (<http://www.healthiergeneration.org/parents.aspx>)

Criteria will be measured by the CSH Coordinator providing a sample of information shared and a letter documenting that it was shared with all parents.

7. At least two community wellness events were held for parents/guardians. Examples of community wellness events include:

- We Can! (<http://www.nhlbi.nih.gov/health/public/heart/psesity/wecan/community/index.htm>)
- Choose My Plate (<http://www.choosemyplate.gov/Partnerships/index.aspx>)
- Alliance for a Healthier Generation (<http://www.healthiergeneration.org/teens.aspx>)
- STEPS Community Program (<http://www.cdc.gov/healthychommunitiesprogram/communities/steps/index.aspx>)

8. Students were active members of School Health Advisory Committee and all Healthy School Teams in Middle and High School. This has been and continues to be a CSH grant requirement for all CSH Coordinators. A copy of meeting minutes will be used for documentation of this criterion.

9. All students received a minimum of 30 minutes of Comprehensive Health Education every week. Comprehensive Health Education motivates and enables students to maintain an improve their health, prevent disease, and reduce health-related risk behaviors. Health education gives students the knowledge and skills to thrive physically, mentally, emotionally, and socially. This knowledge helps students meet the challenges of growing up by giving them the life tools to become physically and intellectually healthy individuals.

Health Education Instruction includes:

- Adequate time, opportunity and resources
- Culturally and developmentally appropriate instruction and classroom materials
- Effective and varied instructional practices
- Taught as a distinct course of study or integrated into the instructional school day
- Individual health topics are part of a comprehensive school health education program

Examples of Comprehensive Health Education programs include:

- Michigan Model Curriculum (<http://www.emc.cmich.edu/mm/default.htm>)
- Health Teacher (<http://www.healthteacher.com/>)

CSH Coordinators will certify that all students received 30 minutes per week of comprehensive health education beginning no later than April 2012.

10. The percent of school health community partnerships and/or grants/in-kind gifts to LEAs increased by 10% from the previous year. CSH Coordinators will track this information and have baseline data to compare from one year to the next. CSH Coordinators will provide a comparative description documenting meeting this criterion.

11. Staff wellness program participation increased by 10% from the previous year. CSH Coordinators will track this information and have baseline data to compare from one year to the next. CSH Coordinators will provide a comparative description documenting meeting this criterion.

12. A system-wide in-service was held that linked health to academics. CSH Coordinators will provide information regarding the connection between improved student health status and improved academic performance to all school staff and faculty. CSH Coordinators will provide a copy of the in-service agenda along with sign-in sheets.

Why is School Health

Important?

When school districts and schools have effective policies and practices that support the health and well-being of their students and staff:

- Student and staff absenteeism decreases
- Student concentration improves
- Student behavior problems are reduced
- Children and adolescents establish health-promoting behaviors

Source: Director of Health Promotion and Education, 2007; Murray, Low, Hollis, Ross, & Davis, 2007: WestEd and the Phillip R. Lee Institute for Health Policy Studies, 2009

Did you know?

- Asthma is one of the leading causes of school absenteeism. Nationally an estimated 12.8 million school days are missed each year because of asthma. During the 2009-2010 school year there were 51,564 Tennessee students diagnosed with asthma. *Source: Akinbami, 2006; 2009-2010 Tennessee School Health Data and Compliance Report*
- Only 18% of all Tennessee high school students reported eating 5 or more fruits and vegetables per day during the past 7 days. *Source: 2009 Tennessee Youth Risk Behavior Survey (High School)*
- Only 23% of all Tennessee high school students reported attending daily Physical Education classes in an average week. *Source: 2009 Tennessee Youth Risk Behavior Survey (High School)*
- Approximately 17% of all Tennessee high school students reported being bullied on school property sometime in the past year. *Source: 2009 Tennessee Youth Risk Behavior Survey (High School)*
- In addition, 7% of all Tennessee high school students reported they had attempted suicide one or more times during the past year. *Source: 2009 Tennessee Youth Risk Behavior Survey (High School)*
- Approximately 19% of all Tennessee high school students reported they had engaged in binge drinking on one or more of the past 30 days. *Source: 2009 Tennessee Youth Risk Behavior Survey (High School)*

About The Challenge

What Systems Can Do To Enhance Student Learning

Schools play a critical role in addressing the physical, mental, social and environmental factors related to health and well-being that can affect learning. Adopting effective policies to tend to these factors helps position students for success in school and throughout their lifetimes. The CSH Coordinator, school board and superintendent must work together with school faculty, staff, families, community members and business partners to establish and support health promotion policies and plans that align with the district's vision and mission. The Tennessee Healthier Schools Challenge is a voluntary, statewide initiative recognizing school systems for their participation in merging health and academics to create student success. Each year in November systems will be recognized for their commitment to improving the quality of life and academic performance.

The Tennessee School Boards Association and the Tennessee Department of Education-Office of Coordinated School Health have partnered with the UnitedHealthcare, Tennessee Organization of School Superintendents, Tennessee Parent Teacher Association, Tennessee Chamber of Commerce, Tennessee Business Roundtable, Tennessee Education Association, Stand for Children and the State Collaborative on Reforming Education on an initiative designed to motivate Tennessee school board members, school administrators, faculty, staff, parents and students to create healthier school environments, encourage adoption of healthy behaviors, and promote the connection between health and academic success.

The Challenge Kick-Off will occur during the Tennessee School Boards Association's annual convention on Monday, November 14, 2011. During this session, the annual award program for "Tennessee Healthier Schools Challenge" will be presented. Each school system's Coordinated School Health Coordinator is invited to attend this session to sit with their board of education and superintendent to answer any questions that they may have regarding this initiative.

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Take The Healthier Schools Challenge

Make your school system one of the best in the state, committed to improving the quality of life and academic performance.

Annual Award Levels

UnitedHealthcare

Corporate underwriter for the Tennessee Healthier Schools Challenge

- **Platinum Level** \$5,000 11 out of 12 criteria are met
- **Gold Level** \$3,000 10 out of 12 criteria are met
- **Silver Level** \$2,000 9 out of 12 criteria are met
- **Bronze Level** \$1,000 8 out of 12 criteria are met

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Tennessee School Boards Association and the Tennessee Department of Education - Office of Coordinated School Health

