

FLORIDA HEALTHY SCHOOLS

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FLORIDA LEGISLATURE SUPPORTS SCHOOL WELLNESS

The 2006 Florida Legislature and Governor Jeb Bush demonstrated support for the Child Nutrition and WIC Reauthorization Act of 2004 by passing Senate Bill 772, entitled the Florida Health Promotion Act. Sections 18–20 of the bill pertain to school wellness and physical education policies, nutrition guidelines, physical education assessment, School Health Advisory Committees and School Health Services.

The new law is effective July 1, 2006.

Section 18 (s 1003.453, F.S.) requires that all school districts submit a copy of their physical education and school wellness policies to the Department of Education (DOE) by September 1, 2006.

Districts will also be required to review the school wellness policy annually, obtain public input, provide the updated policy to DOE, and post the most current policy on the district Web site for public viewing.

By December 1, 2006, DOE will provide links on its Web site to resources for physical activity, nutrition education,

staff wellness, school food services, the Coordinated School Health (CSH) model, and the School Health Index.

The bill encourages districts to provide basic training in first aid, including cardiopulmonary resuscitation (CPR), for students, beginning in 6th grade and every two years after that.

Section 19 (s 1003.455, F.S.), Physical Education Assessment, requires that all physical education curricula be reviewed by a certified physical education instructor and encourages each school district to provide 150 minutes of physical education weekly for students in kindergarten through grade 5 and 225 minutes a week for students in grades 6–8.

Section 20, (s 381.0056, F.S.) School Health Services, contains new requirements for School Health Advisory Committees (SHAC). Section 20(5)(18b), "Each School Health Advisory Committee



must, at a minimum, include members who represent the eight component areas of the Coordinated School Health (CSH) model...". It also encourages SHAC's to address the eight components of the CSH model in the district's school wellness policy.

Section 20(6)(f) and 20(7)(d) refer to public and nonpublic schools participating in the school health services program. At the beginning of each school year, the schools must provide parents and guardians with information concerning ways that they can help their children to be physically active and eat healthful foods.

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Florida Youth Risk Behavior Survey 2005 results show improvements in key areas

- Increased student seat-belt use
- Fewer teens riding in a car with someone who has been drinking
- Less binge drinking
- More students participating in moderate physical activity
- Decreased tobacco use
- Less reported screen time

PHYSICAL EDUCATION CURRICULUM ASSESSMENT TOOL RELEASED BY CDC

The Centers for Disease Control's (CDC) Division of Adolescent and School Health (DASH) has released the *Physical Education Curriculum Analysis Tool (PECAT)*. The PECAT is a tool for analyzing written physical education curricula to determine how closely they align with national standards for high-quality physical education.

The PECAT is designed to be used primarily by a school district team that may consist of school-based physical education coordinators, physical education teachers, curriculum specialists, or curriculum committee members.

The PECAT can be used to:

- Ensure that your current physical education curriculum development or selection process is systematic, consistent, and thorough.
- Clarify what gaps exist in your current physical education curriculum.
- Assess how closely written curricula align with national standards.
- Identify instructional strategies that improve teaching and student learning.
- Inform team members of high-quality curriculum that is affordable and feasible to implement in your schools.

- Identify where revisions might be needed in a locally developed curriculum.

- Provide additional perspectives that can help strengthen your curriculum development or selection processes.

- Provide sound and defensible justification for curriculum decisions to parents, school board members, and others interested in physical education in your community or state.

To download the tool, go to the CDC website at :

<http://www.cdc.gov/healthyyouth/PECAT/index.htm>

Or for more information, contact Lil Finn at lillian.finn@fldoe.org.

“LIVING WELL IN ESCAMBIA COUNTY SCHOOLS MONTH”

Each year at the February School Board Meeting, the officers of the Escambia Physical Education Association (EPEA) receive a School Board resolution recognizing the month of April as “Living Well in Escambia County Schools Month.”

During the resolution presentation, the EPEA Board of Directors presents School Board members and the Superintendent with a gift (jump ropes, pedometers, cookbooks, etc.), and thank them for their continued support of school physical education, health, and wellness programs.

Included in the month-long celebration of health and wellness are the following activities:

“Fit to Achieve Day” (held on the first Friday of April)

“Healthy Families Day” (held on the second or third Saturday in April)

“No TV for a Week” (held in the last week of April)



All schools are encouraged to promote the concepts of “Living Well” to both students and employees during the month of April, including eating sensibly, exercising regularly, practicing safety, handling stress and avoiding substance abuse.

Schools are provided a technical assistance document developed by the school district entitled *“Suggestions for Successful Programs and Promotional Ideas for Living Well in Escambia County Schools Month.”*

The first Friday in April is designated as “Fit to Achieve Day.” All schools are encouraged to emphasize and promote the importance of regular participation in physical activity, for all students and employees, by engaging in 15 minutes of mass exercise on this day at each school campus.

The highlight of “Living Well in Escambia County Schools Month” is the annual “Healthy Families Day” event held on the second or third Saturday of the month, at Seville Square in downtown Pensacola .

The event is sponsored by the School District of Escambia County, the Escambia County Health Department, and the Escambia Physical Education Association, in conjunction with Baptist Health Care and the Escambia County Council Parent Teacher Association (PTA).

Schools are encouraged to invite students, staff, families, and community friends to participate in a “Walk for Wellness” followed by free health screenings, health exhibits by community health organizations, family wellness activities and exhibitions, costume character appearances, music, and food and drinks (available for purchase).

Participating schools have the opportunity to receive 90% of the money they generate, via T-shirt sales and registration fees, in the form of a wellness grant to promote healthy lifestyles for students. Over \$50,000 of grant funds have been awarded to schools in the past several years for this purpose.

Submitted by Manny Harageones, Specialist, for Physical Education, Health, Wellness, Driver Education & Athletics School District of Escambia County



ALLIANCE FOR A HEALTHIER GENERATION

Florida has been selected as one of 13 states to participate in the *Healthy Schools Program* during the 2006-2007 school year. The Program is being launched by the Alliance for a Healthier Generation, a partnership between the American Heart Association and the William J. Clinton Foundation, with funding from The Robert Wood Johnson Foundation. The goal of the Alliance for a Healthier Generation is to reduce the prevalence of youth obesity in the United States by 2015.



Three hundred schools have been selected nationwide, to participate in the pilot year of the program. Pilot schools in Florida will receive individualized technical assistance, from a Relationship Manager, to develop health and wellness programs. All other schools in the US may apply to be in the program beginning July 2006.



Benefits to schools that apply to participate:

1. A national recognition program will acknowledge schools that have met set standards for nutrition, physical activity and staff wellness.
2. Technical assistance will be available to schools that participate in the program through means of assigned staff, action plan development assistance, a telephone call center, web based resources and access to "best practice" information and materials.
3. Assistance in establishing ongoing relationships with a network of organizations and volunteers concerned with childhood obesity and physical inactivity among America's youth. Schools will also be connected with businesses and industry involved with school food and physical activity initiatives and programs and assistance will be provided on negotiating school food and physical activity services and programs.

For more information or to apply go to <http://www.healthiergeneration.org/>

Calendar of Upcoming Events in 2006:

July 14	Florida PTA Leadership Conference (Tarpon Springs) http://www.floridapta.org/
August 28	Brevard Wellness Workshop http://www.wanttoteach.com/BrevardCountySchools.html
Fall 06	Excellence in School Nursing Conference (TBA) http://www.doh.state.fl.us/Family/school/services/sh_services.html
September 20 –22	Florida Prevention Conference: Passport to Prevention (Orlando) http://www.preventioninflorida.org/index.asp
Oct 19-21	Florida Alliance for Health Physical Education Recreation and Dance (FAHPERD) (Orlando) http://www.fahperd.org/
Finding Common Ground Follow-Up Summits —For more information contact ksena.zipperer@fldoe.org	
July 7	Fort Meyers (Diamond Head Resort)
July 10	Palm Beach (Holiday Inn Palm Beach Airport)
July 21	Gainesville (Alachua County Health Department)
July 21	Destin (Embassy Suites Destin)
July 24	Tallahassee (Holiday Inn Graves Road)
<i>If you would like your upcoming events posted in the fall newsletter, please send the information to carol_vickers@doh.state.fl.us by August 15th, 2006.</i>	

Florida's Coordinated School Health Program

Your CSHP Staff Contacts

DOE Director	Penny Detscher	850-245-5089
DOH Director	Carol Vickers	850-245-4330
Health Education	Dr. Antionette Meeks	850-245-0480
HIV/AIDS Prevention	Ksena Zipperer	850-245-9952
Physical Education	Lillian Finn	850-245-9954
Healthy Schools	Kari King	850-245-5094
Resource Center	Eileen Smith	850-245-0978

Healthy Florida Schools Through Coordinated School Health

Let us Tell Your
Story!



E-mail your success stories and
upcoming events to
lillian.finn@fldoc.org or
carol_vickers@doh.state.fl.us

Coming in the next edition of *Florida Healthy Schools*:
“Health Education Assessment Project” (HEAP)

Gove Elementary School in Palm Beach County Demonstrates Commitment to Student Health

Gove Elementary School, a Coordinated School Health Program Healthy School, utilized community partnerships to expand their wellness activities and increase funding.

As part of their wellness team activities, they implemented a *Wellness Week*, as a means to raise awareness regarding healthier living, and to encourage physical activity among its students, parents, staff and ultimately the Glades community.

The week included events such as a family walk, wellness fair, and a *National Walk to School Day*. The week was kicked off with a family walk at the scenic trail of Lake Okeechobee. The walk included one, two and three mile trails to accommodate various fitness levels.

The wellness fair was held in the school's media center and offered blood

pressure, vision, blood sugar and asthma screenings along with BMI, flexibility, hand strength and other fitness/health evaluations. There were also free flu shots for the adults and students.

National Walk to School Day was sponsored by Gove Elementary, the Palm Beach County Health Department and the Palm Beach County Safe Kids Coalition. Parents were encouraged to walk their children to school as a means to promote physical activity.

During *Wellness Week*, the Parent Teacher Organization brought healthy snacks and drinks. The fire department donated ice and provided first aid and transportation for tired walkers.

Gove sought to gain community support for its healthy school program. They were able to get 20 partners from within the community to donate time, money

and/or services to the school's various projects throughout the year.

In addition to funds from the Coordinated School Health Program, Gove received a matching grant from the Pew Foundation that gave the school an additional \$19,000.

Ellen Smith, healthy school team leader, has been nationally recognized for teaching excellence by *USA Today* and was named to the paper's *All-Star Teacher Team*.

When interviewed by *USA Today*, Ms. Smith explained her passion for community wellness. "If I want my kids to do well, I need to ingrain it in the family unit."

In 2006, she was selected from nearly 200 teachers in Palm Beach County to receive the Dwyer Award for enriching students' lives.