

FLORIDA HEALTHY SCHOOLS

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FLORIDA HEALTHY SCHOOL DISTRICT RECOGNITION

The Florida Healthy School District (FHSD) Self-Assessment Tool is an instrument designed to assess the status of policies and practices districts currently have in place to support the Coordinated School Health (CSH) approach. This model was established by the Centers for Disease Control and Prevention and provides an effective approach for schools to address student and staff health and wellness through the following eight component areas.

- Health Education
- Health Services
- Physical Education
- Healthy Nutrition
- Counseling, Psychological and Social Services
- Healthy School Environment
- Health Promotion for Staff
- Family and Community Involvement

This FHSD Self-Assessment Tool was developed by experts from each of the eight component areas from state agencies, school districts, and community partner organizations working together through the Florida Coordinated School Health Partnership. The tool is based on district infrastructure, policy, programs, and practices identified from national and state guidelines, best practices, and Florida statutes. By utilizing this tool to measure existing policies and practices, a district can compare its current status to the highest standards for each component area. Meeting the highest standards will result in sus-

tainable policies and practices at the district level, having a positive impact on the health of students and staff.

There are two sections included in the tool:

Part I: District Infrastructure (20% of overall score)

Part II: Eight Component Areas (80% of overall score)

The District Infrastructure section measures the extent to which the CSH approach is incorporated in the district and accounts for 20% of the overall score. District infrastructure is key to sustainability and overall success. Part II measures each component area of the CSH model and accounts for 80% of the overall score. Achievement levels are based on the overall score and include three categories:

- Gold Level: 86%-100%
- Silver Level: 67%-85%
- Bronze Level: 42%-66%

In June 2009, sixteen school districts that are part of the Healthy District Collaborative (HDC) were invited to complete the tool. Eight districts submitted their results and have been recognized as Florida Healthy School Districts.

Based on the information provided by the eight districts and using the achievement levels above, seven districts qualified for the Silver Level and one qualified for the Bronze Level.



Areas in which each district demonstrated the highest level of performance are:

Brevard: Health Promotion for Staff and Healthy School Environment: Scored 100% in overall district infrastructure.

Broward: Health Promotion for Staff and Health Services

Hillsborough: Family and Community Involvement, Physical Education and Healthy School Environment

Nassau: Family and Community Involvement, Health Services and Healthy School Environment

Osceola: Family and Community Involvement, Healthy School Environment and Health Promotion for Staff

Palm Beach: Family and Community Involvement and Healthy School Environment

Pinellas: Health Education and Healthy School Environment: Scored 100% in overall district infrastructure.

Polk: Health Promotion for Staff and Nutrition Services

Overall, the highest scoring component area was in Healthy School Environment. This component includes the physical school environment and also

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includes policies that ensure that a student feels safe at school.

The second highest scoring component was Family and Community Involvement. Most districts have extensive volunteer programs and offer opportunities for community partnerships.

Infrastructure strengths were very similar across the districts;

Regular communication with school board and superintendent on health issues.

Wellness policies containing all eight components of CSH.

Budget commitment to health and wellness.

School level wellness teams.

An active, well established, School Health Advisory Committee with equal representation from school district, local health department, and community.

Other districts are encouraged to complete the self-assessment for their own use, and to apply for recognition. For more information go to:

<http://www.fl DOE.org/BI/CSHP/h-districts.asp>

Florida Schools Get Moving

Palm Beach—Obesity has increased in American youth during the past three decades, with the highest rates among children ages 6-11, with approximately 30% overweight and 15% obese. The **Ronald McDonald's House Charities Kids Read and Run Marathon Mile** was created to educate kids about the benefits of a healthy lifestyle through fitness and nutrition. The program is committed to addressing the national epidemic of childhood obesity by cultivating a new wave of young runners.

The School District of Palm Beach County facilitates the *Ronald McDonald's House Charities Kids Read and Run Marathon Mile* by having elementary and middle schools students walk or jog 25 miles in increments over a three month period prior to the race. The final 1.2 miles of the 26.2 mile school district marathon are completed at the Marathon of the Palm Beaches. When crossing the finish line each child receives a custom designed t-shirt, goodie bag, and an official finishers medal recognizing their accomplishment.

The second component of the program requires students to read 15 minutes each day. The Educational Foundation has generously donated a sum of money to purchase grade level *Reading Count Books* for physical education teachers. These books include topics on nutrition, fitness, health, and physical education. The program began in 2005 with over 700 participants from 26 schools.

In 2006 *The Kids Read and Run Marathon Mile* had over 1,500 student participants from 42 schools throughout Palm Beach County, including the Dwyer High School Special Needs Program. The Marathon Mile is the fastest growing component of the Marathon's three day event and has more than tripled in participants since its inception in 2005. On Saturday, December 6th 2008 over 3,000 kids from 65 schools represented the District in this event. During the 2008/2009 school year, Palm Beach County students read over 70,000 books relating to wellness and read an additional 1.2 million minutes. At the same time these dedicated students ran over 82,000 miles, which equals more than three times around the equator.

This year's event will take place on Saturday, December 5th 2009 in downtown West Palm Beach. We are expecting 70 schools to participate and be represented by over 3,500 Palm Beach County students.

This year we have added a third component to the program – Recycling. Beginning in August, 2009 all Palm Beach County Schools are required to implement recycling programs. Working with the Palm Beach County Solid Waste Authority and the School District we have created a recycling program to educate students on "Green Initiatives" which will be implemented at school and encouraged at home. Besides lessons on recycling we encourage the preservation of our precious environment for future generations. For more information contact Eric Stern at stern@palmbeach.k12.fl.us

Duval—Duval, Nassau, and surrounding county schools partnered with Jacksonville's First Coast News to implement **Fight the Couch**. In Duval County 223 classes from 55 schools participated in the seven-week physical activity program designed to combat childhood obesity by encouraging children to get off the couch and to be more physically active. Over the course of the program, teachers tracked how many minutes of physical activity their students could accumulate by logging them on-line.

To see the results and enjoy the reaction of the winning teams go to the links below.

Top 4 Winners Announced

<http://www.firstcoastnews.com/news/health/news-article.aspx?storyid=138783&catid=10>

Fight the Couch: A Look Back

<http://www.firstcoastnews.com/news/health/kickitupfirstcoast/news-article.aspx?storyid=138801&catid=298>



For more information on Fight the Couch go to their web page at

<http://www.firstcoastnews.com/news/health/kickitupfirstcoast/?menuid=493> or contact Rick Kane at kaner@duvalschools.org

A Message on Movement and Kinesthetic Learning

from Megan Allen, Florida's Teacher of the Year 2009

"Movement is woven throughout my instruction, from dancing the vertices of polygons, acting out verbs in Writer's Workshop, to doing a 2 minute yoga break or brain gym before a test. So many of our students are kinesthetic, and teaching them through movement is a way to make concepts really stick."



Her young learners' current favorites are the "Drop the Decimal Like it's Hot" and the "Place Value" dances. She also boosts student confidence through the "Confidence Squad," a class pep squad. The "Confidence Squad" writes its own lyrics and scripts, then performs for classes and at pep rallies, spreading the messages "Have Courage in Yourself!"

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” ~Plato

Plato, a 4th Century BC Philosopher, was thought to have lived during the period of 427 BC-347 BC. His thoughts and writings on what makes humans healthy were profound. Plato was right on target for those of us in 2009 who truly feel that activity and a healthy lifestyle are paramount for our precious children, as well as ourselves. In 2004, Florida PTA created a position statement on “Daily Recess.” Florida PTA urged school districts to require daily recess of at least 20 consecutive minutes (defined as supervised, active, unstructured play), with adequate equipment and adequate supervision, for all elementary children. Florida PTA has truly encouraged physical activity and exercise to improve the health of Florida’s children.

It is hard to believe that over 2500 years ago Plato and others realized the value of physical exercise and activity. So much has been learned about health and wellness, and technology continues to grow by leaps and bounds. Yet many children in this generation could possibly die before their parents, due in part to obesity and health problems that are impacting their lives. The investigation and research has been done: physical activity improves health.

Exercise can be therapeutic and fun, and a great way to spend quality time with family and friends. Unfortunately, the only exercise many of us get is when we **run** from the gas pump into the convenience store to get a cup of coffee, or when we **flex** our neck muscles as we hold it out the window to read the sign at the drive thru before we stop to eat. Or we can carry it a step further and say that we **jump** to conclusions without getting all of the facts or even **pushing** our luck and hoping that we will be healthy and live long lives by side **stepping** our responsibility to our precious children.

Just think about the impact that physical education and exercise can potentially have in the lives of our children. Being active increases energy and helps us to feel better, reduces stress, improves overall health, and decreases the risk of disease. It helps us control our weight, sleep better, and increases the quality of our lives. An added benefit for children and adolescents is that it improves body image and increases confidence.

Hopefully, many parents and caregivers teach children to choose water over sodas, and look both ways when they cross a street. But many of us fail to teach children about the positive benefits of exercise and physical fitness. Start today by sharing and teaching your children about health, wellness, and exercise! Children model and imitate what adults do. If we don’t demonstrate good nutrition and promote physical fitness in our individual lives, what are we teaching our children? Physical activity as a family can be fun. Take a walk on the beach, play in a park, plant some flowers, ride a bike, go swimming. The list is endless and so is the fun!

Consider sharing this nursery rhyme with a young child and talk about what it means.

*The best six doctors anywhere and no one can deny it
Are sunshine, water, rest, and air, exercise, and diet.
These six will gladly you attend if only you are willing
Your mind they'll ease, your will they'll mend
And charge you not a shilling.*

~Nursery rhyme quoted by Wayne Fields, *What the River Knows*, 1990

Please help teach our children the importance of being physically fit and about the benefits of exercise! What are we waiting for? Let’s Get Moving and have some fun!

Submitted by Dawn Skenes Johnson, Health and Safety Chair Florida PTA johnsondmsj@aol.com

Remember to make sharing Florida KidCare information part of your back to school routine. For more information about Florida KidCare go to:

www.floridakidcare.org or call 1-888-540-KIDS.

Calendar of Upcoming Events in 2009

October 6	Daytona	SNA Industry Seminar and Commodity Expo http://www.floridaschoolnutrition.org/
October 7 –10	Orlando	Council of District Officials (CODA) and FAHPERDS http://www.fahperd.org/

If you would like your upcoming events posted in the next newsletter, please send the information to carol_vickers@doh.state.fl.us

Florida's Coordinated School Health Partnership

Your DOH and DOE Staff Contacts

DOH Bureau of Chronic Disease Prevention and Health Promotion	
RN Consultant : Carol Vickers	850-245-4330
DOH School Health Services Office:	
Director: TBA	850-245-4445
DOE Office of Healthy Schools	
Director: Penny Detscher	850-245-5089
Assistant Director: Dr. Antionette Meeks	850-245-0480
Physical Education:: Nichole Wilder	850-245-0480
Nutrition and Healthy Schools:: Katie Rainka	850-245-0480
HIV/AIDS Prevention: Ksena Zipperer	850-245-9952
Resource Center: Eileen Smith	850-245-0978
Tobacco Grants: Lynn Vinson	850-245-0480
Courtney Walker : Program Specialist	850-245-0480



FLORIDA DEPARTMENT OF EDUCATION
www.fldoe.org



Florida's Flagler County teams ranked 3rd and 4th at Annual International Student Conference

Future Problem Solving Program International (FPSPI) hosted its 35th annual conference for the top student problem solvers from around the globe at Michigan State University May 28 – 31st 2009. Twenty-five hundred students from 45 states and 8 countries attended the annual conference. Top international students spent their time competing in a number of academic and creative competitions as well as mingling with each other in a number of fun activities.

FPSPI is a non-profit educational program that prepares students for the future by teaching them essential problem solving skills. Future Problem Solving motivates and assists students to develop an active interest in the future, improve written and oral communication skills, work cooperatively, and develop research skills while learning about complex social and scientific issues. Students think on their feet - creatively, critically and analytically. FPSPI includes over 250,000 students annually from the United States, Canada, Australia, New Zealand, Korea, Malaysia, Singapore, and Russia.

Community Problem Solving, or CmPS, is perhaps the most interactive and exciting component of the Future Problem Solving program. CmPS involves the seventh step of the problem solving process – implementation. Teams of students work together to determine a problem in their school, their community, the nation, or even the world. They then use

the problem solving process to determine the underlying problem, generate and evaluate solutions, then implement the best plan of action. Individuals may also submit their community problem solving projects into competition.

To prepare for the conference, teams of Future Problem Solvers studied the topic of "Pandemic" for two months. (*A pandemic is defined as a disease or condition that is found in a large part of a population.*)

Teams and individuals alike were presented with a hypothetical problem in the future that relates to the topic of pandemic. Students used the program's six step problem solving process to analyze the potential situation, determine the challenges, describe the underlying problem, outline solutions, evaluate solutions and detail their best solution. Each team presented action plans (or final solutions) to a team of judges in the form of a skit competition. The judges then evaluated the students' work to determine the top international groups of Future Problem Solvers.

The conference awards ceremony took place on Sunday, May 31st to honor the top international Future Problem Solving teams and individuals, along with the winners of the creative writing competition and Community Problem Solving.

Three groups of students from Flagler County represented the state of Florida in this competition. **In the senior division, a team from Flagler Palm Coast High School - Project GEO (Generating Envi-**

ronmental Outreach) ranked 3rd in the world. Project GEO focused on increasing environmental outreach to preserve the integrity of the environment. GEO researched alternative fuel sources, such as bio-diesel, and fueled a school bus in the county with the collaboration of a non-profit organization, Think BioSmart. They will also create the first solar classroom in Northeast Florida.

A second team from Flagler Palm Coast High School ranked 4th in the world with Project AID (Acknowledging Individuals with Diabetes). AID educated the community about the future pandemic – diabetes. This team created a website: www.cmppsproject.aid.com complete with pre and post tests on diabetes as well as PowerPoint presentations and publication of a book on juvenile diabetes. A middle school team from Indian Trails Middle school in Flagler County presented their project: **ACCESS** – raising awareness about the issue of decreased opportunities for extra-curricular activities for youth. This project included scholarships for youth to participate in community activities and partnerships with community organizations.

For more information, please visit the organization's website at www.fpsp.org or contact Janet Riley at jemreilly@hotmail.com.