

## Coordinated School Health Programs

### Meeting Needs of the Whole Child

Implementing a Coordinated School Health Program provides schools with a systematic approach to meeting the needs of the whole child and maximizing the positive effect health has on students, schools, and communities.

A CSHP model consists of eight interactive components:

**1. Health Education:** A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.

**2. Physical Education:** A planned sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas and movement skills

**3. Health Services:** Services provided for students to appraise, protect, and promote health.

**4. Nutrition Services:** Access to a variety of nutritious and appealing meals that accommodate the health of all students.



**5. Counseling and Psychological Services:** Services provided to improve students' mental, emotional, and social health.

**6. Healthy School Environment:** The physical and aesthetic surroundings and the psychosocial climate and culture of the school.

**7. Health Promotion for Staff:** Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

**8. Family/Community Involvement:** An integrated school, parent, and community approach for enhancing the health and well-being of students.

### Health and Academic Success

*The academic success of America's youth is strongly linked with their health. Leading national education organizations recognize the close relationship between health and education, as well as the need to embed health into the educational environment for all students. Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance. Health-risk behaviors such as substance use, violence, and physical inactivity are consistently linked to academic failure and often affect students' school attendance, grades, test scores, and ability to pay attention in class. (CDC 2009)*

### Indiana Success Stories

**The Evansville Vanderburgh School Corporation** has included CSHP into their Strategic Plan and has a School-Community Council with more than 70 organizations that provides wrap-around services to help students and their families achieve a healthy and complete educational experience.

**The Goshen Community Schools** have launched CSHP teams for all their school buildings and have focused on a staff wellness program. "A healthy staff makes healthy kids; healthy kids make better students and better students make healthy communities".

**The Batesville Community School Corporation** receives strong support from their administrators and was a part of their CSHP team which participated in the MICHIANA CSHP team training during 2005-2007.

*The Indiana School Health Network believes that every student in Indiana can be healthy and academically successful, achieve his/her potential, and have enhanced life-long well-being. For more information or to join the Network, visit the website at <http://ckfindiana.org/news/ckf-in/ISHN>.*