



Connecticut State Department of Education  
Selected Web Resources  
Coordinated School Health  
Summer 2010



Connecticut State Department of Education (CSDE) link to **Coordinated School Health** Information.  
[www.ct.gov/sde/healthyconnections](http://www.ct.gov/sde/healthyconnections)

Link to CSDE Position Statements (including Coordinated School Health, Physical Activity and Nutrition).  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320314&pp=12&n=1>

*Guidelines for a Coordinated Approach to School Health.* A comprehensive guide that describes requirements and offers policy recommendations with many resources.  
[http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Guidelines\\_CSH.pdf](http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Guidelines_CSH.pdf)

CSDE *Healthy and Balanced Living Curriculum Framework.* Content standards for comprehensive school health education and comprehensive physical education, and shows the linkages between the two content areas.  
<http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf>

The Department of Public Health's Nutrition, Physical Activity & Obesity Prevention Program.  
<http://www.ct.gov/dph/cwp/view.asp?a=3137&q=393114>

*Action Guide for Child Care Nutrition and Physical Activity Policies.*  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>

The 2009 Connecticut School Health Survey Results (youth tobacco and behavior).  
[http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav\\_GID=1832%20](http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav_GID=1832%20)

CSDE information related to school child nutrition programs.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320676>

CSDE information related to physical education and physical activity.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320886>

Ideas for integrating physical activity into academic learning in the classroom.  
[http://www.ncpe4me.com/pdf\\_files/K-5-Energizers.pdf](http://www.ncpe4me.com/pdf_files/K-5-Energizers.pdf)  
<http://www.emc.cmich.edu/brainbreaks/2005/TOC.htm>  
<http://www.davidkatzmd.com/abcforfitness.aspx>

Ideas for healthy celebrations, fundraising and rewards.  
[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy\\_Celebrations.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf)  
[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy\\_Fundraising.PDF](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF)  
[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food\\_As\\_Reward\\_HO1.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf)

Resources for school staff, parents and youth to use to support and develop strong nutrition standards that can impact the health of students at school.

[http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition\\_factsheet\\_parents.pdf](http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition_factsheet_parents.pdf)

[http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition\\_factsheet\\_youth.pdf](http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition_factsheet_youth.pdf)

Obesity-related information including data, statistics, science-based strategies, guidelines and other publications. *Make a Difference at Your School* lists CDC designed strategies to prevent obesity.

<http://www.cdc.gov/HealthyYouth/obesity/index.htm>

<http://www.cdc.gov/HealthyYouth/keystrategies/pdf/make-a-difference.pdf>

YMCA of the USA's (Y-USA) Activate America® Healthier Communities Initiatives help YMCAs and their communities take the action to increase opportunities for physical activity and healthy eating.

[http://www.ymca.net/activateamerica/activate\\_america\\_leadership.html](http://www.ymca.net/activateamerica/activate_america_leadership.html)

White House Task Force on Childhood Obesity Report to the President.

[http://www.letsmove.gov/tfco\\_fullreport\\_may2010.pdf](http://www.letsmove.gov/tfco_fullreport_may2010.pdf)

*Let's Move* - First Lady Michelle Obama's nationwide campaign to tackle childhood obesity.

<http://www.letsmove.gov/>

Robert Wood Johnson Foundation childhood obesity-related initiatives.

<http://www.rwjf.org/childhoodobesity/>

Healthier students are better learners. Reducing health disparities is fundamental to school reform.

[http://www.equitycampaign.org/i/a/document/12557\\_EquityMattersVol6\\_Web03082010.pdf](http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf)

Research on school connectedness strategies.

<http://www.cdc.gov/Features/ConnectToSchool/>

ASCD document, *Making the Case*, succinctly outlines research and education policies and practices that ensure students are healthy, safe, engaged, supported and challenged.

<http://www.wholechildeducation.org/resources/WholeChild-MakingTheCase.pdf>

School employee wellness information.

<http://www.schoolempwell.org/>

Article from the CDC - *Reframing School Dropout as a Public Health Issue*.

[http://www.cdc.gov/pccd/issues/2007/oct/07\\_0063.htm](http://www.cdc.gov/pccd/issues/2007/oct/07_0063.htm)

*School Health Education Resources* (SHER) provides user-friendly access to CDC school health resources.

<http://apps.nccd.cdc.gov/sher/>

Learn what you can do to reduce or better manage your risk for chronic disease.

<http://www.dph-ct.us/>