



COORDINATED SCHOOL HEALTH CONNECTICUT

Vision

Connecticut's children and adolescents are healthy, learning and succeeding in life.

Components of a Coordinated School Health Program

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

CSH Partners

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WHAT IS COORDINATED SCHOOL HEALTH?

Coordinated School Health (CSH) is an effective system designed to improve health and academic achievement. CSH improves students' health and their capacity to learn through the support of families, communities and schools working together.

WHY IS COORDINATED SCHOOL HEALTH IMPORTANT?

A coordinated approach to school health effectively aligns health and education efforts and leads to improved physical, mental and developmental outcomes for students. Research studies over the past decade have consistently concluded that student health status and student achievement are directly connected and, in fact, that student health is one of the most significant influences on learning and achievement.

Additionally, a coordinated approach to school health reduces fragmentation, duplication of services and provides a streamlined system for service delivery that is cost effective.

To learn more, read the Connecticut State Board of Education Position Statement at www.ct.gov/sde/healthyconneCTions.

HOW WILL COORDINATED SCHOOL HEALTH HELP?

Coordinated School Health can:

- reduce absenteeism and classroom behavior problems;
- address risky youth behaviors such as lack of physical activity, poor diet, early sexual activity, and tobacco use;
- improve classroom performance;
- better prepare students to be productive members of their communities;
- make schools more engaging;
- establish good life-long healthy practices; and
- address staff wellness needs.

COORDINATED SCHOOL HEALTH – CONNECTICUT'S PLAN

The Connecticut State Department of Education, in partnership with the State Department of Public Health, receives funding from the Centers for Disease Control and Prevention to support CSH activities. The five-year strategic plan has three main goals:

1. Expand and strengthen state-level infrastructures to promote CSH.
2. Increase the capacity of school districts and schools to implement policies, practices and programs to promote physical activity, improve nutrition, reduce tobacco use (PANT) and decrease higher risk behaviors that may lead to HIV/STD infection and unintended pregnancy.
3. Increase awareness of the purpose and benefits of CSH in reducing health and education disparities.

Coordinated School Health Partners

CONNECTICUT STATE DEPARTMENT OF EDUCATION

CSH Coordinator

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PANT Coordinator

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Family Involvement

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WHAT ACTIVITIES ARE PLANNED?

Activities that will be carried out through this partnership include:

- conducting a Leadership Institute for pilot school districts implementing CSH;
- developing a recognition program for schools with exemplary coordinated school health programs;
- hosting an Annual Coordinators Meeting;
- managing a CSH data and resource electronic warehouse; and
- offering statewide professional development and technical assistance opportunities.

HOW CAN YOUR SCHOOL BE A HEALTHY SCHOOL?

Take a look at your school! Begin your discussion by answering the following questions. Does your School...

- Have a school health advisory committee?
- Offer planned, ongoing and systematic skills-based health education?
- Provide an opportunity for students to participate in physical activity on a daily basis?
- Serve healthy foods throughout the school environment?
- Have a tobacco-free policy that is enforced?
- Have school nursing services available to all students?
- Have adequate support services for the social and emotional well-being of students?
- Have opportunities for family and community involvement?
- Offer wellness programs for the staff and community?
- Provide a safe learning environment?
- Coordinate, prioritize and evaluate the effectiveness of services and programs?
- Provide professional development opportunities for staff?
- Incorporate health and safety issues into the school improvement plan?

To BE a healthy school where children are fit, healthy and eager to learn, contact Donna Heins, CSH Coordinator, at 860-807-2082 or Kari Sullivan, PANT Coordinator, at 860-807-2008.

Vision

Connecticut's children and adolescents are healthy, learning and succeeding in life.

Mission

To nurture the physical, social and emotional health of the entire school community including students, families and school personnel and to promote and support the full implementation of a coordinated approach to school health in schools and communities.

For more information and resources visit:
<http://www.ct.gov/sde/healthyconneCTIONS>

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