



Membership Agreement

I, _____, (Individual or Organization) agree to support the Vision, Mission and Core Values of the Missouri Coordinated School Health Coalition (MCSHC) (see attached) for the 2011 year. I/we pledge to contribute time, resources, and expertise to actively support the mission of MCSHC in the following ways (mark all that apply):

- Promote and use the Coordinated School Health model as a guide for improving students' health and their capacity to learn through the support of families, schools, and communities working together.
- Allow the posting of my organization's name on the MCSHC website and a link to my organization's website.
- Distribute, on behalf of the coalition, information about the work of MCSHC.
- Encourage additional groups to join in MCSHC's collaborative efforts.
- Provide support for MCSHC publications by contributing content, printing, distributing, and/or promoting.
- Other, please specify: _____

I/we identify myself/ourselves as expert(s) in the following areas (see *About Coordinated School Health detailed descriptions*):

- | | |
|--|---|
| <input type="checkbox"/> Health Education | <input type="checkbox"/> Healthy School Environment |
| <input type="checkbox"/> Physical Education | <input type="checkbox"/> Health Promotion for Staff |
| <input type="checkbox"/> Health Services | <input type="checkbox"/> Family/Community Involvement |
| <input type="checkbox"/> Nutrition Services | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Counseling, Psychological & Social Services | <input type="checkbox"/> Do not know |



Member Agreement

While the Member Agreement will be renewed each year, it is not a binding agreement.

Date: _____

Signature): _____

Name (printed): _____

Title: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Office Phone: _____ Cell Phone: _____

Fax: _____ Email: _____

Organization's Website: _____

As a member of MCSHC, you will receive a monthly email newsletter that tells the stories of our state's Coordinated School Health achievements, provides funding information and an event calendar, and shares tips for enhancing school health efforts.

I do not wish to receive the MCSHC's e-mail newsletter.

**Please return this form to: Email: info@healthykidsmo.org Fax: 816.222.0601
For more information, contact: info@healthykidsmo.org**



About Us

Mission

The mission of the Missouri Coordinated School Health Coalition is to ensure a healthy Missouri by advocating for healthy children, healthy families, healthy schools, and healthy communities.

Vision

Our vision for the future is optimal health and wellness for all children, families, and communities in Missouri. We envision public and private organizations working together to make Missouri one of the healthiest states in the nation. Citizenry embraces the value of healthy kids and understands the positive correlation between healthy kids and academic achievement. The Missouri Coordinated School Health Coalition is the leading advocate on school health and wellness issues. Other organizations and individuals actively seek the advice and approval of the coalition in their school health activities. The coalition serves as a platform for coordination and partnerships on school health and wellness issues.

Core Values

The following six core values guide the way we work and the relationships we build.

- **Health and School Health** - We embrace the CDC's Coordinated School Health Model, which consists of eight interactive components for addressing health and social problems. Using that definition, we value the health and well-being of students and staff, understanding that a healthy student is more likely to be ready to learn.
- **Community Health** - We value the health and well-being of children, their families, their support systems, and the diverse communities in which they live.
- **Responsibility** - We understand that good health is an intentional process and a shared responsibility among individuals, families, schools, and communities.
- **Excellence** - We strive for excellence in our products, services, and activities by capitalizing on the talents and resources of our coalition members and working toward the goal of what is best for children and families.
- **Trust and Collaboration** - We believe that openness, sharing, cooperation, and trust are the keys to success within our coalition.
- **Flexibility** - We welcome change as a normal and healthy part of carrying out our mission.

Strategic Goals

The following are the strategic goals that the coalition has identified.

- The Missouri Coordinated School Health Coalition will advance the implementation of the coordinated school model and its 8 components in Missouri schools.
- The Missouri Coordinated School Health Coalition will improve communication with diverse audiences. The Missouri Coordinated School Health Coalition will strengthen its infrastructure to achieve its mission.



About Coordinated School Health

Coordinated school health (CSH) is an effective model for connecting physical, emotional, and social health with education. Using this model, schools work within the family and community structure to ensure optimal health and wellness for children. The following are working descriptions of the eight components of a coordinated school health program from the Centers for Disease Control and Prevention.

Health Education: A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. Qualified, trained teachers provide health education.

Physical Education: A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas. Quality physical education should promote each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical activity.

Health Services: Services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school environment, and provide educational and counseling opportunities for promoting and maintaining health. Qualified professionals provide these services.

Nutrition Services: Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer students a learning laboratory for classroom nutrition and health education. Qualified child nutrition professionals provide these services.

Counseling and Psychological Services: Services provided to improve students' mental, emotional, and social health. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

Healthy School Environment: The physical and aesthetic surroundings and the psychosocial climate and culture of the school. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

Health Promotion for Staff: Opportunities for school staff to improve their health status. These opportunities encourage school staff to pursue a healthy lifestyle. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

Family/Community Involvement: An integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts.