

MISSOURI FOUNDATION FOR HEALTH

Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE



Whole School, Community and Child: Building a Case for Making Changes to Schools and Local Environments

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HEALTHY SCHOOLS · HEALTHY COMMUNITIES



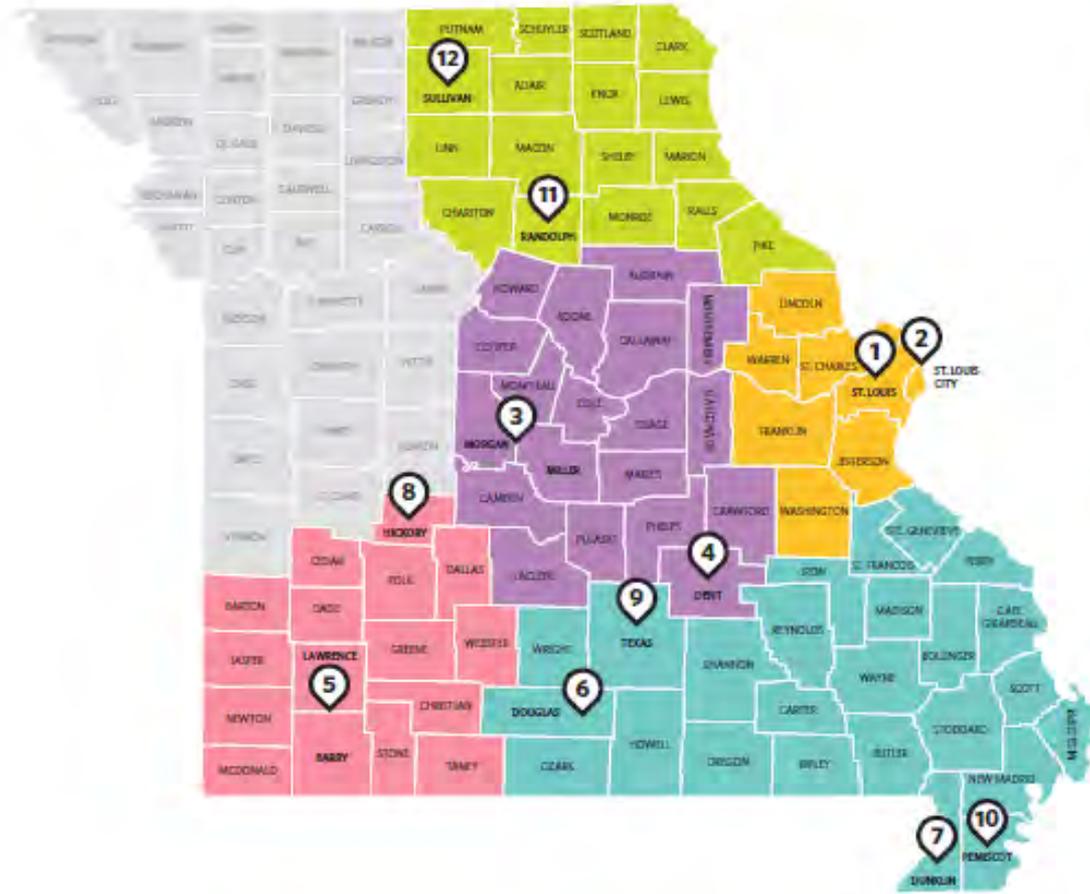
Missouri Foundation
for Health
INITIATIVE
COORDINATOR



Healthy Schools
Healthy Communities

Healthy Schools Healthy Communities

● Healthy Communities Lead Collaborative Organization ● Cohort 1 ● Cohort 2 ● Cohort 3



1 ST. LOUIS

BeyondHousing/
Neighborhood Housing
Services (NHS)
Normandy

Lead Collaborative
Organization TBD
Ferguson-Florissant
Riverview Gardens

2 ST. LOUIS CITY

BJC Healthcare
St. Louis City

3 MILLER + MORGAN

Capital Region
Medical Center
Eldon
Jefferson City
Morgan County R-II

4 DENT

Council For A Healthy
Dent County
Salem R-80
Green Forest R-II
North Wood R-IV
Oak Hill R-I

5 BARRY+ LAWRENCE

CoxHealth
Monett R-I
Pierce City R-VI

6 DOUGLAS

Douglas County
Health Department
Skyline R-II
Ava R-I
Plainview R-VIII

7 DUNKLIN

Dunklin County
Caring Council
Kennett #39
Campbell R-2
Clarkton C-4
Malden R-I

8 HICKORY

Hickory County
Health Department
Hermitage R-IV
Weaubleau R-III
Wheatland R-II
Hickory R-I

9 TEXAS

Ozarks Family YMCA
Cabool R-IV
Houston R-I
Willow Springs R-IV

10 PEMISCOT

Pemiscot County
Initiative Network (PIN)
Cooter R-IV
Hayti R-II
Caruthersville 18

11 RANDOLPH

Randolph County Caring
Community Partnership
Moberly
Westran R-I

12 SULLIVAN

Sullivan County
Health Department
Milan C-2

Map of Healthy Schools Healthy Communities Schools and Communities St. Louis City

Map adapted from City of Saint Louis Board of Alderman



Ward 4: Greater Ville/The Ville

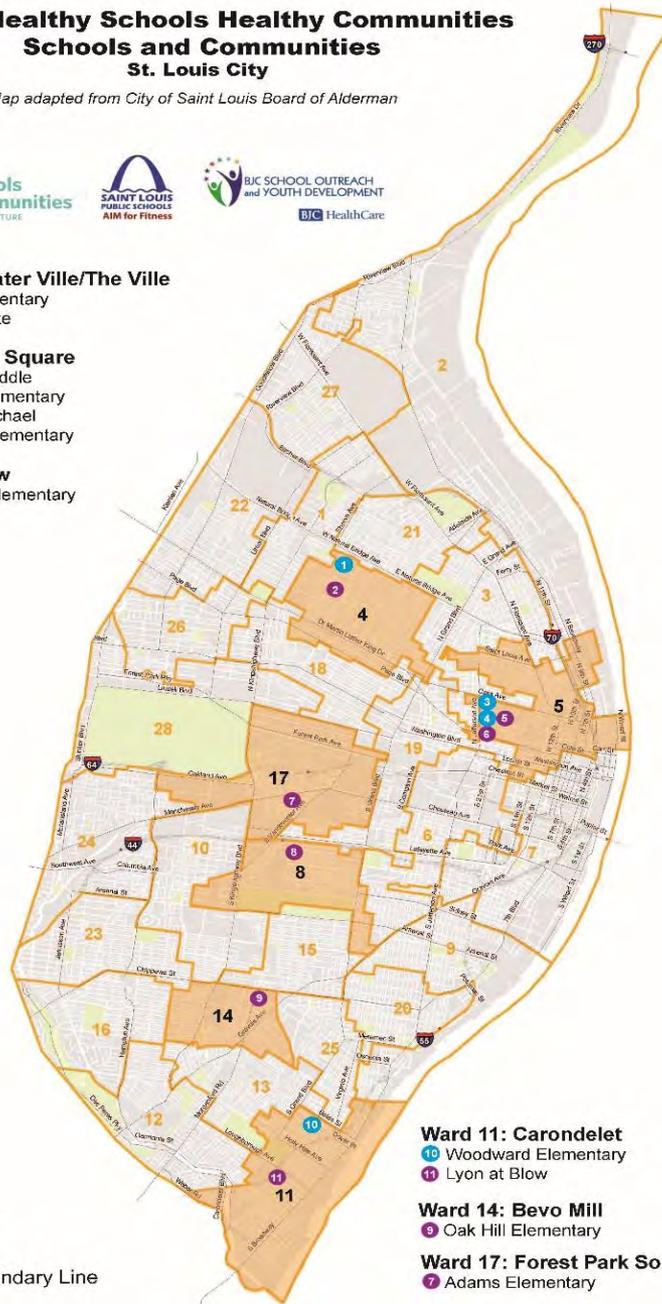
- 1 Hickey Elementary
- 2 Cole Brilliante

Ward 5: Carr Square

- 3 Gateway Middle
- 4 Gateway Elementary
- 5 Gateway Michael
- 6 Carr Lane Elementary

Ward 8: Shaw

- 8 Mullanphy Elementary



- Cohort 2
- Cohort 3
- Ward Boundary Line

Ward 11: Carondelet

- 10 Woodward Elementary
- 11 Lyon at Blow

Ward 14: Bevo Mill

- 9 Oak Hill Elementary

Ward 17: Forest Park Southeast

- 7 Adams Elementary

Healthy Schools Healthy Communities



**Healthy Schools
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President Clinton's Visit



**Healthy Schools
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An Introduction



WSSCC video

<http://bcove.me/q49bp7dw>

**Healthy Schools
Healthy Communities**

Health Education

- ❖ Alcohol/drug use
- ❖ Tobacco
- ❖ Mental/emotional health
- ❖ Healthy eating and nutrition
- ❖ Personal health and wellness
- ❖ Safety/injury prevention
- ❖ Sexual health
- ❖ Violence prevention
- ❖ Physical activity
- SOYD prevention programs
- Cooking classes
- Earn A Bike
- Taking Care of You



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Health Education



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Physical Education & Physical Activity

- ❖ Physical education
 - ❖ Physical activity during school
 - ❖ Staff involvement
 - ❖ Family/community engagement
 - ❖ Before/after school
-
- Let's Move! Flash Mob
 - Double Dutch Showcase
 - Middle School Milers
 - Earn A Bike
 - Peaceful Playgrounds
 - Award Yourself with Good Health



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Physical Education & Activity



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Nutrition Environment & Services

- ❖ Healthy food/ beverage options
- ❖ Nutrition education
- ❖ Cafeteria, vending, concessions, classroom parties
- ❖ Marketing
- ❖ Role modeling
- ❖ Access to water
- Cooking classes
- Water stations
- Water bottles
- Award Yourself with Good Health
- Healthy celebrations



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Nutrition Environment & Services



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Health Services

- ❖ First aid
- ❖ Emergency care
- ❖ Chronic condition care
- ❖ Wellness promotion
- ❖ Student/parent education
- ❖ Connect to community support services
- Taking Care of You
- Smart and Secure Children



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Health Services



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Counseling, Psychological, & Social Services

- ❖ Mental, behavioral, and social-emotional health services
- ❖ Assessments, interventions, counseling, consultation, referrals, program design, school/ community support services
- Service not directly provided by HSHC initiative, but plans to address in the future



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Social & Emotional Climate

- ❖ May impact student engagement, relationships, and academic performance
- ❖ Goal is to provide an environment that feels safe and supportive
- SOYD prevention programs



**Healthy Schools
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Social & Emotional Climate



**Healthy Schools
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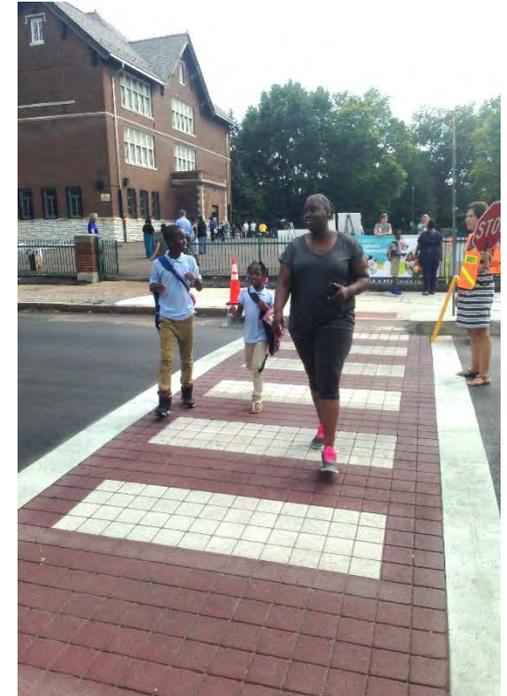
Physical Environment

- ❖ Healthy and safe physical school environment
- ❖ Condition of school building, land, and surrounding area
- ❖ Safety from physical threats, and biological and chemical agents
- Enhance crosswalk
- Enhance drop off zone
- Partner with law enforcement
- Community walking trail



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Physical Environment



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Employee Wellness

- ❖ Staff physical and mental health
- ❖ Work environment supportive of healthy eating, being active, injury prevention, stress management, tobacco free support
- Taking Care of You
- Let's Move! Flash Mob
- Community walking trail
- School/community garden
- Workout space
- Walk/run program
- Tandy Rec Center



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Employee Wellness



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Family Engagement

- ❖ Commitment between families and school staff
 - ❖ Families feel welcome and engaged
 - ❖ Families commit to ongoing support and engagement in child's learning and development
-
- Smart and Secure Children
 - Earn A Bike
 - Double Dutch Showcase
 - Cooking classes



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Family Engagement



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Community Involvement

- ❖ School/community (organizations and local businesses) partnership
- ❖ Sharing of resources
- ❖ Sharing of facilities
- ❖ Volunteer opportunities
- Community champion
- Award Yourself with Good Health
- Double Dutch Showcase
- School/community garden
- Tandy Rec Center



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Community Involvement



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Do you ever feel like this?



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WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

A collaborative approach to learning and health



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Questions to ponder...

- Who is my audience/target group?
- Who else do I connect with for students?
- Who else plans programs at my school?
- How can I enhance connections to strengthen support to each child?

Children are the priority. Change is the reality. Collaboration is the strategy.

- Judith Billings, Washington State Superintendent



Healthy Schools
Healthy Communities

References

- <http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>
- <https://www.cdc.gov/healthyyouth/wsc/index.htm>

Questions or comments?

Thank you!

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