



# Chestnut Intermediate School

## Coordinated School Health Report

### 2009-2010 School Year

#### Wellness Committee Members:

Scott Moore  
Principal

Joy Gordon R.N.  
District School Nurse

Chestnut Staff

Chestnut PTA

Alison Patrick, MPH  
Cuyahoga County Board of Health

The mission of the North Olmsted public schools—a partnership of students, staff, parents, and community dedicated to excellence—is to ensure all students learn skills and knowledge to thrive in their future education and work, by providing superior educators, programs and services, and expectations which maximize each student's abilities and aspirations.

Health + Learning =  
A Powerful Partnership



A coordinated approach to school health improves children's health and capacity to learn through the support of families, schools, and communities working together. The Coordinated School Health model provides a framework for the process of establishing, implementing, and evaluating policies and environmental changes within the school setting. The application of this model can assist school districts in providing prevention and education services.

The CDC's coordinated school health model represents eight separate but interconnected program components. Many of these components exist in every school, but they are often not formally linked in a coordinated way. The following is a list of the eight components and their role in student health:

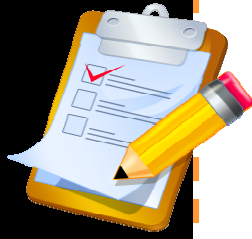
- 1.) **Health Education** provides critical health information to students.
- 2.) **Physical Education** instructs students on how to be physically active for life.
- 3.) **Health Services** provide essential health care, enabling students to stay healthy, prevent injuries and improve academic achievement.
- 4.) **Family/Community Involvement** enables students to be supported by the larger community.
- 5.) **School Counselors, Psychologists, and Social Workers** attend to students' mental health needs.
- 6.) **Nutrition Services** provide a healthy nutrition environment, including good breakfast and lunch programs.
- 7.) **Healthy School Environment** provides a building that is safe and conducive to learning and a school climate that ensures all are safe, supported, and free from harassment or surroundings that may be detrimental to health.
- 8.) **Health Promotion for Staff** improves staff personal health behaviors and provides positive personal examples that reinforce positive student health behaviors.

### Chestnut Intermediate Wellness Committee

Did you know that Chesnut Intermediate now has a wellness committee? The Chesnut Intermediate Wellness Committee has been meeting monthly since the beginning of the

2009-2010 school year. Committee members see value in addressing and embracing the health and well-being of students and staff. The group is very motivated to focus on

activities that provide new educational opportunities for students and provide team building and networking opportunities for staff.



## School Health Index

The School Health Index (SHI), a self-assessment and planning tool developed by the CDC, enables schools to identify strengths and weaknesses within existing policies and programs. The tool consists of eight modules, each corresponding to a component of the Coordinated School Health model. Schools utilize the tool at both the elementary and middle/high school levels.

The results reflect three priority levels: low (0-40%), medium (41-80%), and high (81-100%).

The SHI was completed by Chestnut in September of 2009. The results were the basis for the all activities during the 2009-2010 school year. The results are as follows:

- School Health and Safety: 72%
- Health Education: 38%
- Physical Education: 79%
- Nutrition Services: 81%
- School Health Services: 71%
- School Social Services: 67%
- Staff Health Promotion: 11%
- Community Involvement: 22%

*“Health and success in schools in interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.”*

*National Association of State  
Boards of Education*

American Heart Association®   
*Learn and Live<sup>SM</sup>*

## February—Dental Health

To celebrate National Children’s Dental Health Month Chestnut Intermediate hosted Dr. Colleen Vienna, D.D.S. Dr. Vienna donated toothbrushes and provided information

packets on dental health that were sent home with every student at Chestnut. The American Dental Association recommends that children brush twice a day with a fluoride containing

toothpaste. Fluoride toothpaste strengthens and protects tooth enamel which helps fight cavities.

## American Heart Association

Chestnut Intermediate School partnered with the American Heart Association (AHA) during the month of April. The students and staff learned to focus on their health and how the decisions that they make lead to a healthier lifestyle. Throughout the month, they discussed the importance of healthy

foods and exercise have in their lives and things they can do at home and at school to improve heart health. We discussed nutrition in addition to the cardiovascular system, how the heart works, what a heart attack is, and the benefits of not smoking. We worked hard to create the healthiest environment

possible at school. Our hard work was celebrated during our *Hoops for Heart* event that took place in physical education classes during the week of April 12th. Chestnut’s students earned over \$1600 for AHA during the week.

# Chestnut Step-Nuts

Habits and practices related to health and safety are influenced by the entire school environment. That is why the staff at Chestnut decided to “step-it-up” and lead by example. The staff formed seven, six member teams, **The Chestnut “Step-Nuts”**, to compete amongst themselves with a Pedometer Challenge. Staff members wore pedometers and recorded their steps weekly. T-shirts were



ordered for the entire staff, promoting healthy habits. The teams competed through spring break, with many members

registering for the Run for Your Life, a 5K sponsored by the Cuyahoga County Board of Health, that was held on April 10th. The winning “Step-Nut” team was Team # 3: Mrs. Birney, Mrs. Dixon, Mrs. Fesz, Mrs. Greene, Mrs. Krause, and Miss Valenta. Their steps totaled 3,597,835. Team # 2 was close behind with 3,543,240 steps. Congratulations to all who participated!

*According to the Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health, “Schools by themselves cannot and should not be expected to address the nation’s most serious health and social problems. However, schools can provide a critical facility in which many agencies might work together to maintain the well-being of young people....”*

# Chestnut Running Club



Over 120 students at Chestnut have joined the afterschool Running Club. The Club, which meets on Tuesdays and Thursdays throughout April and May,

encourages additional physical activity. Weather permitting, the students are outside. On days when there is inclement weather activities are

performed inside the school building. The Club received \$125 from of the District Wellness fund for refreshments and prizes.

# Next Steps

The wellness committee will resume meeting monthly, beginning on September 2, 2010. Based on the results of the School Health Index, the committee has discussed the possibility of addressing the following items next year:

- Partnering with the PTA to create/provide wellness opportunities
- School gardening grants
- Evaluating ala carte snacks in the cafeteria
- Proposing non-food rewards in the classroom and “Chestnut Cheers”
- Promoting health and wellness in the student body
- Continuing promoting staff wellness



**For more information on Coordinated School Health please contact:**

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## Nutrition and Physical Activity Resources

Nutrition:

[www.mypyramid.gov](http://www.mypyramid.gov)

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. Use the advice "Inside MyPyramid" to help you: make smart choices from every food group, find your balance between food and physical activity, and get the most nutrition out of your calories.

[www.eatright.org](http://www.eatright.org)

ADA's Knowledge Center provides timely and objective food and nutrition information for consumers, health professionals and ADA members. The resources can help consumers achieve a healthy lifestyle and answer food and

nutrition questions.

[www.fruitsandveggiesmorematter.org](http://www.fruitsandveggiesmorematter.org)

Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more.

Physical Activity:

[www.smallstep.gov/kids](http://www.smallstep.gov/kids)

Sponsored by the US Dept. of Health and Human Services, this website provides nutrition and physical activity resources geared toward children.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm)

We Can! is a national education program that provides parents and caregivers with tools and fun activities to encourage healthy

eating, physical activity, and reducing screen time.

Recipes:

[www.eatbetteramerica.com](http://www.eatbetteramerica.com)

Delicious recipes and tips that make eating better simple.

[www.mayoclinic.com/health/healthy-recipes/RE99999](http://www.mayoclinic.com/health/healthy-recipes/RE99999)

A large selection of recipes, from quick and healthy recipes to recipe makeovers created by registered dietitians.

[http://www.yum-o.org/recipe\\_search.php](http://www.yum-o.org/recipe_search.php)

Yum-o, Rachael Ray's non-profit organization, contains recipes that kids can actually cook with a grown-up helper.