



@ a glance

Welcome to the second issue of the *School-aged Youth K-12 @ a glance*. This newsletter will inform you about Comprehensive Health Education Foundation's (C.H.E.F.®) school health initiatives, current information, and resources on health. Thank you to everyone who returned the surveys with feedback on the first newsletter.

The School Health and Fitness Institutes

This summer we held the First Annual School Health and Fitness Institutes – “Health and Fitness Are Academic: Putting Essential Learning into Practice.” The institutes were held in four locations around the state. There was an average of 60-80 in attendance at each Health and Fitness Institute. The partnership with OSPI’s “2000 Summer Accountability Institutes” was a great asset to all who attended.

“The partnership between OSPI and C.H.E.F. was fantastic. I was so glad to have health and fitness instructors at the Summer Accountability Institutes. Their participation contributed greatly to the discussion.”

– Dr. Terry Bergeson, Washington State Superintendent of Public Instruction

The first day started in a keynote session with Dr. Terry Bergeson, Washington State Superintendent of Public Instruction. She focused on assessment and accountability at the state level. Dr. Bergeson gave an overview of where we are now and where we are headed in Washington’s schools. She stated the accountability system is being designed to recognize success, identify where additional assistance is needed, and provide school districts and schools the support they need to help students be successful. She also encouraged teachers to give input on the Academic Achievement and Accountability Commission via a public response form.

Dr. Bergeson was an active participant in the Institute and

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The School Health and Fitness Institutes (continued)

took some time to speak to the health and fitness participants. The day continued with breakout sessions for the health and fitness professionals. These sessions were building blocks of strategies for implementing, assessing, and evaluating the Essential Learning Requirements. Participants were given an opportunity to develop effective lesson plans, learn what is worth assessing, and tie instructional practice to the Essential Learning Requirements.

If you would like to learn more about the Academic Achievement and Accountability Commission, check out their Web site at www.k-12wa.us/ and click on A+ Commission.

“Comprehensive school health programs offer the opportunity for us to provide the services and knowledge necessary to enable children to be productive learners and to develop the skills to make healthy decisions for the rest of their lives.”

– National School Boards Association

Here are some highlights on Accountability:

The Three A's of Accountability

1. Assessment and Information

Improve and increase the availability of assessment and other information regarding student performance, including information regarding the unique circumstances surrounding districts and individual schools. This information, based on a variety of factors, will be used to improve instruction, assess the success of districts and schools,

and determine where additional assistance is needed.

2. Assistance

- Provide additional general assistance to school districts and schools.
- Provide targeted assistance on a voluntary basis to districts and schools that need additional help.
- Establish a joint planning process to help schools where improvements do not occur over time.
- Identify additional steps that need to be taken to improve academic achievement.

3. Acknowledgement and Recognition

Acknowledge and recognize districts and schools that are improving student performance.



“Schools could do more than perhaps any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying and more productive lives.”

– Carnegie Council Adolescent Development



WANTED

Leaders who want to improve
the health of their schools!

Healthy Schools Leadership Academy, a new program from C.H.E.F., is looking for candidates working for or associated with schools in Washington State. This five-year program will prepare and support a select number of individuals to lead teams to make their school healthier for staff and students. C.H.E.F. will provide professional development, technical assistance and support, and networking opportunities for selected leaders and their school administrators and teams at no cost. Participating schools are expected to make a five-year commitment to the program, cover travel expenses, and support the work of the leader and team.

For more information, see our Web site at www.chef.org/healthyschools.htm, or call Jerry Warren at 206-824-2907 if you do not have internet access. The application deadline is December 22, 2000.

Nutrition and School

Nationally, the meals and snacks eaten by children at school in 1995 had the highest saturated fat density of all food outlets—41% fat and 16% saturated fat for children aged 12 to 17 years old. Moreover, almost three-fourths of young people do not eat the recommended number of servings of fruits and vegetables.

The Centers for Disease Control has identified six adolescent risk factors that put youth at increased risk for serious health problems, both now and in the future. One of the factors is unhealthy dietary behaviors. The CDC is in strong support of coordinated school health programs (eight-component model) to reduce the youth risk factors. One of the eight components of a coordinated school health program is nutrition services. Studies show that health education in schools effectively reduces the prevalence of health risk behaviors among young people. In a school-based intervention program, the prevalence of obesity was decreased by 50% among girls in grades 6-8 who participated.



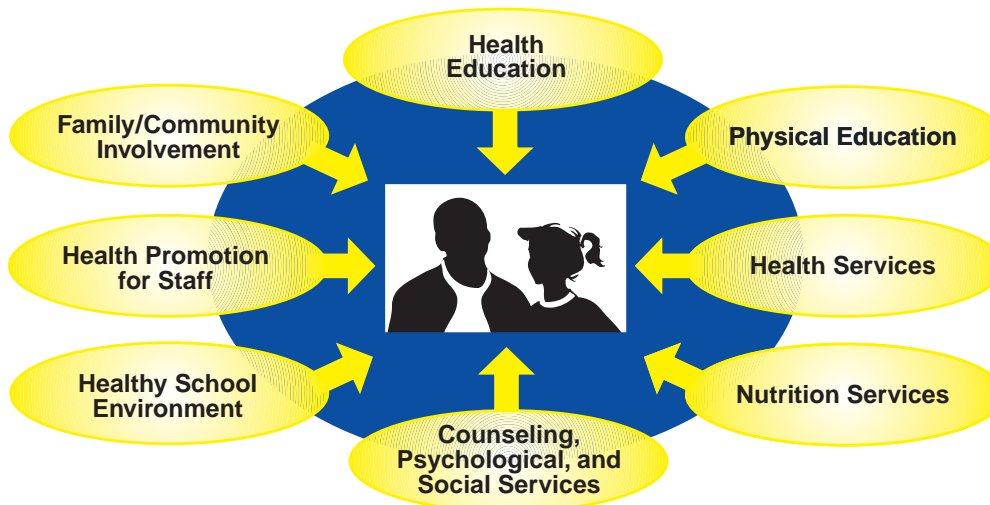
So, what can we do?

School-based Interventions

- Promote healthy eating through school-based nutrition education. Include multiple components classroom and parent-child activities, cafeteria choices, and promotions.
- Schools can serve 1% or skim milk, they can provide low-fat foods in vending machines, and they can support school food service personnel in serving healthy, low-fat meals in the cafeteria.
- Students can take the 5-A-Day Challenge and track their fruit and vegetable intake for one week. A letter can be sent home to parents to explain the challenge activity. Learn more about the 5-A-Day Challenge by visiting www.dole5aday.com.
- An endless list of ideas can be implemented in the classroom to make learning about fruits and vegetables fun and exciting. Parent newsletters and school cafeteria menus can include information that reinforces messages on healthy eating.



Source: H.E.R.E. in Washington Web site, CDC Web site



Coordinated School Health Program (8-component model)

Great Resources

Partnership Project

C.H.E.F.'s Partnership Project aims to develop supportive relationships between educators and faith leaders to support school health education in Washington State. We produced a guide, *Renewing the Partnership: The Mainline Church in Support of Public Education*. The guide provides suggestions on how educators and mainline churches can work together to benefit children. It is available for \$7.50 per copy. Visit www.chef.org for ordering information.

We also produced a brochure, *Health Education: A Matter of Faith*. This brochure was produced in partnership with the American Cancer Society and comes in two editions: one geared toward Jewish communities, the other toward Christian communities. For more information about the Partnership Project or about receiving a free copy of the brochure, contact Jerry Warren or Julie Peterson at 206-824-2907.

H.E.R.E. in Washington (Health Education Resource Exchange)

If you are in the health profession, you have to check out this Web site: www.doh.wa.gov/HERE/.

H.E.R.E. in Washington is an online clearinghouse of people, projects, tools, and resources in

Washington that conducts health education activities. It is a project of the Washington State Department of Health, Office of Health Promotion.

H.E.R.E. in Washington provides a forum for networking, sharing community projects, program successes, educational materials, tools, good books, professional training opportunities, and important events. The clearinghouse can also connect you to other health databases and useful Internet resources.

Professionals are also encouraged to add their health education or health promotion projects to the database. You will become a part of a growing network of professionals sharing skills, ideas, research and information on events and programs. To include your materials and community projects in the clearinghouse, call the Office of Health Promotion at 360-236-3736 or send an e-mail to HERE@doh.wa.gov. Watch for some new additions that will make the site even more user friendly.



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Web Sites You Should Know About

www.healthteacher.com

This Web site provides a comprehensive K-12 health education curriculum that consists of almost 300 lesson plans that meet National Health Education Standards and provide skill-based assessment methods.

www.pbs.org/teachersource/health

This Web site contains many resources for teachers on grants, conferences, recommended books, Web sites, and lessons and activities for K-12.

www.nchec.org

Interested in becoming a Certified Health Education Specialist? For information, visit the National Commission for Health Education Credentialing Web site, or call 888-624-3248.



Inhalant Abuse Among Youth: Find Out More

Not all deadly drugs come from dealers. Some are everyday household, school, and office supplies that youth are “sniffing” or “huffing” to get high. They can kill those who sniff for the first time or the tenth

time. Inhalants are a gateway drug; the average age for first use is 10 years old. By the time a student reaches 8th grade, one in five will have used inhalants. Find out about inhalants to educate others.

Signs of Inhalant Abuse

- Spots or sores around the mouth
- Drunk, dazed or glassy-eyed look
- Nausea or loss of appetite
- Breath or clothing that smells like chemicals
- Red or runny eyes or nose
- Constant smelling of clothing sleeve
- Having paint or stain marks on the face, fingers, body, or clothing
- Hiding rags, cloths, or empty containers of the potentially abused products in closets or other places.

The National Inhalant Prevention Coalition is distributing a free inhalant prevention video entitled “EDUCATE – Creating Inhalant Awareness Together,” designed for adults and narrated by Deloris Jordan, Michael Jordan’s mother. It comes with a brochure, *A Parent’s Guide to Preventing Inhalant Abuse*.

For more information on the National Inhalant Prevention Coalition, visit their Web site at <http://www.inhalants.org>.

This newsletter and information about our initiatives can be found on our Web site at www.chef.org.



Learn about C.H.E.F.'s New Grants Guidelines

C.H.E.F. is proud to announce revised grant guidelines. In the past our grant gifts have been focused on general health education. Our future grants will be in line with populations targeted in our strategic plan: children ages 0-5 and their families, school-aged children and their families, and older adults. Grants for school-aged youth will be in the following areas:

- to provide support and foster leadership for school health programs
- to support and enhance health education efforts in schools
- to develop community support for school health programs

Another important change we have made is moving to two grant cycles per year, September 30 and April 30. We begin our first cycle with new guidelines this fall, with the deadline extended to October 31.

Our process, guidelines, frequently asked questions, and applications are available on our Web site at www.chef.org/grants.htm. If you would like to receive a grant application packet, please call Sue Haughton at 206-824-2907.

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Conference Dates to Remember

October 27-28, 2000

WAHPERD (Washington Alliance for Health, Physical Education, Recreation and Dance), Shoreline Center, Shoreline, WA. For additional information, please contact Bob Melson at 800-501-7348.

March 15-17, 2001

Northwest District AAPHERD Conference, Gonzaga University, Spokane, WA. For more information, contact Dr. Jon Sunderland at 800-533-2554, ext. 3475.

U.S. Department of Education's 7th Regional Conferences on Improving America's School will be held at these three sites:

- Sacramento, CA –
September 18-20, 2000
- Louisville, KY –
October 2-4, 2000
- Washington, DC –
December 13-15, 2000

For more information, please call 800-203-5494, or visit www.ncbe.gwu.edu.

If you have comments or suggestions about this newsletter, please e-mail them to:

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