



**Comprehensive
Health
Education
Foundation**

@ a glance

Welcome to the fall issue of *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. If you have any comments or suggestions, please e-mail Jerry Warren (jerry-w@chef.org) or Julie Peterson (julie-p@chef.org).

2001 Summer Institutes

Five institutes were held over the summer as a joint effort of the Office of the Superintendent of Public Instruction (OSPI) and Association of Washington School Principals (AWSP). They were a huge success! This year's theme was "Transforming the Learning, Teaching and Leadership Environment." The health and fitness content strand had presentations by teachers on information from last year's institutes and how they applied it in their schools and also a presentation by Pam Tollefsen on the current health and fitness essential learning requirements. C.H.E.F. co-sponsored a Jump

Rope for Heart Demo team, which was a great addition to the agenda.

School district and building teams had opportunities to:

- **Develop school plans** and network with regional school/district and educational service district staff members;
- **Bring awareness** and focus to the task of transforming the learning, teaching, and leadership environment;
- **Obtain tools** that support increased student academic achievement in safe and civil learning environments; and
- **Examine the steps** of cultural change in our schools.

For the dates and locations of next year's institutes, go to the OSPI Web site at www.K12.wa.us. Watch for information about the new Pre-Institute Team Leader Training. Start planning now to bring a team to next year's summer institutes!

"The institutes provided a wonderful opportunity to learn from each other, as well as work on designing programs that improve the learning for students in health and fitness."

—Pam Tollefsen



Healthy Schools Leadership Program Update

The School Leadership Program, summer session, was held August 5–10, 2001. All six schools were in attendance. Each school is developing their action plan and progressing in the program. The schools will have Web sites up and running by January 2002.

This five-year program will prepare and support these individuals to lead teams to make their schools healthier for staff and students. C.H.E.F.[®] will provide professional development, technical assistance, support and networking opportunities for these leaders at no cost.

In this issue we would like to highlight one of the School Leaders in the program. **JoAnn Hamilton** is a Family and Consumer Science Teacher at Columbia High School in White Salmon, WA.

JoAnn has taught health and fitness and consumer science for thirty years. JoAnn received the "Christa McAuliffe Award" last year. This award is for excellence in education in each legislative district. Other nominations JoAnn has received are for *Who's Who of American Teachers* and *Vocational Teacher of the Year in Family and Consumer Science*.

She is an inspirational teacher and a strong leader who has been involved in the *Natural Helpers*[®] program since 1990, facilitated retreats for youth to quit smoking, and coordinated staff retreats. JoAnn keeps herself busy: outside of school she also facilitates personal growth retreats for women. She enjoys camping, sailing, sea kayaking, and traveling to see her 24-year-old daughter in Nevada and her son in Montana. She is a strong addition to the Leadership Program!



Columbia High School is in the White Salmon Valley School District, which is located in a beautiful rural setting overlooking the Columbia River. White Salmon offers a variety of environments, life-styles and activities. Nearby, Mt. Hood boasts several ski areas including year round facilities at the historic Timberline Lodge. The School District has about 450 youth attending for the 2000–2001 school year. To learn more about Columbia High School and their involvement in the Leadership Program, keep an eye on their Web site at www.school.gorge.net.



C.H.E.F.® is proud to announce that we have received a cooperative agreement from the Division of Adolescent School Health/CDC to work with middle-level schools to increase physical activity among young adolescents. We will work with the National Middle School Association to develop a planning model for schools to lead community coalitions to promote physical activity in and outside of school.

If you are interested in this program, contact Gail Tanaka at gail-t@chef.org or at 206-824-2907.



Comprehensive Health Education

In a Gallup Poll, more than 4 out of every 5 parents of adolescent children say health education is more important or as important as other school subjects. But less than 5% of U.S. schools teach sequential health education.

The intent of comprehensive school health education is to motivate students to maintain and improve their health, prevent disease, and avoid or reduce health-related risk behaviors. Health education also provides students with the knowledge and skills, rather than compartmentalized topics, to solve problems and make healthy decisions for a lifetime. Comprehensive school health education should be sequential. Youth are taught age-appropriate health information each year and previous knowledge is reinforced.

Our society cannot afford not to teach health education in school. The analysis estimates that for every dollar spent on high-quality, multi-component health education delivered in a school, society saves more than \$13 in direct costs, such as lost productivity due to premature

death and social welfare expenditures associated with teen pregnancy (Health is Academic).

To achieve these goals, schools must select or develop and then implement a curriculum.

An effective curriculum includes:

- a research base and is theory driven
- basic, accurate information that is developmentally appropriate
- interactive, experimental activities that actively engage students
- providing students an opportunity to model and practice relevant social skills
- addressing social or media influences on behaviors
- strengthening individual values and group norms that support health enhancing behaviors
- a sufficient duration of time to allow students to gain the needed knowledge and skills
- teacher training that enhances effectiveness

"In the larger context, schools are society's vehicle for providing young people with the tools for successful adulthood. Perhaps no tool is more essential than good health."

—Council of Chief State Officers

Great Resources!

Don't forget to check [C.H.E.F.'s Web site](#) for coordinated school health programs! This site contains links to resources and information that can help you in your efforts to implement a coordinated approach to health in your school—www.chef.org/cshp.htm.

ACTIVITIES:

[The American Cancer Society \(ACS\)](#) has created a wonderful resource for health and physical education teachers, "Generation Fit." This is a collection of activities designed for youth ages 11-18. These activities include: improving the quality of school lunches, working on hunger in their community, increasing access to physical activity resources, etc. The guide provides suggestions for implementing the activities in schools, as classroom activities or service learning projects. To get a copy, call **1-800-ACS-2345** and ask for Generation Fit.

PUBLICATIONS:

[The CCSSO's State Education Assessment Center](#) has just published "Key State Education Policies on K-12 Education." This 2000 update, a widely requested publication, contains reporting on



Content Standards, Student Assessment, School Leader Licensure, etc. This is a useful resource for those working to create policy change. To get a copy, go to www.ccsso.org/pdfs/KeyState2000.pdf.

An article on the harmful effects of second-hand smoke, "[Second-Hand Smoke: Even A Little Is Too Much](#)," can be accessed on-line by visiting the August issue of Health and Health Care in Schools' e-journal at www.healthinschools.org/ejournal/ejournal.htm.

An excellent Web site for youth tobacco prevention has been created by the [Campaign for Tobacco-Free Kids](#). The site is very teen-friendly and contains special reports, statistics, examples of youth action and a research center. Check it out at tobaccofreekids.org.

A brochure is available from the [Children's Defense Fund](#) listing actions you can take to stop violence and protect children in your community, along with key facts, harmful myths and a list of organizations working to stop violence in its many forms—www.childrensdefense.org/ss_violence_brochure.htm.

[The Washington State Dairy Council](#) offers free packets including a catalog and instructional materials. These materials address nutrition issues including the food pyramid, exercise, fad diets, etc. The information covers much more than dairy foods. The catalog includes an order form, and you can get \$15.00 worth of educational supplies FREE!

Contact Kristie Raker at the Dairy Council, **425-744-1616**, or by e-mail at **raker@eatsmart.org**. You might also want to visit the Dairy Council's Web site at **www.eatsmart.org**.

PEOPLE:

Have you seen the movie, *The Insider*? This 1999 film documents the experiences of Jeffrey Wigand, Ph.D., a former tobacco company researcher who exposed tobacco company corruption in an interview on "60 Minutes." Dr. Wigand has since created *Smoke-Free Kids, Inc.* and works to educate youth about the hazards of tobacco and the tactics used by tobacco companies to encourage youth to start smoking. He also taught high school science for three years and was named one of 51 First Class Teachers of the Year in 1996. Check out his Web site at **www.jeffreywigand.com**.

CURRICULA:

Invisible Bugs in the Bod is a free curriculum, developed by the Immunization Action Coalition of Washington, Healthy Mothers, Healthy Babies™ Coalition of Washington, Children's Hospital, and Regional Medical Center of Seattle. It contains three health and science lessons for grades 4-6. To get a free

"No knowledge is more crucial than the knowledge about health. Without it, no other life goal can be successfully achieved."

—The Carnegie Foundation Report on Secondary Education in America

copy, call **1-800-322-2588**.

GAMES:

Riskier Business

is a board game for middle school or high school level students (probably best suited to middle school). It costs \$5.00 and is a fun way to teach kids about decisions and consequences.



Players roll the dice and move across the board of life, encountering situations such as having a friend encourage the player to have a drink, try a cigarette, etc. If the player chooses to give in to the peer pressure, they gain "social points." However, later in the game they will need to confront the results of the choices they made earlier—for example, going into drug rehab and losing money, or getting addicted to tobacco and getting sick. Then they lose far more health points than the social points they scored earlier. The last place on the board is the "day of reckoning." This is a fun lesson in decision making, peer pressure, etc.

To buy the game, call the Brain Power Program at **206-443-2851**, or e-mail **brain_power@pacsci.org**. This game was developed by Group Health Cooperative and Pacific Science Center.

Editor's Note: A listing does not constitute an endorsement of a Web site or product.



DON'T FORGET . . .

C.H.E.F.'s Next Grants Cycle Deadline is April 30, 2002!

C.H.E.F. is pleased to announce that in the first two cycles of our new grants program we funded the following organizations within our School-aged Youth Initiative area:

Provide support and foster leadership for school health programs

- Pierce County Safe Streets: Peer Mediation (\$3,700)

Support and enhance health education efforts in schools

- Intergenerational Innovations: Healthy Aging Dialogues, Seattle (\$1,265)
- Pacific Science Center: Blood and Guts Van, statewide (\$3,000)
- Powerful Voices, King County (\$5,000)
- Washington Can We Talk Program, statewide (\$7,500)
- Whatcom County Crisis Services: Sexual Assault Prevention Education (\$5,000)

Develop community support for school health programs

- Students Against Violence Everywhere: Peace Leadership Camps, Seattle (\$7,000)

We have two grant cycles that close on April 30 and September 30. Our guidelines and applications are available on our Web site (www.chef.org/grants.htm) or you can request a grant application packet by contacting Sue Houghton at **206-824-2907**, or via e-mail at sue-h@chef.org.

Dates to Remember

October 19–20, 2001

WAHPERD (Washington Alliance for Health, Physical Education, Recreation and Dance) Pasco, WA

For more information, please contact Bob Melson at 1-800-501-7348, or go to their Web site: www.wahperd.com.

November 7–11, 2001

ASHA (American School Health Association) Albuquerque, NM

For more information, call ASHA at 330-678-1601, or go to their Web Site: www.ashaweb.org.

February 10–13, 2002

CDC (Centers for Disease Control)

Washington, DC
2002 National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs

For more information, visit the CDC Web site: www.cdc.gov/nccdphp/dash/conference/index.htm.



**CONGRATULATIONS
to PAM TOLLEFSEN**

Pam Tollefsen, R.N., M.Ed., is the newly elected President of the Society of State Directors of Health, Physical Education and Recreation (SSDHPER).

Pam is the program supervisor for health/fitness education and HIV/STD prevention for the Washington State Office of the Superintendent of Public Instruction.

Established in 1926, the SSDHPER is a professional association whose members supervise and coordinate programs in health, physical education, and related fields within state departments of education. Associate members are those who are interested in the goals and programs of the Society who do not work within a state education agency.



For more information about SSDHPER, call the national office at 703-476-3402, or go to their Web site: www.thesociety.org.

HOLD THE DATE
July 2002

**7th Annual
National Prevention Institute**
Seattle, WA

For more information, contact
Debbie Pitcock Crawley at C.H.E.F.[®]
1-800-323-2433.

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