



@ a glance

Welcome to the spring 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). **Watch for C.H.E.F.'s new updated look in the fall of 2002!**

Healthy Schools Leadership Program Update

The Healthy Schools Leadership Program offers a balance of offsite weeklong summer sessions and two-day booster sessions held in the winter of each pilot year.

This five-year program held the first Leadership Program booster session on February 21-24, 2002. This concludes year one of the Leadership Program. During the booster session participants discovered new approaches to leadership, shared progress on their action plan, received part one of a school

health implementation model, reviewed advocacy skills, learned from a pilot school health program at a middle school in Sarasota, Florida, and learned how to develop an individual professional portfolio. In this issue we would like to highlight one of the school leaders in the program.

Ted Vaughn currently teaches Health, Physical Education and Traffic Safety at Olympic High School. Ted is also the Physical Education and Health Specialist for Central Kitsap School District. Ted has provided enthusiastic, visionary leadership to the health and fitness program in Central Kitsap School District and is responsible for



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Healthy Schools Leadership Program Update (continued)

initiating many of the possible changes taking place in the school district's health and fitness curriculum.

Ted has established himself as a leader in the area of health and physical education. He is an active advocate both locally and state-wide on behalf of lifelong learning in all areas with an emphasis on healthy lifestyles for students. Currently, Ted serves as a member of the Office of Superintendent of Public Instruction Fitness Assessment Development Committee. The committee's task is to develop a model fitness assessment to be used by classroom and physical education teachers to measure fitness related benchmarks. Ted guided a local district committee in writing their K-12 health and fitness program. He has been a strong addition to the Healthy Schools Leadership Program.

Olympic High School is in the Central Kitsap School District, which is located in Silverdale, Washington. Silverdale is located in the heart of the western Puget Sound region and is considered one of the most livable areas in the country. The District serves

about 13,200 students in kindergarten through grade twelve.

To learn more about Olympic High School and their involvement, keep an eye on their Web site at www.olhs.cksd.wednet.edu.

SAVE THE DATE!

**"The Magic Within,
A Week to Build a Lifetime"**

**Seaside Health Education
Conference, Seaside, Oregon
June 23-27, 2002**

This conference, sponsored by the Oregon Health Foundation, is designed to empower professionals who impact the health of others. Come and see over 50 workshops, keynotes and learning activities. There are three conference tracks including school health, worksite/community health, and personal improvement/team building.

For a complete conference schedule, including keynote speakers or to register, visit the Web site at www.wellpage.com or call 360-258-1524.



"Overweight and obesity may soon cause as much preventable disease and death as cigarette smoking."

—Surgeon General David Satcher

C.H.E.F.® Partners with the National Middle School Association on Physical Activity Project

C.H.E.F. has joined with the National Middle School Association (NMSA) to develop and disseminate an easy-to-use planning model for middle-level schools to address the problem of physical inactivity in their communities. By providing process steps, tools, resources and examples, the model will assist middle-level schools in the development of an effective broad-based community coalition that targets healthy activity for youth and their families. The goal of the planning model is to empower middle-level schools to collaborate with students, parents, community organizations, and local government to develop, implement and evaluate plans that increase physical activity in their community. By working together, C.H.E.F. and NMSA hope to reach a large and diverse population concerned with healthy activity and the health of middle-level youth.

The development of this planning model is supported by a cooperative agreement with the Centers for Disease Control and Prevention. C.H.E.F. anticipates the model will be released in September 2002. For more information regarding the planning model, please contact Nicole Thomas at C.H.E.F., 1-800-323-2433, ext.123, or e-mail her at Nicole-t@chef.org.

Teens and Violence

The CDC has identified six adolescent risk factors. One of the risk factors is violence and injuries. In Washington State at least 150 teen deaths are due to preventable intentional violence. Suicide and homicide are the second and third leading causes of death for Washington youth ages 15–24. In a self-report survey, 18% of Washington teens in grades 9 through 12 said they carried some form of weapon in the last month.

What can you do to help a child?

Look at these risk and protective factors. There are many steps as a parent and a teacher that can be taken to enhance a child's resiliency. Some things are as simple as listening, communicating, and helping teens gain decision-making skills.

In the schools, promote a positive environment that does not tolerate violence or bullying. More than a third of Washington students in grades 9–12 reported they had felt unsafe while at school.

The following are just a few of the risk and protective factors that contribute to the issue of violence. Youth need support from their school, family, community and peers. As teachers and parents there is an opportunity to provide



support during these turbulent years. For more information on youth violence, visit these Web sites:

- Partnership Against Violence Network-PAVNET—
www.pavnet.org
- American Psychological Association—Raising Children to Resist Violence: What You Can Do
<http://helping.apa.org/family/raising.html>

Here are some **risk factors** for youth delinquency and violence:

- Physically or sexually abused youth
- Parental involvement in violence and/or crime
- Poor success in school
- Alcohol abuse
- Oppositional and conduct disorders
- Illicit drug use
- Early aggression and antisocial behavior
- Gang membership
- Exposure to violence through the media, witnessing violence, and victimization. The average American child or teenager views an estimated 10,000 murders, rapes and assaults per year on television.

Here are some **protective factors** for youth to resist violence:

- Strong connections with families, schools and friends
- Parental supervision
- Attachment to teachers
- Commitment to school
- Conflict resolution skills
- Positive self-esteem



Family Involvement – A School Health Essential

As students enter into middle and high school they tend to want freedom and independence. Kids grow up and it becomes more of a challenge to keep parents involved in school activities. A study revealed that 25% of parents think that “kids can handle school on their own and need parents less” in secondary school and 35% of parents with children in secondary school believed that a child’s embarrassment over a parent’s involvement was a major reason why parents become less involved in school as children get older.

What we do know is that family involvement in the school and students lives has been linked to higher student achievement and therefore higher graduation rates. Family involvement is also essential to support school health programs. A 1999 study by US News and World Report assessed 1,053 high schools in major metropolitan areas throughout the United States. Of the 96 schools identified as educationally outstanding, 80% of them had developed strong partnerships with parents.

There are many ways that parents can become involved in the school that lead to positive effects on students, without working directly in the child's class. The National PTA developed the National Standards for Parent/Family Involvement Programs and here are some of the ideas used by schools.

- Provide special transition or orientation sessions for parents and students entering middle and high school.
- Establish a family resource center at your school to share information on adolescent development and other resources or to provide parenting classes.
- Provide training and instruction for parents in curriculum, teaching methods, assessment, and placement procedures and how they effect students.

- Encourage parents to volunteer by adopting or sponsoring academic programs, school clubs or teams.
- Invite parents and students to serve on site-based management teams to participate in school decision-making.
- Invite teachers, parents, and students to work together to design and monitor different community service experiences.

Increasing the involvement of parents/families in the schools benefits not only the students but also the parents and the schools.

For more information and resources on parent involvement, visit the PTA Web site at www.pta.org and look for the Parent Involvement Resource Kit.

involvement

National Prevention Symposium July 31 – August 2, 2002

C.H.E.F. will be holding its 7th Annual National Prevention Symposium (formerly the National Prevention Institute) at the Madison Renaissance Hotel in Seattle.

The NPS is designed for state, county, district and school, safe and drug-free school coordinators, at-risk coordinators, schools counselors and psychologists, health educators, violence prevention specialists, administrators, SAP staff, parents, law enforcement officers, youth group Coordinators, and juvenile justice staff. We recommend and offer special discounts for sending a team of two or more to the Symposium.

For more information about this event, please contact C.H.E.F. at 1-800-323-2433 or visit our Web site at www.chef.org.



**Registration Deadline:
July 10, 2002**

American Cancer Society Promotes Coordinated School Health

The American Cancer Society (ACS) has set ambitious goals to promote school health. By the year 2005, ACS wants 20% of schools to provide comprehensive school health education and 50% of school districts to have active school health councils and trained school health coordinators. By the year 2015, ACS wants 50% of school districts to provide a comprehensive and coordinated school health program.

To reach this goal the American Cancer Society has identified three research-based strategies to help schools develop programs that improve student health and reduce cancer risk.

The first strategy is to conduct community awareness campaigns. This strategy assists in getting citizens to understand the importance of prevention and education.

Advocacy for school health councils is strategy number two. *"Only about half of all school districts in the United States now have even the semblance of a school health council. This is a fixable issue if you and I go back and do what we can to change that."* ACS Executive Director Dr. John Seffin.

Strategy number three is advocacy for school health coordinators. Currently, about a third of the school districts have one. ACS has stepped in and

partnered with a National Health Coordinator Leadership Institute to provide training for the coordinators. The Institute is in the third year of training 50 participants from 35 states and ACS hopes the Institute will be replicated.

"Through these kinds of collaborative efforts and others that focus on promoting coordinated and comprehensive school health programs, I believe, we can change the course of chronic disease in our nation. And moreover and most importantly, we can assure that our children and youth grow up healthy and become productive and successful citizens in a free society."
Dr. John Seffin.



What's New at the Washington State Dairy Council?

The Washington State Dairy Council is pleased to present new education materials for 2002! Catalogs are hot off the presses. Some new items include:

- **"Gastronomy Galaxy"**
This is a great booklet for third graders designed to help them discover the Five Food Groups and their nutrients through puzzles and activities.

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What's New at the Washington State Dairy Council? (continued)

- **"What is Normal Supposed to Look Like, Anyway?" posters**
These teen body image posters stress that health comes in many sizes, shapes and colors—ideal for grades 6–12.
- **"Your Nutrition Game Plan"**
This packet of reproducible masters provides valuable information to help student athletes eat well for sports performance.
- **"Think Your Drink" poster**
This is a wonderful visual tool for educating children about nutrients in eight different beverages, ranging from diet cola and fruit punch to fat-free milk.

Also, don't forget about your **complimentary \$15 allotment of educational materials**. This allotment is available to educators, health professionals, wellness coordinators, school food service directors and kitchen managers in the state of Washington.

To order materials on our online catalog, visit our Web site at www.eatsmart.org. To order a printed catalog, contact us at nutrition@eatsmart.org or call 425-744-1616.

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



Meet C.H.E.F.® Grant Recipient—Neighborhood House

C.H.E.F. is pleased to announce a grant of \$6,000 to Neighborhood House's Health, Nutrition, and Education Project (HNEP). HNEP was developed in 1990 in response to the Seattle Education Summit. The program has grown from partnering with three Seattle Public Schools to eight schools in the 2002 school year. HNEP provides shared monthly family style low-fat meals accompanied by culturally relevant family support services for limited English speaking and low-income families. Last year HNEP served more than 8,900 people in approximately 1,800 families.

In addition to funding Neighborhood House within our School-aged Youth grants initiative area, C.H.E.F. is funding the following Washington State organizations:

- Cease Fire Foundation of Washington: Agents of Change, Seattle (\$5,000)
- Kittitas County Public Health Department: Just for Grins (\$1,200)
- Pacific Science Center: Blood and Guts Van, Seattle (\$3,000)

C.H.E.F.'s next grants cycle deadline is September 30, 2002.

For more information about C.H.E.F.'s grant program, call Sue Haughton at 206-824-2907 or go online at www.chef.org/grants.htm.