

Spring Healthy Schools Training

April 4 & 5, 2019

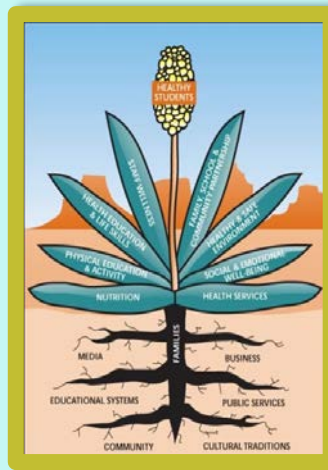
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Acknowledgement

This presentation was made possible by the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, School Health Branch.

The contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.



NMPED
Public Education Department





- Name
- School district or organization
- What is your role at the school or organization?
- Were you able to attend the Fall Healthy Schools Training held in October as part of SHEI?
- What is your favorite "go" food...and "slow" food?




Improving Student Health and Academic Achievement through Nutrition,
Physical Activity
and the Management of Chronic Conditions in Schools

*A.K.A. Healthy Schools or
The 18-1801 Grant*

5 year grant award

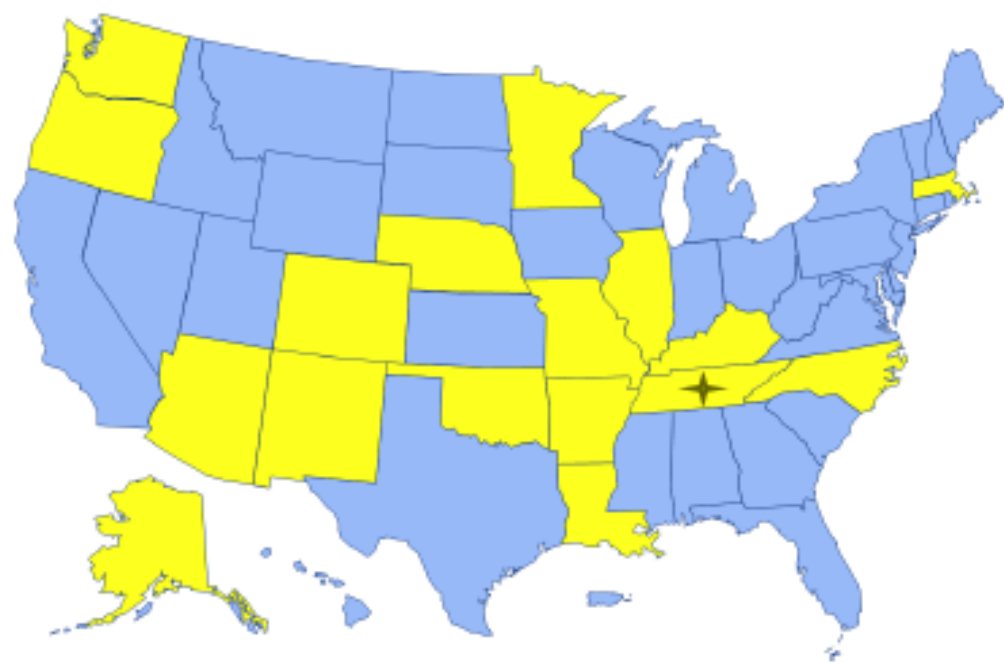
Year 2 – 5 = \$?

Year 1 = \$360,000



DP18-1801: Healthy Schools States

Alaska, Arizona, Arkansas, Colorado, Illinois, Kentucky, Louisiana, Massachusetts, Minnesota, Missouri, Nebraska, New Mexico, North Carolina, Oklahoma, Oregon, Tennessee and Washington



What does the Grant do?

Healthy Schools Grant provides NM an opportunity to build & enhance infrastructure & capacity within our state to strengthen:

**Nutrition*

**Health Education*

**Management of chronic disease in schools*

** Physical Activity*

** Physical Education*



As a pathway to academic success through a targeted, statewide approach.



Healthy Schools Project Priorities

Physical/Health Education

Increase quantity and quality of physical education, health education and physical activity

Increase the # of students who participate in daily PE & PA

Nutrition

Improve the nutritional quality of foods provided in school

Increase the # of students who consume nutritious food & beverages

Chronic Diseases

Improve the capacity to manage chronic conditions

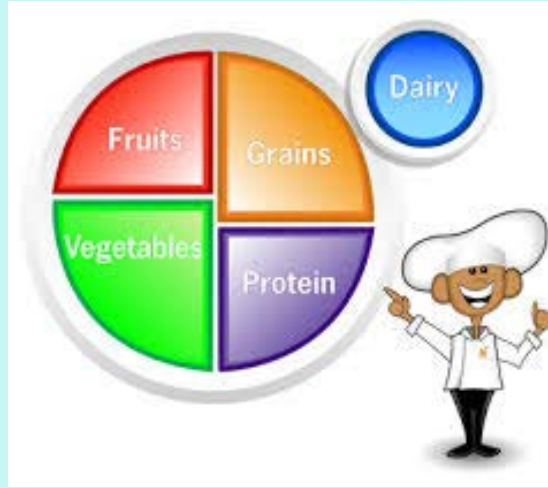
Increase the # of students who can effectively manage their chronic health conditions



Healthy Schools *Team* Objectives



Healthy Schools *Training* Objectives



Agenda Overview

Day 1

State & LEA
Snap Shot

School
Nutrition:

- Wellness Policies
- NB3
- HECAT
- HKHC

Lunch

Chronic
Health
Conditions

- Best Practices & Assessment
- Local Partner Spotlights:
School Nurse Consultants & 24/7

Day 2

PE & PA

- CSPAP/
PECAT
- HKHC Best Practices

Out of
School Time
Supports

- 21st CCLC
- NMOST



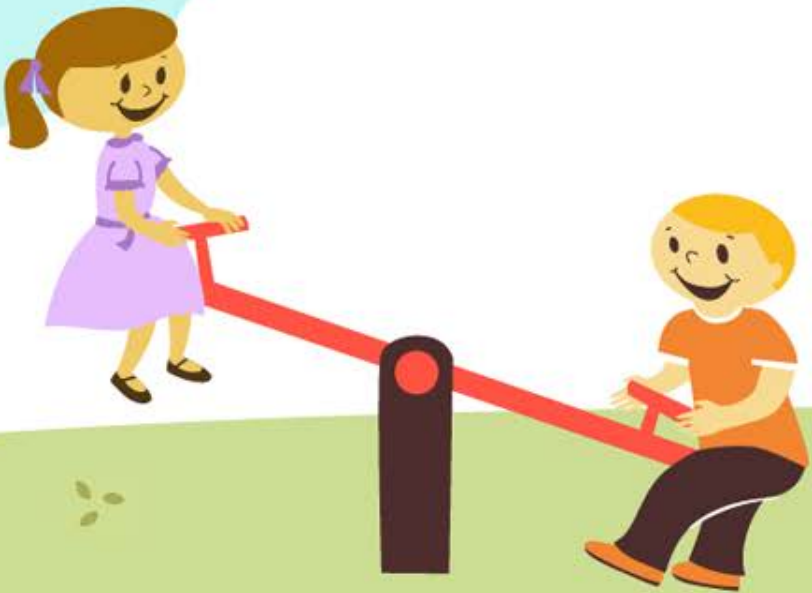
The CDC WSCC Model



What does a Healthy School look like...to you?

Team discussion

Share ideas



A couple things to consider

Money - IGAs Budgets

- Unspent grant funds become a concern
- Think about how to use those funds during the next 2 days

Assessments are *not grades*

- We want to help you succeed by identifying activities that support the grant, the school, the students *and* the staff
- Grant funds can be used to support *activities that need work or improvement*



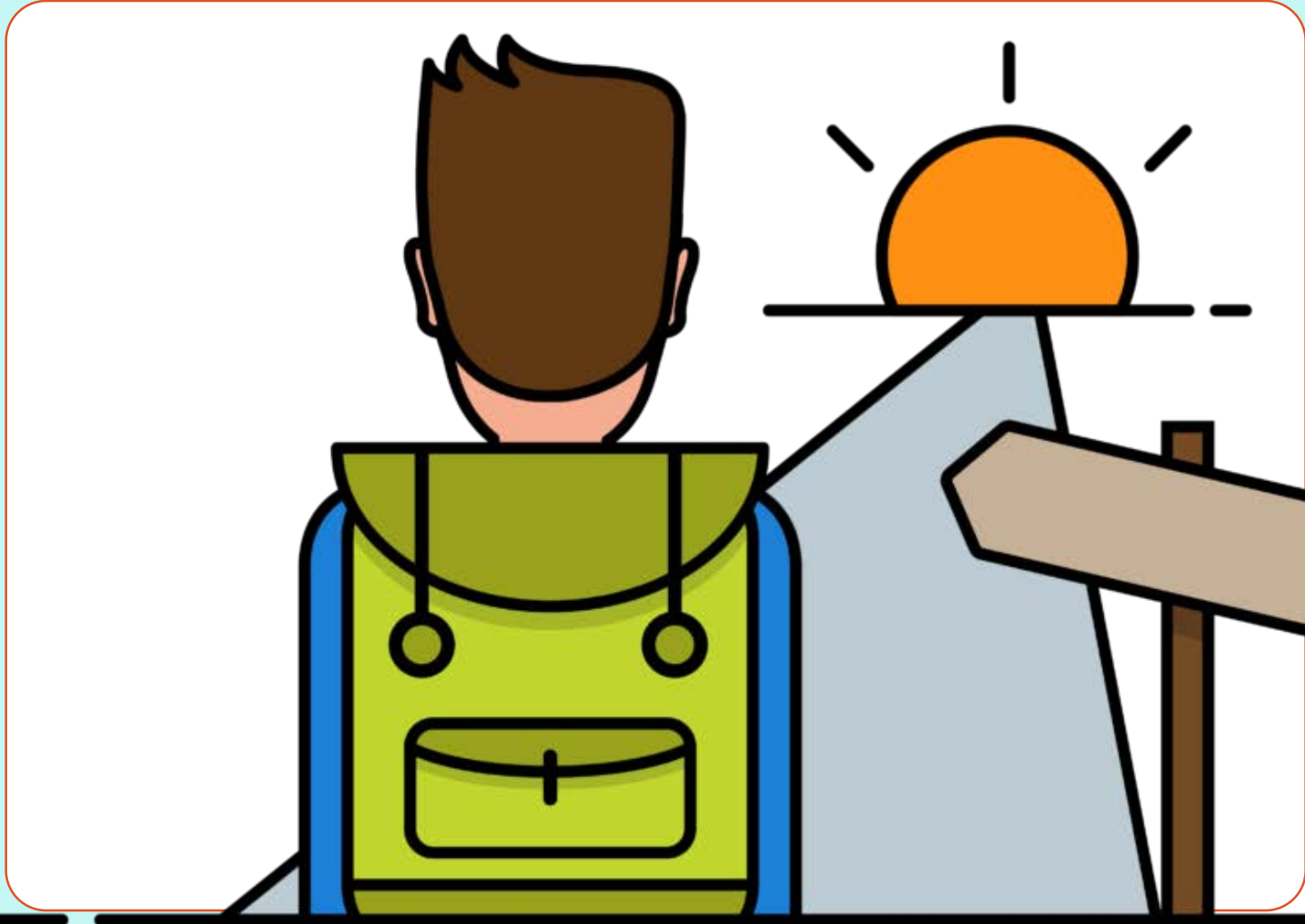
This is just Year 1, we want to **grow** from here



Ground Rules

- Silence Phones
- Take care of you needs
- Ask questions
- Share ideas
- Use the bike rack
- Anything Else?





Let's Start

