

NOPREN/PAPRN+ School Wellness Working Group Call 12/13/16
Summary, Upcoming Dates, Resources

Call Summary

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Perspectives on “*Every Student Succeeds Act*” (*ESSA*)

ESSA sets high standards and contains policies that will help to prepare all students for success in college and future careers, and gives more control at the state level. States are currently working on their plans for implementation in SY 2018-2019.

ESSA goals

- Student academic achievement
- Focus on equity/closing the achievement gap
 - Improving physical education/activity could improve academic performance, and presents a potential strategy to close this gap
- Graduation rates
- A “well-rounded education” - Whole School, Whole Community, Whole Child
 - Support safe and healthy students

Opportunities to integrate health and wellness into education policy

- Get involved in stakeholder engagement and give input across sectors
 - Parents/guardians of low-income children are required to be given an opportunity to provide input into how Title I funds are spent
 - [CDC: Parents for healthy schools](#)
- Include health and physical education as part of a “well-rounded education”
 - Connection between physical activity and academic achievement
 - There is a high demand for physical education among parents!
- Include “non-academic” measures of school climate or student success that is health-related
 - Physical fitness, climate, connectedness, discipline, social/emotional learning
 - Chronic absenteeism can reveal factors impacting student attendance, such as illness, social/emotional climate, family climate, etc.
- Include physical education/activity and nutrition indicators in accountability systems/report cards to increase transparency/public accountability
- Reveal aspects needing implementation support through required Needs Assessments for School Improvement Plans
 - The final rule requires wellness language in SIPs
 - [NACDD Guide](#)
- Use professional development funds for health/education teachers on integrating wellness
- Apply for Student Support and Academic Enrichment Grants

- Apply for additional funding for 21st Century CLCs, Community Schools, Promise Neighborhoods

Challenges and Call to Action

- Many disciplines will be vying for the same pot of funds, and health/physical education are not required
 - Need to encourage and support interdisciplinary projects
- States decided how to use funds, so there is a need for state-level advocacy
 - Find out what is happening in your state!
 - Ask to join a workgroup
 - Talk to Department of Education and coalition partners about how physical education programs help schools and students succeed
- PEP Grants are no longer available
- Implementation will not be standardized and will look different in every state
 - Healthy Schools Campaign provides a scan of all implementation plans
 - Potential area for future research – what are barriers and enablers of equitable implementation? Does PE help close the achievement gap faster in districts that lack access to physical activity opportunities?
- It is difficult to change the culture in schools!
- Does nutrition education fit as clearly into ESSA as physical education?

Links and Resources

[Alliance for a Healthier Generation](#)

[State ESSA Plans to Support Student Health and Wellness: A Framework for Action](#)

[Voices for Healthy Kids](#)

[Physical Education toolkit](#)
[Shape of the Nation Report](#)

[CDC Virtual Healthy Schools](#)

[Special Journal of School Health issue on WSCC](#)

[School Health Guidelines to Promote Healthy Eating and Physical Activity](#)

[School Health Index: A Self-Assessment and Planning Guide](#)

[Comprehensive School Physical Activity Program: A Guide for Schools](#)

[School Attendance, Chronic Health Conditions and Leveraging Data for Improvement: Recommendations for State Education and Health Departments to Address Student Absenteeism](#)

Upcoming Dates

**Let us know if you would like to present your ongoing, upcoming, or completed work!*

2017 Call Schedule

- January 10th
- February 14th
- March 14th
- April 11th
- May 16th
- June 13th
- July 11th
- August 8th
- September 12th
- October 10th
- November 14th
- December 12th

School Wellness Resources

**This list that will be updated periodically. Feel free to email hlane@peds.umaryland.edu if you would like to add something!*

| Websites | |
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| www.schoolwellnesspolicies.org | Managed by Center for Science in the Public Interest, but contains Voices for Healthy Kids (AHA) and Pew resources and Alliance's model policy, which would be great to promote |
| www.wellsat.org | WellsAT Wellness School Assessment Tool, wellness policy checklists, etc. |
| www.actionforhealthykids.org | Action for Healthy Kids |
| www.bridgingthegapresearch.org | Bridging the Gap: Research Informing Policies and Practices for Healthy Youth |
| www.healthiergeneration.org/take_action/schools | Alliance for a Healthier Generation |
| Documents | |
| Team Nutrition's Local School Wellness Policy Outreach Toolkit | USDA's Food and Nutrition Services Team Nutrition |
| A Guide for Incorporating Health and Wellness into School Improvement Plans | National Association of Chronic Disease Directors (NACDD) |
| Resource to Sustain and Strengthen Local Wellness Initiatives | National Food Service Management Institute at University of Mississippi |
| Listservs | |
| CDC's Enhancing Coordination Update | How to Subscribe: Provide your name and e-mail address to ecupdates@cdc.gov . The Enhancing Coordination Update will come from Centers for Disease Control & Prevention. cdc@service.govdelivery.com |
| CDC's Healthy Schools | Sign up to receive email updates from CDC about Nutrition in Schools, Physical Activity and Physical Education in Schools, Obesity Prevention, and Management of Chronic |
| National Drinking Water Alliance Google Group | Visit https://groups.google.com/group/drinking-water Post drinking-water@googlegroups.com Unsubscribe drinking-water+unsubscribe@googlegroups.com |
| Conditions in Schools. CDC's Beverage Bulletin | Subscribe, comment, or contribute: Email Sohyun Park at CDC, Division of Nutrition, Physical Activity, and Obesity, Obesity Prevention and Control Branch |