



Healthy Kids, Healthy Schools

★ *Posted: 05/11/09 9:54 AM*

Students in School Planning

Here are the main themes identified from Visions of the Future!

- "No fixation without representation"
- "Creating a youth council"
- Stories of health & wellness tips shared electronically



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★ *Posted: 05/11/09 10:44 AM*

Here is a Resource



This website <http://www.soundout.org/> promotes student voice in school through research, training, and resource-sharing. Their systemic approaches to whole-school reform emphasize practical, considerable and holistic roles for students as partners in learning and leadership throughout education.



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Prototype Report-Out Session

By performing a skit, the Student Voices group shared their vision of creating a Students in School Health Advisory Council (SISHAC) which would provide a way for students to bring their creative ideas to the attention of decision makers. The Council will be comprised of 6 committees, which include:

1. Food / Nutrition Committee which focuses on different ways to make food more exciting while still offering nutritious selections. This would involve cafeteria food, salad bars and bringing in new foods.
2. Mental Emotional Committee which would focus on mental and emotional issues since this is just as important as physical health.
3. Media / Adversiting Committee which would create ad campaigns to raise awareness of the SISHAC. This would be done by creating and running PSAs about the Council which would air in the school cafeterias. They would also implement Festivals to bring students across the district together and discuss ideas.
4. Physical Health Committee since physical fitness goes beyond your appearance. The committee would spread healthy life ideas and become health and wellness

advocates.

5. Inside Source Committee which would promote general wellbeing, as well as analyzing data and presenting information at School Board meetings.

6. Curriculum Development Committee which would help to implement physical, emotional and mental health in all classes.

The SISHAC would create contests among regions to encourage the work of the Council.

The tagline for the SISHAC is "Giving our tomorrow a voice of today."



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Brainstorming Ideas

Adults are making the decisions that impact the students. Students want to have a voice in the ideas and decisions on how their schools can be improved. To accomplish this, the Student Voices Group offered the following ideas:

Student SHAC: Create a student version of the School Health Advisory Council (SHAC) that would follow the protocol of the adult SHAC.

Create a Youth Wellness Council (YWC): (possibly the same idea as the SHAC) The YWC would include representatives from each region at the elementary, middle and high school level. The Council would elect student officers, and then could develop committees for each health issue. A school nurse could be assigned to each committee.

Need to get the word out to let other students know about the Student SHAC and Youth Wellness Council.

Student Representation at HISD Board Meetings: Have a student representative from each grade level (elementary, middle, high school) attend monthly HISD Board meetings. Students would be officers or designees from the YWC. The Board member from the region should work with the students from that region.

Gather student feedback: Allow students to voice their opinions and suggestions for improving school healthy via:

- Student blogs that could be posted on the HISD site or the Healthy Kids, Healthy Schools site
- Weekly surveys that students could participate in to express their opinions on school food, PE classes, etc.
- Conduct student focus groups to let students voice their opinions
- Conduct a Student Appreciative Inquiry (AI) Summit and follow up with a similar Summit on an annual basis

Students could use this feedback to present at the Board meetings.

Provide Health Information: Create a student leadership team (maybe from the YWC) to go out into the district to present information and educate other students about health issues. The students could work with school nurses for material to present and could follow the monthly health-oriented themes that school nurses follow.

Ideas need to be developed on how to get parents involved.

Other ideas offered on getting health news and information out to students:

- Create an effective student newsletter.
- Produce student health commercials and PSAs on the HISD TV network.
- Show these in the school cafeterias and the school

websites.

- Hold a Health Awareness Day within HISD which will feature events sponsored by students. This would also include exhibits from local companies as well as offer ideas on health-related careers.

Student representation on shared decision making

teams: Allow students to have a voice in the activity courses offered at each campus. Currently, the principals choose what courses are offered at each campus. Students should be made aware of the site based management team to request courses.

Improvements to PE:

- Change the name of Physical Education (PE) to something more exciting -- possibly Activity Course.
- Allow students to have options in the activities they participate in instead of being mandated what to do. Make the activities different, exciting, entertaining and provide variety in the activities. Provide exposure to activities that can become life-long activities.
- Provide different activities at different fitness levels. Some students feel uncomfortable participating in activities with athletes when they are not nearly as athletic.
- There is an activity course/curriculum currently available -- Outdoor Adventure Education that offers archery, canoeing, and other outdoor activities. This is offered at some campuses but not all. Students would like to be able to suggest such courses to their principals.



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