



### Healthy Kids, Healthy Schools

**Posted: 05/11/09 10:03 AM**

### We must be Accountable!

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

- "Putting wellness policies into practice"
- "Metrics for healthy kids, healthy schools"
- "Cutting through red tape"
- "Empowering & spreading the Wellness Policy"



### Healthy Kids, Healthy Schools

**Posted: 05/11/09 11:10 AM**

Mini Action Plan



view

### Transformational Accountability Mini-Action Plan

Attached is the Transformational Accountability Mini-Action Plan. Click on the link and the magnifying glass view icon to download this document.



### Healthy Kids, Healthy Schools

**Posted: 05/11/09 10:56 AM**

Breakfast Information for HKHS



view

### A Post from Ali VanGorden



Great job Dale! Thank you for taking the time to research and pull this information together. As I mentioned on our last call, I think increasing participation in school breakfast would be a great goal for our team and would add a nutrition component to our school wellness policy topic. Attached is a presentation that presents data on the benefits of school breakfast, statistics on current participation rates, etc.



### Healthy Kids, Healthy Schools

**Posted: 05/11/09 10:49 AM**

### A post from Dale Davidson



So far what I have worked on has been to get the data we currently have (FitnessGram, YRBS) somehow put into the board monitoring system.

1. I spoke with Greg Myers District 6 board member. He is open to inserting this component into the BMS. He asked me

to put together a package of metrics that would be included.

2. I pulled together from past SHAC notes and found the following items that might be included in the metrics:

- a. FitnessGram data - taken each spring and reported to the school collectively and to the parents individually. K-12
- b. YRBS (Youth Risk Behavior Survey) performed every other year in the spring (this year it will be administered) and reported in August. Reported by school and feeder pattern. Only High Schools participating.
- c. Immunization rates
- d. Insured rates
- e. and as Ali has suggested: breakfast and lunch consumption rates

3. I spoke with Harry Selig about how this gets put into the BMS. Here are the steps he felt we needed to do to accomplish this:

(1) Go onto the HISD website and go into the portion that lists the BMS to see what is already in the Board policy. If we can find a policy that our data speaks to, it will be easier to insert it. He committed to step through this with me.

(2) If policies are not there, Board Policy has to be changed to include goals that these metrics support.

(3) Begin to consolidate support of board members for changes needed and inclusions accepted.

What may need to take place is some contacts with the others after we get steps (1) and (2) done.



## Healthy Kids, Healthy Schools

 **Posted: 05/11/09 10:46 AM**

## A Post from Beverly Marlin, HISD



Hi Everyone,

I totally agree. If the school board is not aware of the level of fitness in each school and parallel it to test scores, we have done the kids an injustice. We agreed a healthy child, soars academically!

The idea of a person monitoring, preferably paid position, is another idea that should be explored.

Let's get these ideas going.

Beverly Marlin, Health Specialist  
Secondary Curriculum  
Houston Independent School District



## Healthy Kids, Healthy Schools

 **Posted: 05/11/09 10:04 AM**

## Brainstorming Ideas

There are lots of great policies and excellent systems out there but we must be accountable. We need to set up an "expectation: wellness" point of view.

HISD has a great wellness policy that the SHAC developed, but it's not fully implemented. We should print up a wellness policy manual for all schools, with rules outlined for faculty and staff. Then we need a wellness coordinator in each school to monitor implementation. The coordinator could be a PTA volunteer or, even better, a paid position. This person would report back to the SHAC, the Board of Education or whoever else is designated.

How do we get this done? Use data from the FitnessGram and Aspire programs that already exist in grades 1-12. We can use this data longitudinally -- for example, students that have a certain fitness level in 1st grade should maintain or improve it. When a student graduates he or she should have received 12 years of instruction and testing, which results in healthy students and healthy graduates. The reward: a healthy, thriving campus.

An additional idea that can be put into place right now: put FitnessGram data into the HISD Board monitoring report. If the Board can't monitor health and wellness, they can't push for it.

Other elements that can be implemented and monitored: 3-a-day, Food Guide Pyramid, fruits, vegetables, after-school programs using chocolate milk as a recovery drink. Putting health and fitness together in a whole school program.



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