

# Database of Exemplar SMART Goals –

**CSH Institute 2023** 

**Health Services** 

**Healthy School Environment** 

**Nutrition** 

Physical Education/Physical Activity

School Counseling, Psychological, Social Services

**School Staff Wellness** 

Student, Family, and Community Involvement

**Multiple Components** 

**Infrastructure** 

## **Health Education**

- Making the Connection with Health Educators
- <u>Delivering Academically Linked Nutrition and Healthy Living Content Using Online Technology</u>
- Navigating Social Media Challenges A Vital Addition to your Digital Wellness Curriculum
- <u>Student Mental Health, Addiction, and Vaping Cessation A Pilot Program. Oneida Special</u> School District
- Kids & Crashes: Safety Awareness for Drivers and Occupants
- Empowering Families for Youth Vaping Prevention
- Are your students *HealthSmart*? Using the evidenced based *HealthSmart* K-12 Curriculum

Presenter(s): Adrienne Hackney

**Session Title:** Making the Connection with Health Educators

## **Session Description:**

In Tennessee, there are health educators in all counties across the state that work in their communities to increase awareness of public health topics. In this session, health educators will discuss how they can help CSH coordinators reach the required health standards by sharing their success stories.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 15, 2024, XYZ school will identify gaps in the areas of Physical Activity and Healthy Eating at a minimum of one school as measured by comparing scores on the School Health Index at the beginning of the year and the end of the year.

- 1. By September 30, 2023, the CSH coordinator and Healthy School Team(s) at preselected schools will conduct the School Health Index (SHI) paying specific attention to the modules of Healthy Eating and Physical Activity.
- 2. By October 30, 2024, The CSH coordinator and Health Department health educator will meet to discuss gaps on the School Health Index and develop a plan for improvement.
- 3. By December 1, 2023, the CSH coordinator and health educator will meet with the Healthy School Team(s) to present the plan for improvement to increase health promotion and education related to physical activity and healthy eating during the school day and afterschool programs.

- 4. By January 15, 2024, the designated schools will begin implementation of suggested programs.
- 5. By April 15, 2024, the Healthy School Team(s) will complete the Physical Activity and Healthy Eating modules of the School Health Index and the CSH coordinator will compare the results to the beginning of the year.

**Presenter(s):** Michelle Lombardo, Cathy Jennings, Sudie Cushman

**Session Title:** Delivering Academically Linked Nutrition and Healthy Living Content Using Online Technology

## **Session Description:**

This session will highlight CSH agents in designated counties who have successfully implemented the new online OrganWise Guys platform: an easy-to-use, flexible, healthy living curriculum that aligns with TN-specific academic objectives and provides a data collection tool to assess uptake by teachers. Participants will be given access to designated content.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 31, 2024, XYZ School District will increase student knowledge regarding healthy living by 20% in classrooms implementing the OrganWise Guys curriculum as measured by the OrganWise knowledge assessment pre- and post-test.

- 1. By August 1, 2023, the CSH coordinator will request TN state and national standards from OrganWise Guys staff to share with schools.
- 2. By August 15, 2023, the CSH coordinator will meet with schools who agreed to participate to determine the launch date for each school.
- 3. By October 31, 2023, the CSH coordinator will set up online training for participating teachers with *OrganWise Guys* staff.

  By December 15, 2023, and at least monthly thereafter, the CSH coordinator will provide ongoing support and will check data usage to ensure a comfort level with staff and reward high-user teachers at staff meetings.
- 4. By May 30, 2023, the CSH coordinator will analyze pre-post data to determine percent increase.

Presenter(s): Judy Rogg

**Session Title:** Navigating Social Media Challenges – A Vital Addition to your Digital Wellness Curriculum

#### **Session Description:**

Viral challenges proliferate across all online platforms, and most are either risky or deadly. Yet digital wellness programs do not address this issue. This workshop offers an innovative solution that successfully tackles this topic with students and empowers them to say "No" to both challenges and peer pressure.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 31, 2024, XYZ School District will have implemented "Navigating Social Media Challenges" Erik's Cause training module for 5<sup>th</sup> grade students in at least X of X schools. 80% of students will indicate they learned one or more new strategies around brain development on post assessment as compared to pre assessment data.

#### Action Steps:

- 1. By August 1, 2023, the CSH coordinator will meet with teachers at the pilot schools to give them an overview of the program and determine training dates.
- 2. By September 15, 2023, the CSH coordinator will schedule a Zoom training meeting with Erik's Cause and the staff who will be designated to teach the module so they can be trained properly and have any of their questions answered.
- 3. By December 15, 2023, the students in the designated classrooms will take a preassessment and the module will be taught in the pilot classes.
- 4. Beginning December 15, 2023, and quarterly thereafter, staff will provide feedback to the CSH coordinator. The CSH coordinator will also share feedback with the State's Health Education Coordinator and with Erik's Cause (if there are any questions to be answered).
- 5. By May 1, 2023, the students in the designated classes will take a post-assessment and the CSH coordinator will analyze the results.

**Presenter:** Melinda McCartt

**Session Title:** Student Mental Health, Addiction, and Vaping Cessation -A Pilot Program. Oneida Special School District

## **Session Description:**

The purpose of this presentation is to raise awareness among educators, student health advocates, and the community about school-based interventions aimed to decrease the incidence of mental and behavioral health disparities associated with the use of ecigarettes.

#### **SMART Goal(s):**

#### Goal/Objective1:

By May 30, 2024, the CSH Coordinator will decrease student vaping, E-cig, and tobacco related incidents by 20% at all schools as measured by and compared to juvenile court and discipline referrals from the 2022-2023 school year.

#### **Action Steps:**

- 1. By July 15, 2023, the CSH coordinator will meet with the STAND Drug Coalition and juvenile court partners to establish a protocol for tobacco and vaping infractions.
- 2. By August 15, 2023, the CSH coordinator will meet with principals and assistant principals to share behavioral consequences and policy addendums related to vaping and substance use at school.
- 3. By September 30, 2024, the CSH coordinator will provide education to students and parents about the new policies and the established consequences of substance abuse and vaping devices used on campus via various methods such as email, newsletters, social media, and in-person events.

#### Goal/Objective 2:

By May 30, 2024, the CSH coordinator will partner with the STAND Drug Coalition to increase suspicion/random based drug screening services by 10% or more, as compared to and measured by the 2022-23 drug screening data for Oneida Middle and High School.

## Actions Steps:

1. By July 1, 2023, the CSH coordinator will collaborate with the STAND Drug Coalition director to determine the number of suspicion/random-based drug screens that were performed in the district for the 2022-23 school year.

- 2. By July 15, 2023, the CSH coordinator will meet with STAND Drug Coalition, school administration, and technology department in each building to determine and confirm the existing infrastructure and surveillance that may be needed to support suspicion-based drug screening caused by vaping.
- 3. By August 1, 2023, the CSH coordinator will collaborate with school and district administration to craft parent newsletters and updates about the consequences and procedures that will be implemented for the 2023-24 school year to deter and decrease vaping, E-cigs and substance abuse on campus.
- 4. By August 15, 2023, and as needed, drug screening will begin.
- 5. By September 15,2023, and monthly thereafter, the CSH coordinator will collect reports on the number of screenings that have occurred for that month.

## Goal/Objective 3:

By May 1, 2024, the CSH coordinator will increase funding for vaping prevention/mitigation initiatives by 10% as measured by approved grant/funding applications compared to previous funding available during the 2022-23 school year.

#### Action Steps:

- 1. By August 1, 2023, the CSH coordinator will research the data that depicts the effectiveness and accuracy of the devices and how they are utilized within other school districts and will share findings with school administrators.
- 2. By September 30, 2023, the CSH coordinator will research available funding/grant opportunities by collaborating with the Health Council, Safe Schools State Coordinator, CSH State Coordinator, school finance, and private donors.
- 3. By December 15, 2023, the CSH coordinator will submit a minimum of two grant applications/funding proposals.
- 4. By April 1, 2024, the CSH coordinator will submit an additional two grant applications/funding proposals.
- 5. By May 30, 2024, vape detectors and additional surveillance will be installed inside the hot spots of XYZ School.

#### Goal/Objective 4:

By May 30, 2024, the CSH coordinator will improve supports for students facing tobacco, e-cigarette, and vaping addiction by updating protocol, procedures, and contracts, and offering addiction counseling, as measured by 80% of surveyed staff in the impacted school(s) stating that the newly introduced initiative(s) were effective.

- 1. By July 15, 2023, the CSH coordinator will meet with the school-based mental health therapist and the university student majoring in addiction counseling to determine program implementation logistics.
- 2. By July 31, 2023, the CSH coordinator will meet with administration at the preselected school(s) to finalize how addiction counseling and its components will be implemented within the school.
- 3. By September 15, 2023, the CSH coordinator and mental health team will compose student wellness plans that are restorative and punitive plans and present to the school board, juvenile court judge, and director of schools.
- 4. By October 30, 2023, the new protocols, procedures, and contracts will be implemented, and addiction counseling will begin.

**Presenter(s):** Stephanie Scarborough, Julie Brewer, Alexis MacAllister

**Session Title:** Kids & Crashes: Safety Awareness for drivers and occupants (Tip: This area will be included on the new Health Education / Lifetime Wellness Standards!)

#### **Session Description:**

The TN Tech iCube has been involved in safety awareness and education for the past ten years. Programs and resources for k -12 and communities. In the areas of public safety, traffic safety, and addiction education. To increase awareness, reduce personal harm, and build stronger communities.

#### **SMART Goal(s):**

## Goal/Objective 1:

By May 2024, XYZ School District will increase traffic and occupant safety awareness for teens by participating in the Reduce TN Crashes program. Successful implementation will be measured by the number of points earned through featured activities in an attempt to reach gold status.

#### Action Steps:

1. By August 15, 2023, the CSH coordinator will meet with the pre-selected schools' principals or designee to discuss the program and determine dates of implementation.

- 2. By September 15, 2023, a training will be conducted with the schools on the different components used to receive points (Slow Down Signs, Yellow DOT Program, Click it and Ticket).
- 3. Beginning December 15, and quarterly thereafter, the CSH coordinator will monitor school points and levels.
- 4. By May 30, 2024, Reduce TN Crashes and the CSH coordinator will determine how schools ranked based on points and present recognition for Bronze, Silver, Gold at those schools.

## Goal/Objective 2:

By May 1, 2024, XYZ School District will increase 5th grade students' knowledge of traffic, pedestrian, and car safety by 80% as measured by pre and post-tests.

#### Action Steps:

- 1. By August 15, 2023, the CSH coordinator will provide traffic, pedestrian, and car safety lessons, resources, curriculum, and activities to 5<sup>th</sup> grade teachers, at a minimum of one elementary school.
- 2. By September 15, 2024, the CSH coordinator will work with the teachers to develop a timeline for the teachers to teach a minimum of 5 lessons.
- 3. By January 15, 2024, the CSH coordinator will work with Ollie the Otter and the principal at the selected schools to schedule an Ollie the Otter presentation for all 5<sup>th</sup> grade students.
- 4. By April 30, 2024, Ollie the Otter will be presented to 5<sup>th</sup> grade students at the designated schools as a culminating activity.
- 5. By May 15, 2024, students will take the post-test and the CSH coordinator will compare the results to the pre-test.

Presenter(s): Betsy Cashen, Marcella Bianco

**Session Title:** Empowering Families for Youth Vaping Prevention

#### **Session Description:**

Over 2 million youth in America are vaping today. Families may be unaware and/or unprepared to help their child resist when exposed to vaping. Learn how CATCH My Breath, a no-cost, evidence-based youth prevention program consisting of four core health education lessons for students, uses supportive resources to engage families in a holistic approach to prevention.

## **SMART Goal(s):**

Goal/Objective:

By May 2024, XYZ School District will reduce vaping incidents by 25% at a minimum of one school compared to the previous school year's incident report by implementing the Catch My Breath curriculum to educate the students on dangers of youth vaping, plan effective parent engagement strategies, and utilize the program resources.

## Action Steps:

- 1. By August 15, 2023, the teachers in the pre-selected schools who will be implementing the program will review the curriculum through the online education information on the CATCH website and, if needed, CATCH will be contacted to do an on-line training.
- 2. By September 30, 2023, students in the appointed classes will create a <u>catch.org</u> account and enroll in the CATCH My Breath program.
- 3. By January 15, 2024, the teachers will begin implementation of the CATCH My Breath core curriculum.
- 4. By March 1, 2024, the CSH coordinator will access parent and caregiver educational resources, including the Parent Toolkit to distribute and implement at a minimum of two parent engagement activities.

**Presenter(s):** Greg Congleton

**Session Title: Are** your students *HealthSmart*? Using the evidenced based *HealthSmart* K-12 Curriculum

## **Session Description:**

HealthSmart is ETR's comprehensive K–12 health education program for classroom and virtual instruction. HealthSmart gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.

#### SMART Goal(s):

Goal/Objective:

By September 30, 2023, XYZ district will increase students' knowledge of key health concepts by implementing HealthSmart health education program with 90% of students scoring an 80% or higher on tested materials related to the concepts learned.

## Action Steps:

- 1. By July 15, 2023, the CSH coordinator will purchase the HealthSmart materials for the pre-selected school(s).
- 2. By August 30, 2023, the CSH coordinator will provide an overview and details of the program and provide the needed resources/materials for teachers who will be implementing the program.
- 3. By September 15, 2023, the CSH coordinator will deliver materials and resources to the teachers and instruction will begin.
- 4. By September 30, 2023, if the district decides to use the curriculum to cover the Human Growth and Development Standards, the CSH coordinator will schedule an opportunity for the community to review the curriculum
- 5. By March 15, 2024, the CSH Coordinator and health educators will meet to determine which lessons were of the most benefit and analyze which ones best covered the Health & Lifetime Wellness standards

**Presenter(s):** Casie Higginbotham

**Session Title:** Health Literacy and Communication

#### **Session Description:**

When creating messaging around health behaviors, are you contributing to confusion or clarity? This session will explore practical methods for ensuring that your target population is actually receiving actionable information from you.

#### **SMART Goal(s):**

#### Goal/Objective:

By January 1, 2024, 50% of CSH documentation sent to parents will be reviewed using the SMOG Readability Index or The Flesch Reading Ease Formula and 80% of district staff that review the content agree that the information is in an easy-to-understand format.

- **1.** By August 31, 2023, the CSH coordinator will research both the SMOG Readability Index and The Flesch Reading Ease Formula to determine which works best with district CSH resources.
- **2.** By September 30, 2023, the CSH coordinator and CSH assistant will gather all information that the CSH office typically sends home to parents/guardians.
- **3.** By October 31, 2023, review resources with the tools to determine what needs to be re-evaluated to make it more reader friendly.
- **4.** By January 1, 2024, update the resources based on the findings of using the SMOG or Flesch.
- **5.** By May 1, 2024, have any updates made and new resources printed to send home for beginning of new school year.

## **Health Services**

- The Benefits of Immunizations in Schools: How we can help you keep your students healthy and learning
- Let's Take a Closer Look: Insights into Three School District's Health Screening Processes
- School Nurses and Special Education
- Non-Medical Staff & Chronic Health Conditions
- Evaluation of the School Nurse
- TennCare School-Based Nursing Services

Presenter(s): Jeff Lott, Liberty Duke

**Session Title:** The Benefits of Immunizations in Schools: How we can help you keep your students healthy and learning

#### **Session Description:**

Are your district's immunization rates falling behind the state or national average? In this session, learn about how Health Hero Tennessee (HHTN) and their voluntary vaccination program can help raise your district's immunization rates above the national average. Participants will receive information on how a parental opt-in vaccination program focused on the students reduces absenteeism and creates healthy students, faculty, families, and communities.

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Goal/Objective:

By June 30, 2025, XYZ school district will increase by .05% the rate of kindergarten students fully immunized as evidenced by data from the Tennessee Department of Health Kindergarten Immunization report.

## Action Steps:

- 1. By August 1, 2023, CSH will host a planning meeting with HHTN.
- 2. By August 15, 2023, CSH will identify immunization clinic dates and locations.
- 3. By September 15, 2023, CSH will send consent forms home to parents.
- 4. By October 13, 2023, CSH will send consent forms to HHTN.
- 5. By October 31, 2023, CSH will promote clinics to parents/guardians via electronic/paper communication.
- 6. By November 30, 2023, CSH, in partnership with HHTN, will provide school-based immunization clinics at least one school site.
- 7. By May 31, 2024, CSH, in partnership with HHTN, will provide clinics at additional school sites, as needed.

Presenter(s): Amanda Johnson, Mark Bloodworth

**Session Title:** Let's Take a Closer Look: Insights into Three School District's Health Screening Processes

#### **Session Description:**

School Health screenings, from the planning stages to implementation and follow-up, are dependent upon district resources and needs. In this session, CSH coordinators from Arlington Community Schools, Tullahoma City Schools, and Sumner County schools will identify best practices, successes, and resources that have strengthened their screening processes.

#### **SMART Goal(s):**

#### Goal/Objective 1:

By June 30, 2024, XYZ School District will decrease the length of time for parent/guardian notification of referrals after screening completion from 1 month to 2 weeks as evidenced by screening referral documentation.

- 1. By August 15, 2023, CSH will meet with the district lead nurse to discuss the current referral tracking process.
- 2. By September 15, 2023, CSH will work with the district lead nurse to create/update the referral tracking process.
- 3. By October 15, 2023, CSH will train school nurses on the referral tracking process.
- 4. By December 15, 2023, CSH will follow up with the district lead nurses/school nurses to confirm that all referrals have been completed.
- 5. By May 31, 2024, CSH will review referral data to identify referral turnaround time.

#### Goal/Objective 2:

By June 2023, XYZ School District will implement scoliosis screenings during the 2022-23 school year, as evidenced by number of students screened, number of students referred, and number of completed referrals.

#### Action Steps:

- 1. By August 1, 2023, CSH will identify and purchase, if needed, necessary screening equipment.
- 2. By August 31, 2023, CSH, or designated personnel, will train volunteers on the screening process and equipment.
- 3. By September 15, 2023, CSH will perform scoliosis screenings on female students in 5th and 7th grade and all male students in 8th grade in 7 schools.
- 4. By September 30, 2023, CSH will generate a list of students referred.
- 5. By January 31, 2024, CSH will work with the district lead nurse/school nurses to confirm referrals as completed.

**Presenter(s):** Amanda Johnson

**Session Title:** School Nurses and Special Education

#### **Session Description:**

The school nurse has an integral role to play as a member of the special education team in evaluating whether a student has health concerns that are impacting learning and how health barriers to learning might be reduced. In this session, participants will be able to contribute ideas to the upcoming Special Education School Nurse Resource Guide.

#### SMART Goal(s):

Goal/Objective:

By May 31, 2024, XYZ School District will develop a standardized nursing assessment form to be used by the school nurse during IEP evaluation of a student with health-related needs, as evidenced by form(s) developed and 70% of nurses indicating the assessment form is beneficial/useful.

#### Action Steps:

- 1. By September 1, 2023, CSH and lead nurse will review examples of nursing assessment forms.
- 2. By October 1, 2023, CSH and lead nurse will draft example nursing assessment form.
- 3. By October 15, 2023, CSH will receive feedback from district nurses and edit and revise the draft, as needed.
- 4. By November 1, 2023, CSH will share approved document with district school nurses.
- 5. By May 31, 2024, CSH will survey (post) district school nurses to determine if nurse assessment is beneficial/useful and if additional edits should be made for the 2023-24 school year.

**Presenter(s):** Amanda Johnson

Session Title: Non-Medical Staff & Chronic Health Conditions

## **Session Description:**

Chronic health conditions can often cause distress for non-medical school staff, especially if a nurse is not present part or all of the school day. The Chronic Health Conditions Toolkit supports non-medical staff in providing a safe environment for students. During this session, participants will be able to contribute ideas to and explore the revision of the Chronic Health Conditions Toolkit.

#### **SMART Goal(s):**

#### Goal/Objective:

By January 31, 2024, 100% of XYZ school district staff will attend general diabetes training and 80% of staff will report the training was beneficial/useful, as evidenced by post-survey results.

- 1. By September 15, 2023, CSH, or designated personnel, will develop/update general chronic health condition staff training materials and post-survey.
- 2. By October 31, 2023, CSH, or designated personnel, will provide Chronic Health Condition General Staff training to all staff in 8 schools
- 3. By November 15, 2023, CSH will collect post-survey results from staff training.
- 4. By, December 15, 2024, CSH will evaluate survey results to determine increase in knowledge and if training was beneficial/useful and determine need for additional training.
- 5. By May 31,2024, CSH will provide additional staff training, if needed, based on survey results.

Presenter(s): Amanda Johnson

Session Title: Evaluation of the School Nurse

#### **Session Description:**

Evaluation of school nurse practice by school nurses is crucial to promote safe, high quality, competent care for all school children and their school communities. In this session, participants will have an opportunity to provide ideas to and explore content in the upcoming School Nurse Evaluation Toolkit.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 31, 2024, XYZ schools will implement a school nurse evaluation program as evidenced by number of completed evaluation forms and 80% of school nurses finding the evaluation program useful/beneficial to their work.

- 1. By August 31, 2023, CSH, in partnership with district lead nurse, will develop nurse self-evaluation tool.
- 2. By September 30, 2023, CSH, in partner with the district lead nurse, will develop the Registered Nurse Evaluation Tool.
- 3. By October 31, 2023, CSH, in partnership with the district lead nurse, will develop the Licensed Practical Nurse Evaluation Tool.

- 4. By November 30, 2023, CSH and district lead nurse will meet with school nurses to review school nurse evaluation tools, evaluation schedule, and overview of evaluation program.
- 5. By April 30, 2024, CSH will work with district lead nurse to ensure nurses are being evaluated on pre-determined evaluation schedule.
- 6. By May 30, 2024, CSH will track number of nurses that received evaluation during the school year and administer survey to elicit feedback from school nurses.

Presenter(s): Shawn Smith

**Session Title:** TennCare School-Based Nursing Services

## **Session Description:**

Did you know school nursing services are reimbursable and those monies can provide revenue to support the delivery of essential school health services, helping to eliminate or reduce health-related barriers to learning and improve academic achievement. This session will provide an overview of the TennCare billing requirements for school-based nursing services.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 31, 2023, XYZ School district will implement billing and reimbursement for medically necessary covered school-based nursing services as measured by amount of reimbursement.

- 1. By August 31, 2023, CSH will review the TennCare School Nursing Guidelines, the TennCare Billing Manual, and other relevant documents.
- 2. By September 30, 2023, the school district and each individual healthcare provider will register to receive a National Provider Identifier.
- 3. By November 1, 2023, the school district and each individual healthcare provider must register to receive a Medicaid Identification Number.
- 4. By January 31, 2024, the school district and each individual provider will complete credentialing with at least one managed care organization.
- 5. By February 15, 2024, the school district and each individual provider will contract with at least one TennCare managed care organization.

6. By June 30, 2024, the school district will have filed at least one claim for medically necessary covered school-based nursing services.

# Healthy School Environment

- Teaching Conflict Resolution Skills to Reduce School Violence
- Bullying Prevention Strategies
- Planning for Emergency Communications Before the Critical Event or Crisis
- Preparing Your District for Postvention Emergency Response and Recovery
- Survival Buckets for the Classrooms

Presenter(s): Kimberly Daubenspeck

Session Title: Teaching Conflict Resolution Skills to Reduce School Violence

#### **Session Description:**

Have you noticed an increase in behavioral threat assessment Investigations and instances of school violence post pandemic? In this session, participants will learn about concepts of Restorative Practices can teach conflict resolution skills to students. The framework teaches how to build and sustain relationships as well as how to restore relationships when things go wrong.

#### SMART Goal(s):

#### Goal/Objective:

By May 30, 2024, XYZ School District will decrease the number of behavioral threat assessment investigations and violent acts at a minimum of one school by 10% as measured by annual reported incidents compared to the 2022-23 school year.

- 1. By August 15, 2023, the CSH coordinator will meet with the pre-selected schools to schedule training dates for conflict resolution training.
- 2. By September 30, 2023, the CSH coordinator will host the training.
- 3. Beginning November 15, 2023, and monthly thereafter, the CSH coordinator will seek feedback on the progress of the work and troubleshoot challenges and gather data on the number of behavioral threat assessment investigations or violent acts.

4. By May 15, 2024, the CSH Coordinator will compare the 2022-23 data with the 2023-24 data for comparison and continuous improvement.

**Presenter(s):** Kimberly Daubenspeck

**Session Title:** Bullying Prevention Strategies

#### **Session Description:**

In this session, participants will learn about best practices in bullying prevention. This session will include defining bullying, the effects it has on the learning environment and how to prevent and respond to bullying.

#### **SMART Goal(s):**

## Goal/Objective:

By May 15, 2024, XYZ School District will decrease bullying incidents at a minimum of one school by 20% as measured by reported incidents compared to the 2022-23 school year.

#### Action Steps:

- 1. By August 15, 2023, the CSH coordinator will meet with the pre-selected schools to schedule training dates for bullying prevention training.
- 2. By October 15, 2023, the CSH coordinator will train staff and provide resources related to bullying prevention best practices.
- 3. By November 15, 2023, and monthly thereafter, the CSH Coordinator will gather data on the number of bullying investigations in the school year so far.
- 4. By May 15, 2024, the CSH Coordinator will compare the 2022-23 data with the 2023-24 data for comparison and continuous improvement.

**Presenter(s):** Mandy Schneitman

**Session Title:** Planning for Emergency Communications Before the Critical Event or Crisis

**Session Description:** 

School districts face extremely difficult challenges during emergency events to maintain effective and timely communications with all stakeholders including their schools, emergency responders, parents and guardians, media, and many others. CSH Coordinators have roles to help districts with this multi-layered process. Come add "tools for your toolbox" for communications planning and response.

#### **SMART Goal(s):**

#### Goal/Objective:

By September 15, 2023, XYZ School District will increase the number of district and school staff trained in the Communications Annex of their Emergency Operations Plans (EOPs) with 90% of training participants agreeing or strongly agreeing that the training enhanced their knowledge and/or skills.

#### **Action Steps:**

- 1. By July 1, 2023, the CSH coordinator will meet with the School Safety Coordinator and other appropriate members of the school safety team to disseminate communication annex updates and information including resources and tools to incorporate into district and school EOPs.
- 2. By July 15, 2023, the CSH coordinator will meet with local emergency planning committee and other appropriate emergency response stakeholders to ensure updates have been integrated into local communication networks.
- 3. By August 1, 2023, the District EOP changes in their Communications plans will be updated, revised, and shared with school Administrators.
- 4. By August 15, 2023, the CSH coordinator will work with School Safety Coordinator to identify district and school staff to attend EOP Communications Annex training and will secure participation by sharing of training information via invite.
- 5. By September 1, 2023, provide EOP Communications Annex training to all identified district and school staff.

**Presenter(s):** Mandy Schneitman

**Session Title:** Preparing Your District for Postvention Emergency Response and Recovery

## **Session Description:**

CSH Coordinators must be ready to quickly respond and support postvention recovery for their school districts as a School Safety leader and member of their District

Emergency Response Team. We can never be fully ready for these enormous responsibilities whether we are new or veteran educators. In this session we will discuss your role and how you can use this content to update your district procedures.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 30, 2024, 80% of district staff trained on district response or postvention recovery, will state that they feel prepared to offer students, staff, educators, and parents immediate and effective assistance in the aftermath of a school crisis as measured by post-training evaluation.

#### Action Steps:

- 1. By July 30, 2023, the CSH coordinator and other key staff will review the current Emergency Operations Plan (EOP) for their district and will identify 2-5 next steps to update from their response or recovery.
- 2. By August 30, 2023, the CSH coordinator will share the updated procedures during a District Emergency Response Team meeting for review and discussion.
- 3. By October 30, 2023, the district EOP changes in their response or recovery procedures will be updated and revised.
- 4. By December 1, 2023, the district will share changes with school administrators.
- 5. Beginning January 10, 2024, and at least quarterly, the CSH coordinator will ensure that the updated procedures are trained and executed through planned drills or tabletop exercises.

**Presenter(s):** Chastity Homra, Johnathan Reyna

**Session Title:** Survival Buckets for the Classrooms

#### **Session Description:**

In an effort to prepare classrooms for emergencies such as: fires, earthquakes, or shootings Obion County Coordinated School Health partnering with our School Resource Officers prepared "Survival Buckets" for every teacher in the district. The buckets include items such as: fire blankets, first aid kits, gloves and MREs which are beneficial to keep students safe. Participants will gain knowledge of how the buckets are assembled, why these items were selected and how to utilize them during times of need.

## **SMART Goal(s):**

## Goal/Objective:

By January 31, 2024, XYZ School District will improve school safety by equipping all classrooms with "survival buckets", as measured by 80% of surveyed teachers reporting feeling better prepared to handle an emergency situation based on the resources provided.

#### Action Steps:

- 1. By August 30, 2023, the CSH coordinator will meet with the school safety team to discuss the plan on putting the buckets together.
- 2. By September 15, 2023, the CSH coordinator will meet with the Director of Schools to draft a letter to share with the stakeholders.
- 3. By October 15, 2023, the CSH coordinator will contact community resources resources and the stakeholders.
- 4. By November 30, 2023, CSH and the safety team will begin ordering supplies to assemble the buckets.
- 5. By January 31, 2024, CSH will assemble the buckets and pass them out to the schools.

## **Nutrition**

- Reimagining the Scope of Farm to School: Coordinated School Health Farm to School Implementation Toolkit
- Reimbursement to the Max for School Meals
- Wellness Policy Best-Practices Guide and Coordinator Panel
- Nutrition Education without the "Red-Tape": Utilizing 21st Century and LEAP Programs

Presenter(s): Lynsey Paul, Chipper Smith

**Session Title:** Reimagining the Scope of Farm to School: Coordinated School Health Farm to School Implementation Toolkit

## **Session Description:**

This session will examine the three main principles of Farm to School and explore ways that Coordinated School Health can be involved in local Farm to School efforts. By navigating this toolkit current CSH successes will be highlighted, and information will be provided regarding acquiring funding for your Farm to School vision!

#### **SMART Goal(s):**

Goal/Objective:

By July 2023, the CSH Coordinator in XYZ district will work with School Nutrition and UT Extension to increase the amount of locally grown produce used in taste testings by 10%, as measured by School Nutrition procurement orders.

#### **Action Steps:**

- 1. By July 2023, the CSH Coordinator will work with school nutrition to configure a plan for utilizing bucket gardens to provide local produce into the cafeteria.
- 2. By October 2024, the CSH will have met with three community partners alongside school nutrition to identify partnerships for providing local produce at taste testing events.
- 3. By January 2024, the CSH coordinator will have hosted UT Extension for taste testings in all schools.
- 4. By March 2024, CSH Coordinator will utilize the CSH Farm to School Harvest of the Month Calendar to increase Farm to School participation.
- 5. By May 2024, CSH Coordinator will share district successes with TDOE Farm to School Coordinator for recognition.

Presenter(s): Cindy Cooper

Session Title: Reimbursement to the Max for School Meals

#### **Session Description:**

Participants will learn about programs and funding opportunities to increase school meal participation across breakfast, lunch, snacks, and supper. Participants will also have a chance to win Titans swag as part of this session.

#### **SMART Goal(s):**

Goal/Objective:

By June 2024, the CSH coordinator will increase lunch participation by two percent in XYZ School District, as measured by school nutrition reports.

## Action Steps:

- 1. By July 2023, the CSH Staff will share Tennessee Dairy Alliance program and grant opportunities with the School Nutrition Department.
- 2. By December 2023, CSH and School Nutrition staff will review school lunch reports to determine progress on increasing participation for possible mid-year adjustments in strategy.
- 3. By May 2024, CSH and School Nutrition staff will present to local school district leaders on the impact their investments have had on school lunch participation numbers to inquire for more funding.

Presenter(s): Chipper Smith, Carla Warden, Bethany Allen, Gina Byrd

Session Title: Wellness Policy Best-Practices Guide and Coordinator Panel

#### **Session Description:**

This session will showcase wellness policy best-practices from the 2021-2022 school year and provide background information on the purpose, target audience, and requirements for wellness policies. In addition to this best-practices overview, a coordinator panel will be present to share their local experiences working on their district's wellness policy.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 2024, the CSH coordinator will increase awareness of topics included in their district's wellness policy among school administration by five percent in XYZ School District, as measured by beginning and end of year questionnaires with school administration staff.

- 1. By August 15, 2023, the CSH coordinator will meet with a representative from all school administrations to discuss topics included in the wellness policy and collect responses for their beginning of year questionnaire.
- 2. By September 15, 2023, the CSH coordinator will disseminate information to healthy school team leads on topics covered in their wellness policy that affect classrooms.

- 3. By October 15, 2023, the CSH coordinator will distribute informational emails and social media posts for parents to be aware of topics covered in the district wellness policy that affect classrooms.
- 4. By February 15, 2024, the CSH coordinator will have contacted each healthy school team lead to assess implementation levels of topics outlined in the district wellness policy.
- 5. By May 30, 2024, the CSH coordinator will disseminate end of year questionnaires to school administration staff and collect recommendations for resources to increase compliance with the wellness policy.

Presenter(s): Morgan Campey, Kate Galyon, Chipper Smith

**Session Title:** Nutrition Education without the "Red-Tape": Utilizing 21st Century and LEAP Programs

## **Session Description:**

This session will explore the opportunity to implement nutrition activities in out-of-school programming. Content experts will provide ways to utilize LEAP and 21<sup>st</sup> Century funds to acquire nutrition education materials and provide successfully proven nutrition education activities from Loudon County's afterschool program.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 2024, the CSH coordinator will increase percentage of weekly time allocated for nutrition education in afterschool programming by 1 hour in XYZ School District, as measured by beginning and end of year programming time allocation surveys with afterschool staff.

- 1. By August 15, 2023, the CSH coordinator will meet with the extended learning director to discuss nutrition education needs at sites and identify programming solutions.
- 2. By September 15, 2023, the CSH coordinator will disseminate "time allocation surveys" to afterschool site directors for their staff to complete.
- 3. By October 15, 2023, the CSH coordinator and extended learning director will meet with afterschool site directors to allocate acquired nutrition education programming resources.

- 4. By February 15, 2024, the CSH coordinator will have provided or scheduled at least 1 nutrition professional development event at each site for afterschool staff to participate in.
- 5. By May 30, 2024, the CSH coordinator will disseminate post "time allocation surveys" to afterschool site directors and analyze data for changes."

# Physical Education/Physical Activity

- Winning the PACER for Coordinators and Students
- Creating Healthy Active Schools through a Built Environment Approach
- Net Generation: The United States Tennis Association's (USTA) Tennis in Schools Program
- Creative Connections: Teach Math & ELA through Fitness & Play
- See-Hear-Do-Engage: A Framework for Schoolwide Physical Activity Promotion
- B3: Brain, Body, Behavior A Research-Based Approach to Teaching and Learning
- 9 Square in the Air: Building Community one Square at a Time

**Presenter(s):** Heather Piergies

Session Title: Winning the PACER for Coordinators and Students

## **Session Description:**

Demystify the "why" and the "how" of the PACER to win as a coordinator with your data and for your district to support and improve student experiences.

#### SMART Goal(s):

#### Goal/Objective:

By June 2024, the CSH coordinator will incorporate updated supports to increase their PACER reporting volume, as measured by comparison to the previous relevant year's student data file.

- 1. By August 31, 2023, the CSH coordinator will present PACER resources for facilitation in physical education class and for enhanced integration into physical education planning.
- 2. By September 30, 2023, the CSH coordinator will have established a streamlined method for collecting PACER data from educators.

- 3. By January 30, 2024, CSH coordinator/PE Lead will follow up with PE programs for support and to remind them of the determined data submission deadline.
- 4. By May 30, 2024, CSH coordinator/PE Lead will return PACER score reports to individual schools
- 5. By May 30, 2024, CSH coordinator/PE Lead will schedule time to meet with PE staff (in-person or virtually at start of 2024 SY) to discuss the volume of scores documented, results of school-level PACER scores, innovative methods that brought success over the last year, barriers, and how the PE department can make improvements.

Presenter(s): Shannon Velasquez, Kelly Ware

Session Title: Creating Healthy Active Schools through a Built Environment Approach

## **Session Description:**

The design of the places we live, learn, work, play and pray impact our health by either increasing or decreasing opportunities for physical activity and nutrition. This presentation will lay the foundation of design principals for a healthy built environment and empower participants to assess and improve spaces for children.

#### **SMART Goal(s):**

#### Goal/Objective 1:

By May 30, 2024, as part of a multi-year process around improving the built environment at a minimum of one school, the CSH coordinator will complete year one tasks, which include completing an assessment of the built environment and identifying areas for improvement, as measured by assessment data and/or assessment report and completed improvement plan.

- 1. By October 15, 2023, the CSH coordinator will utilize resources on tn.gov/built environment to learn more about healthy design principals.
- 2. By December 15, 2023, the CSH coordinator will collaborate with the regional Healthy Development Coordinator to plan an assessment.
- 3. By February 1, 2024, the CSH coordinator will create parent and student surveys to send home, collecting information on what they would like to see in the school's-built environment.

4. By May 30, 2024, the CSH coordinator will compile results into a report and implementation plan and share with elected officials, school boards, and key community partners.

## Goal/Objective 2:

By May 15, 2024, as part of a multi-year process around improving the built environment at a minimum of one school, during year 1 XYZ School District will increase the community's knowledge about implementing healthy built environments as measured by 80% of those surveyed stating they learned at least two new facts.

#### **Action Steps:**

- 1. By September 30, 2023, will conduct planning meetings with the regional Healthy Development Coordinator to learn more about the Active Living Workshop Process and plan a date and time to host one in the community.
- 2. By December 15, 2023, the CSH coordinator will invite key stakeholders to the workshop, including elected officials, parents, school board members, and other education professionals.
- 3. By March 1, 2024, the CSH coordinator and Healthy Development coordinator will conduct the Active Living Workshop and participants will complete the action plan in the process.
- 4. Beginning March 30, 2024, the CSH coordinator will conduct monthly follow up on the action plan to ensure momentum continues.
- 5. By May 1, 2024, research funding opportunities to implement the action plan and plan follow up meetings as necessary with engaged stakeholders.

## Goal/Objective 3:

By May 15, 2024, as part of a multi-year process around improving the built environment at a minimum of one school, during year 1 XYZ School District will secure funding for implementation of healthy built environments infrastructure changes as measured by approved funding/grant applications.

- 1. By August 1, 2023, the CSH coordinator will sign up for newsletters to monitor funding opportunities as they arise, such as Tennessee Department of Health's "Built Environment + Health Newsletter".
- 2. By October 15, 2023, the CSH coordinator will attend at least one in-person or virtual grant writing workshop.

- 3. By December 15, 2023, the CSH coordinator will write a template grant proposal for the selected project that can be tailored to fit various funding opportunities as they arise.
- 4. By January 15, 2024, the CSH coordinator will meet with and collaborate with members of TDOT's Multimodal Transportation Resources Division and learn about the funding opportunities available to improve active transportation around schools.
- 5. By May 15, 2023, the CSH coordinator will apply for at least 3 funding opportunities, such as the Tennessee Department of Health Healthy Built Environments grant.

Presenter(s): Marissa Kovach

**Session Title:** Net Generation: The United States Tennis Association's (USTA) Tennis in Schools program.

#### **Session Description:**

The USTA with Net Generation is committed to helping teachers introduce Tennis in PE classes and connect to after-school programs. This interactive workshop will sample tennis activities from the turnkey, K-12 lesson plans that were co-created with SHAPE America. Participants will also become familiar with FREE USTA resources (curricula, equipment, etc.) that are available to teachers at no cost.

#### **SMART Goal(s):**

#### Goal/Objective:

By January 15, 2024, XYZ School District will increase opportunities for Moderate to vigorous physical activity (MVPA) at a minimum of one school as measured by report submitted to the CSH coordinator, notes discussed with the group PLC and increase of MVPA by a percentage pre-determined with the teachers.

- 1. By July 1, 2023, the CSH coordinator will survey PE teachers to establish current average time students are MVPA (in increments of 10%) and set a goal for percentage of improvement.
- 2. By July 15, 2023, CSH coordinator will schedule various PD or in-service trainings for teachers related to MVPA, such as USTA TN's Net Generation.

- 3. By January 30, 2024, USTA TN arrives to district on scheduled day to present the material. During the workshop, teachers will sign up to receive the free tennis equipment for their schools.
- 4. By April 1, 2024, CSH meets with PE staff as a PLC to follow-up on the success of program implementation and to share ideas with each other to improve for the next school year.

Presenter(s): Stacy Baugues, Alicia Price

**Session Title:** Creative Connections: Teach Math & ELA through Fitness & Play

#### **Session Description:**

Ignite learning with engaging activities, like Alphabet Relay Race and Geometry Jumps, that connect Math and ELA with fun, physical activities for grades K-8. Learning through movement improves academic outcomes, boosts self-confidence, and strengthens problem-solving skills. This interactive workshop equips educators with active learning resources and easy-to-implement, equipment-free.

## **SMART Goal(s):**

#### Goal/Objective:

By June 15, 2024, the CSH coordinator will increase the percentage of student time spent in moderate to vigorous physical activity (MVPA) at XYZ elementary school by a percentage pre-determined with the teachers/OST staff, as measured by physical educator reports and/or extended learning and afterschool physical activity reports.

- 1. By August 15, 2023, the CSH coordinator will meet with the PE teacher(s) and extended learning director(s) at the pre-selected schools to discuss the program, schedule training dates, determine an average MVPA baseline, and establish a goal for percentage of improvement.
- 2. By September 15, 2023, the CSH coordinator will host a staff training, using the provided presentation materials or optional PowerUp curriculum and training, for educators at the pilot sites.
- 3. By October 1, 2023, the designated schools will begin implementing 3-5 of the new activities daily or begin using curriculum materials.
- 4. By January 15, 2024, PE teachers and/or afterschool staff from the remaining schools will receive the staff training.

- 5. By February 1, 2024, all schools will be implementing 3-5 of the new activities daily or using curriculum materials.
- 6. Beginning February 1, 2024, and each quarter, the lead PE teacher and/or afterschool director will meet with or share physical activity reports with the CSH coordinator.

**Presenter(s):** Marcella Bianco, Betsy Cashen

**Session Title:** See-Hear-Do-Engage: A Framework for Schoolwide Physical Activity Promotion

## **Session Description:**

To help students make the important decision to be physically active, we must provide them with enjoyable experiences and a supportive school environment that teaches healthy behaviors and mindsets. Participants will be introduced to the evidence-based See-Hear-Do-Engage framework by CATCH Global Foundation for schoolwide health and wellness promotion, and adoption.

#### **SMART Goal(s):**

#### Goal/Objective:

By June 1, 2024, XYZ school(s) will successfully utilize the CATCH Coordination kit using the See-Hear-Do-Engage framework to promote physical activity, as measured by 80% of healthy school team members agreeing that the implementation has improved physical activity outcomes.

- 1. By July 1, 2023, the CSH coordinator will create a catch.org account and enroll in CATCH Educators Club.
- 2. By August 1, 2023, the CSH coordinator will sign up for a free 2-week preview of the CATCH Coordination Kit to employ the CATCH See, Hear, Do, Engage framework.
- 3. By August 15, 2023, the CSH coordinator will convene Healthy School Team leaders to create a campus-wide approach to health and wellness promotion and healthy behavior adoption using the CATCH Coordination Kit framework.
- 4. By October 1, 2023, the pre-selected schools will begin implementation.
- 5. Beginning November 1, 2023, and monthly thereafter, the CSH coordinator will collect monthly reports from each Healthy School Team.

Presenter(s): Greg Congleton

**Session Title:** B3: Brain, Body, Behavior - A Research-Based Approach to Teaching and Learning

#### **Session Description:**

B3 activities incorporated into a classroom, gymnasium, or lab, schools can help students in Grades K–6 develop the fundamental motor skills to spark their brains, build their bodies, and improve their behavior to increase academic performance.

## **SMART Goal(s):**

#### Goal/Objective:

By April 1, 2024, XYZ School District will decrease student behavior/disciplinary incidents at schools implementing B3: Brain, Body, Behavior, as measured by 80% of teachers/admin reporting positive program impact related to student focus/self-regulation, and general readiness to learn.

#### Action Steps:

- 1. By July 15, 2023, the CSH coordinator will purchase B3 materials.
- 2. By September 1, 2023, the CSH coordinator will organize a training for teachers to implement B3 with their planning/instruction.
- 3. By November 30, 2023, the CSH coordinator will host a second PD or PLC on progress using B3 with teachers implementing the program.
- 4. By April 1, 2024, the CSH coordinator will assess impact of B3 implementation by surveying participating teachers and administrators, share the results with administration, and will determine if successful if there is a need to purchase the program for additional schools.

**Presenter(s):** Jose Torres, Steve Otey

Session Title: 9 Square in the Air: Building Community one Square at a Time

**Session Description:** 

We want to introduce you to the activity that will bring your students together with smiles, and at the same time, get them up and moving.

#### **SMART Goal(s):**

## Goal/Objective:

By January 15, 2024, XYZ School District will increase opportunities for Moderate to vigorous physical activity (MVPA) at a minimum of one school as measured by report submitted to the CSH coordinator, notes discussed with the group PLC and increase of MVPA by a percentage pre-determined with the teachers.

#### Action Steps:

- 1. By July 1, 2023, the CSH coordinator will survey PE teachers to establish current average time students are involved in MVPA (in increments of 10%) and set a goal for percentage of improvement.
- 2. By July 15, 2023, CSH coordinator will schedule various PD or in-service trainings for teachers related to MVPA, such as "9 Square in the air".
- 3. By January 30, 2024, "9 Square in the air" will facilitate an in-person professional development.
- 4. By April 1, 2024, CSH will meet with PE staff as a PLC to follow-up on the success of program implementation and to share ideas with each other on how to improve for the next school year.

# School Counseling, Psychological, Social Services

- How Move 2 Stand Can Impact Your School's Climate
- Building Asset Rich Youth
- ACEs & Resilience Building
- <u>Data Informed Social and Personal Competence Instruction</u>
- Handle with Care in Tennessee
- After-Math of the Pandemic: One School's Journey to Becoming a Trauma Informed School
- Implementing Youth Mental Health Councils

**Presenter(s):** Louis Michael Lerman

Session Title: TeenCare - A New Mental Health Resource for Schools

**Session Description:** 

TeenCare provides comprehensive mental health care for middle and high school students. Students select their academic/ life coach with unlimited access via virtual, text, or live telephonic sessions 24/7/365. Appointments with mental health professionals are available within the app to scale up care to meet the acuity of need.

#### **SMART Goal(s):**

Goal/Objective:

By March 1, 2024, XYZ School District will increase middle and high school students access to mental health services by 20% as measured by reports from TeenCare.

#### Action Steps:

- 1. By October 1, 2023, CSH coordinator will conduct a survey of district mental health needs/resources for middle/high school students.
- 2. By November 15, 2023, the CSH coordinator will review survey data to identify gaps in access/care.
- 3. By January 15, 2024, the CSH coordinator will meet with stakeholders to create a plan for 24/7/365 access to services.
- 4. By February 1, 2024, the CSH coordinator will promote the service to parents/guardians and students via Remind, email, newsletters, social media, or flyers.

**Presenter(s):** Eric Johnson, Keri Halbert

**Session Title:** How *Move 2 Stand* Can Impact Your School's Climate

#### **Session Description:**

This session provides an overview of the Move 2 Stand program. This program is an interactive youth development and leadership training that is focused on bullying, harassment, and creating a more positive school climate and culture. Move 2 Stand encourages students to be vulnerable and brave, while challenging their attitudes and beliefs to treat each other with kindness and respect.

## **SMART Goal(s):**

Goal/Objective:

By May 30, 2024, 80% of students in the middle and high schools utilizing the *Move 2 Stand* program will state on a survey that the program had a positive impact on bullying prevention in their schools.

#### Action Steps:

- 1. By August 15, 2023, the CSH coordinator will provide a *Move 2 Stand* train the trainer leadership training for staff at the pre-select schools that will be implementing the *Move 2 Stand* program.
- 2. By September 30, 2023, CSH will host a *Move 2 Stand* summit at the participating middle/high schools.
- 3. By October 1, 2023, the CSH coordinator will recruit *Move 2 Stand* club sponsors at the participating schools.
- 4. By November 15, 2023, each participating school will start *Move 2* Stand clubs for students and clubs will meet monthly.
- 5. By May 15, 2024, each *Move 2 Stand* club will host a minimum of three positive school climate enhancing events.

Presenter(s): Terry Davis

**Session Title:** Building Asset Rich Youth

## **Session Description:**

Helping students to understand the importance of protective factors or assets in their lives. This lesson also will help teachers to be able to identify the assets that students have and the lack of assets in their lives. We will also be teaching how to build assets in our lives.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 31, 2024, 80% of youth in classrooms where the *OnPoint* curriculum is being used will report an increase in coping skills as measured by pre- and post-test.

- 1. By August 15, 2023, the CSH coordinator will schedule an in-person or virtual training for personnel who will be teaching the *OnPoint* curriculum at the preselected schools.
- 2. By January 1, 2024, the teachers will develop small groups as directed by the curriculum.
- 3. By January 15, 2023, the teachers will conduct a pre-assessment using the *Life OnPoint* survey with students involved.
- 4. By January 30, 2023, the teachers will begin utilizing the resources of "Let's Talk" boxes and the *OnPoint* brochures to guide discussion in the small groups.
- 5. By May 31, 2024, the teachers will conduct post assessment using the *Life OnPoint* survey to measure the impact of *The Life OnPoint* curriculum with students involved and determine growth.

Presenter(s): Jaime Grammer

Session Title: ACEs & Resilience Building

## **Session Description:**

In this session, participants will build and enhance their foundation of knowledge of trauma-informed care in the context of adverse childhood experiences, resilience, and identify ways to maximize student and family support.

#### **SMART Goal(s):**

Goal/Objective:

By June 2024, XYZ School District will decrease discipline referrals by 25% compared to the number of referrals during the 2022-23 school year, by implementing at least one trauma-informed practice in every school in the district.

- 6. By July 30, 2023, the CSH coordinator will meet with all school leaders to discuss trauma informed practices and how they can be implemented school-wide to improve school climate. (Discipline and Attendance).
- 7. By August 15, 2023, CSH coordinator will pull discipline and attendance reports for 22-23 school year.

- 8. By January 15, 2024, school leaders will report to CSH coordinator which practice they chose to implement and give feedback.
- 9. By June 15, 2024, CSH coordinator will review discipline and attendance reports for 23-24 school year, and discuss results compared to 22-23 data, and get feedback from school leaders.

**Presenter(s):** Forrest Walter, Johanna Montgomery

Session Title: Data Informed Social and Personal Competence Instruction

## **Session Description:**

This session will dive into Social and Personal Competencies as defined by the TN Department of Education and discuss outcomes of explicit instruction based on this model. We will explore Kingsport City Schools' journey to select a curriculum and how they used data in their expansion to tier 1 instruction.

# **SMART Goal(s):**

Goal/Objective:

By May 2024, XYZ School District will incorporate Social and Personal Competencies (SPCs) into class instruction district-wide with 75% of educators reporting implementation helped enhance a healthy school environment.

- 1. By July 15, 20223, the CSH coordinator will identify how Social and Personal Competence instruction can provide improvement in the identified core competencies of CSH.
- 2. By October 1, 2023, the CSH coordinator will provide training to schools on SPCs modules and will review how to best incorporate into daily class instruction.
- 3. By November 1, 2023, the CSH coordinator and other stakeholders will identify specific outcomes measured by the district that are related to this initiative and will develop a plan for improvement based on the findings.
- 4. By December 15, 2023, the CSH coordinator and other involved individuals will share the plan with all schools.
- 5. By January 15, 2024, the plan for incorporating Social and Personal Competencies will be implemented district wide.

**Presenter(s):** Evangeline Watanabe

Session Title: Handle with Care in Tennessee

# **Session Description:**

Handle with Care is currently being implemented across the state of Tennessee. In this course, participants will learn why partnerships between law enforcement and school districts are needed to address the physical, mental, and emotional health of students. Participants will gain insight on how the Handle with Care program and its notification system serve as a catalyst for these collaborations.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 1, 2024, utilization of the Handle with Care program will lead to a 25% reduction in office referrals at schools implementing the program as compared to the 2022-23 school year.

# Action Steps:

- 1. By August 30, 2023, the CSH coordinator will meet with law enforcement leadership and school leadership to schedule training dates.
- 2. By October 30, 2023, the CSH coordinator and the statewide Handle with Care coordinator will conduct Handle with Care trainings for school staff and law enforcement/first responders.
- 3. By April 1, 2024, the CSH coordinator and Handle with Care coordinator will pull data related to utilization of the program, analyze effectiveness, and begin planning for any needed changes for following year.
- 4. By May 1, 2024, the CSH coordinator will request and analyze office referral data to determine if there was a reduction from the previous year.

Presenter(s): Philip Wright, Alice Browder, Amy White

**Session Title:** After-Math of the Pandemic: One School's Journey to Becoming a Trauma Informed School

#### **Session Description:**

Participants will discover practical measures that schools can implement to create an environment where all students (especially those from high trauma backgrounds) can experience success. The six pillars of a trauma informed school will be discussed as well as ways Roosevelt Elementary has adjusted its practices to align with the pillars.

### **SMART Goal(s):**

## Goal/Objective1:

By May 1, 2024, at a minimum of one school, the number of students identified as tier 2 or tier 3 on the RTI2B screener in the fall of 2023 will be reduced by 25%.

# Action Steps:

- 1. By August 20, 2023, all teachers in the designated school(s) will complete the RTI2B screener.
- 2. Beginning September 1, 2023, and monthly thereafter, teachers will meet with administrators and the school support team (counselor, behaviorist, and social worker) to determine individual support needs for students.
- 3. Beginning September 15, 2023, and monthly thereafter, school counselors will hold bi-weekly counseling classes for all students.
- 4. Beginning September 15, 2023, and monthly thereafter, the school counselors will hold small social groups and lunch bunch groups.
- 5. By May 1, 2023, all teachers in the designated school(s) will complete the RTI2B screener and compare results to the beginning of the school year.

**Presenter(s):** Jana Acy, Charlotte Maldonado

**Session Title:** Implementing Youth Mental Health Councils

#### **Session Description:**

This session will highlight the Project AWARE initiative and how it supports the CSH mental health component. Presenters will specifically address the development of youth mental health councils. As an added treat, Lake County's own youth mental health council will be special guest panelists to provide a voice from the youth perspective.

#### **SMART Goal(s):**

Goal/Objective:

By May 1, 2023, XYZ School District will develop youth mental health councils in a minimum of one high school and/or middle school in an effort to increase students' knowledge concerning mental health by 50% as measured by pre- and post-surveys.

#### Action Steps:

- 1. By July 30, 2023, the CSH coordinator will develop expectations and a purpose statement so students and staff can make informed decisions related to participation.
- 2. By August 15, 2023, the CSH coordinator will work with school leadership to secure a school-level sponsor and a location at each school to conduct meetings.
- 3. By October 1, 2023, the CSH coordinator and school-level sponsor will recruit students by advertising within the schools, posting on social media, and hosting a question-and-answer session.
- 4. By December 1, 2023, and monthly thereafter, the councils will conduct meetings.
- 5. By May 1, 2024, each youth mental health council will plan and implement at least three activities/initiatives related to mental health awareness.

# **School Staff Wellness**

Worksite Wellness – How Worksite Vaccination Clinics Can Reduce Faculty and Staff
 Absenteeism

Presenter(s): Jeff Lott, Liberty Duke

**Session Title:** Worksite Wellness – How Worksite Vaccination Clinics Can Reduce Faculty and Staff Absenteeism

#### **Session Description:**

Staff absenteeism has a significant impact on the meaningful instruction hours of students. The ability to reduce preventable illnesses, like Influenza, will reduce the disruptions in instruction and prevent school closures and staff burnout. Our worksite vaccination clinics will promote a healthy school community by reducing staff absenteeism due to illness, reducing cost/economic impacts by decreasing time missed from work, and reducing disruption of teacher instructional plans.

#### **SMART Goal(s):**

Goal/Objective:

By May 31, 2024, increase the number of school staff immunizations by ten percent as measured by immunizations provided at on-site clinics.

# Action Steps:

- 1. By August 1, 2023, CSH will hold a planning meeting with Health Hero Tennessee.
- 2. By August 15, 2023, CSH will secure staff immunization clinic dates and locations.
- 3. By September 15, 2023, CSH will promote staff immunization clinic dates via paper/electronic communication.
- 4. By November 1, 2023, CSH, in partnership with Health Hero Tennessee, will provide staff immunization clinics at all secured locations.
- 5. By April 30, 2024, identify staff immunization clinic locations/sites for 2024-25 school year and communicate those to Health Hero Tennessee for coordination.

# Student, Family, and Community Involvement

- <u>"Expand Your Parenting Toolkit and Help Your Kids Navigate Social Media Challenges" A Parent Evening and Essential Companion to "Navigating Social Media Challenges"</u>
- Addressing Chronic Absenteeism: Back to the Basics
- Student, Family, and Community Involvement in our new normal post pandemic What does that look like?
- Everyone Plays a Role Fireside Chat: Coordinated School Health and Family Resource Center Increase Systems of Support Together

Presenter(s): Judy Rogg

**Session Title:** "Expand Your Parenting Toolkit and Help Your Kids Navigate Social Media Challenges" – A Parent Evening and Essential Companion to "Navigating Social Media Challenges"

# **Session Description:**

This is an essential companion program to "Navigating Social Media Challenges" as parents struggle to keep pace with the onslaught to their kids' social media feeds. This workshop demonstrates a parent evening to inform them about this issue and offer new skills for communicating with their kids about these issues.

#### **SMART Goal(s):**

# Goal/Objective:

By May 31, 2024, XYZ School district will increase parents' knowledge concerning youth social media usage as measured by 80% of parent/guardians indicating they learned one or more new strategies on post assessment as compared to pre assessment data.

### Action Steps:

- By September 15, 2023, the CSH coordinator will schedule an initial Zoom training meeting with Erik's Cause and the staff who will be designated to teach the Navigating Social Media Challenges module.
- 2. By November 15, 2023, the CSH coordinator and trained staff will host the first of four parent evenings at the schools that are participating in the Erik's Cause student program.
- 3. By April 1, 2024, the CSH coordinator and trained staff will host an additional three parent evenings.
- 4. By May 10, 2023, staff will provide feedback to the CSH coordinator at least quarterly. The CSH coordinator will also share feedback with the State's Health Education Coordinator and with Erik's Cause.

Presenter(s): Taylor Rayfield

**Session Title:** Addressing Chronic Absenteeism: Back to the Basics

#### **Session Description:**

Does your district have high chronic absenteeism rates since the pandemic? During this session, participants will walk away with prevention and early intervention strategies to address chronic absenteeism through the Multi-Tiered System of Support (MTSS) framework tailored to support student, family, and community involvement.

#### **SMART Goal(s):**

#### Goal/Objective 1:

By May 2024, XYZ CSH will observe a decrease in districtwide chronic absenteeism by x% as compared to the previous school year.

#### Goal/Objective 2:

By May 2024, XYZ CSH will observe a decrease in x school chronic absenteeism by x% as compared to the previous school year.

## Action Steps:

- 1. By August 1, 2023, the CSH coordinator, in partnership with district attendance team, will identify targeted students who were chronically absent in the previous year and institute a bi-weekly prevention check-in.
- 2. By August 30, 2023, CSH Coordinator will launch districtwide monthly attendance tips to be communicated through all district communication platforms (e.g., social media, text-apps, website).
- 3. By September 30, 2023, CSH Coordinator will work with healthy school teams to launch a student-led attendance awareness campaign.
- 4. Beginning November 1, 2023, and quarterly thereafter, the CSH coordinator, in partnership with district attendance team will evaluate data, prevention, and early intervention strategies and make refinements as necessary.

Presenter(s): Taylor Rayfield

**Session Title:** Student, Family, and Community Involvement in our new normal post pandemic – What does that look like?

## **Session Description:**

Overview: Student, Family, and Community Involvement are paramount now more than ever because of COVID-19. During this session, participants will learn strategies highlighting innovative practices that support effective re-engagement by building an intentional framework.

#### **SMART Goal(s):**

#### Goal/Objective:

By May 2024, XYZ CSH Coordinator, in partnership with district administrators and principals, will improve student, family, and community involvement at targeted schools and with 80% of end of year completed surveys noting agreement in 90% or more of survey questions as compared to beginning of the year survey.

- 1. By August 30, 2023, the CSH coordinator, in partnership with district administrators and school principals, will complete initial plan of action on the improvement of student, family, and community involvement at targeted schools in alignment with school/district improvement plan.
- 2. By September 30, 2023, the CSH coordinator, in partnership with district administrators and school principals will evaluate survey data and identify targeted areas of focus.
- 3. By December 1, 2023, the CSH coordinator will facilitate staff development on strategies responsive to needs that focus on improving student, family, and community involvement to targeted schools.
- 4. By April 15, 2024, the CSH coordinator, in partnership with district administrators and school principals, will release follow-up survey

**Presenter(s): Facilitators:** Taylor Rayfield, Melisa Fuhrmeister **Panelist:** Jessica Hollingsworth, Amy Clenney, Terri Smith, Julie Miller, Johanna Montgomery, Candice Cradic

**Session Title:** Everyone Plays a Role Fireside Chat: Coordinated School Health and Family Resource Center Increase Systems of Support Together

# **Session Description:**

During this fireside chat, participants will hear from Coordinated School Health and Family Resource Center leaders in the field on how they have become intentional partners to advance their district's system of support infrastructure for students, staff, and families. Participants will walk away with strategies and best practices that outline a partnership and how to get started.

# **SMART Goal(s):**

Goal/Objective:

By May 1, 2024, XYZ school district will strengthen non-academic related family engagement outreach by developing and implementing a joint family engagement outreach plan, in which 80% of impacted families state the strategies were beneficial.

- 1. By August 1, 2023, the FRC director and CSH coordinator will meet to assess current family engagement outreach strategies and determine overlaps and gaps and areas for improvement.
- 2. By September 15, 2023, the FRC director and CSH coordinator will finalize a family engagement outreach plan which includes a timeline, responsible parties, target audience, and outreach evaluations.
- 3. By March 15, 2024, the FRC director and CSH coordinator will successfully implement a minimum of 50% of strategies from the plan.
- 4. By May 1, 2024, the FRC director and CSH coordinator will successfully implement a minimum of 80% of strategies from the plan.

# **Multiple Components**

- <u>STEM Resources to Boost Classroom Educational Tools</u> (Nutrition/Physical Activity)
- <u>Making Moves with Health Education</u> (Health Education/Physical Education)
- Advancing Student Health after the Bell Rings: Tennessee Healthy Afterschool Pledge Overview (After School Programming/All Components)

Presenter(s): Cindy Cooper

Session Title: STEM Resources to Boost Classroom Educational Tools

# **Session Description:**

Are you looking for classroom ready resources that align to national STEM standards promoting nutrition and physical activity? This session will provide learning plan resources for topics like Healthy Foods, Healthy Minds, Sustainability Practices, Mind and Body Connections, and many more! In this session, health educators will discuss how they can help CSH coordinators reach the required health standards by sharing their success stories.

#### SMART Goal(s):

Goal/Objective:

By June 2024, the CSH coordinator will pilot one STEM learning plan resource module in one school, as measured by end of year feedback surveys from teachers.

- 1. By August 2023, the CSH Coordinator will share the STEM resource topics with principals and targeted teachers at one school.
- 2. By October 2023, the CSH coordinator will conduct interviews with school leadership to determine which module would be most impactful for classroom teachers.
- 3. By January 2024, pilot teachers will pick one module to implement for the remainder of the 2022-2023 school year.
- 4. By May 2024, teacher feedback will be collected through an end of year feedback survey based on their selected module, and feedback will be shared with Tennessee Dairy Alliance representative.

**Presenter(s):** Erica Ho

**Session Title:** Making Moves with Health Education

# **Session Description:**

Come learn how to design your own easy-to-plan, engaging, and kinesthetic-based health education lessons for your learning space! PE teachers will fit in health efficiently while still meeting all physical activity and PE standard requirements and classroom teachers will implement health instruction in short, active, and engaging daily doses!

#### **SMART Goal(s):**

#### Goal/Objective:

By May 30, 2024, 80% of teachers implementing Quaver Health/PE will agree that the program has been an effective way of adding or supporting health and/or PE standards in their instruction, as measured by teacher surveys.

- 1. By July 31, 2023, connect designated teachers/schools with their Quaver Health/PE accounts.
- 2. By Aug 31, 2023, selected teachers/schools will complete training with Quaver Health/PE.
- 3. By Feb 20, 2024, the CSH coordinator will check in with users on progress and
- 4. By May 30, 2024, CSH will facilitate a survey for program users to collect data as well as connect in-person with the full cohort to discuss successes and future plans for continuation or expansion.

**Presenter(s):** Chipper Smith, Adrienne Hackney

**Session Title:** Advancing Student Health after the Bell Rings: Tennessee Healthy Afterschool Pledge Overview

# **Session Description:**

This session will provide participants with an overview how afterschool sites can enroll in the Tennessee Healthy Afterschool Pledge program. Enrolling in this pledge is the responsibility of local site directors, but coordinators can help support new healthy initiatives in afterschool programming that will be encouraged from this program.

#### **SMART Goal(s):**

# Goal/Objective:

By May 2024, the CSH coordinator will assist in enrolling three district afterschool sites in the Tennessee Healthy Afterschool Pledge in XYZ School District, as measured by Pledge assessments and action plans.

- 1. By August 15, 2023, the CSH coordinator will meet with afterschool site directors to discuss the benefits of enrolling in the Tennessee Healthy Afterschool Pledge program.
- 2. By September 15, 2023, the CSH coordinator assist in scheduling their local health educator to conduct the Tennessee Healthy Afterschool Pledge training with site staff.
- 3. By October 15, 2023, the CSH coordinator will have acquired action plans from all enrolled sites and identified resources to help increase implementation levels of a pledge standard.
- 4. By February 15, 2024, the CSH coordinator will have met with afterschool site directors to determine what needs CSH can help fulfill for healthy afterschool programming.
- 5. By May 30, 2024, the CSH coordinator will document and share out success stories from pledged afterschool sites to share with other sites to encourage enrollment in the summer.

# **Infrastructure**

- Title Funds & CSH
- Healthy Schools Teams and School Health Index Coordinator Panel
- Principles of Persuasion Winning the Approval of District Leadership
- Funding Your Vision: Grant Writing 101
- Professional Development that Works! Hosting a CSH "Mini" Institute
- Simplifying & Streamlining: Putting CSH Online
- Making A Difference in Your School or Community Through Planning

Presenter(s): Andrew Martin

Session Title: Title Funds & CSH

## **Session Description:**

I will outline how to maximize title funds (title 1,2,3 and 4) for CSH purposes. The world of title funding can be confusing, and I will simplify it to help support you and the work you do!

#### **SMART Goal(s):**

# Goal/Objective:

By June 2024, the CSH coordinator will increase CSH supports and programing by 15% by utilizing funds from each title funding category. The increase in programming and funding will be evidenced by comparing CSH programming/activity lists and expenditure reports for the 2023-24 school year and the 2022-23 school year.

- By September 15, 2023, the CSH coordinator, in collaboration with the TLA director, will develop a basic plan for CSH to utilize funds from each title category.
- 2. By October 12, 2023, the CSH coordinator and TLA director will meet with title leads at the designated schools to establish details of the program and how to utilize funds.
- 3. By November 3, 2023, the CSH coordinator will develop and share a draft implementation plan with the TLA director. The plan will support a minimum of 4 of the 8 CSH components and will be developed using input from the TLA director, healthy school teams, and title leads at the designated schools.
- 4. By December 1, 2023, the CSH coordinator will make edits and finalize the implementation plan and share with all parties.

5. By January 3, 2024, the plan for use of funds will be implemented in all designated schools.

**Presenter(s):** Chipper Smith, Kelly Wagner, Mandi Thompson, Daphne Johnson

**Session Title:** Healthy Schools Teams and School Health Index Coordinator Panel

#### **Session Description:**

This session will provide participants with an overview of the purpose of healthy school teams and the school health index. A coordinator panel will include perspectives on different versions of the school health index that are used across the state and sharing of successful strategies to engage healthy school teams.

#### **SMART Goal(s):**

## Goal/Objective:

By May 2024, the CSH coordinator will increase the number of active healthy school teams by three in XYZ School District, as measured by completed school health indexes and meeting minutes.

#### Action Steps:

- 1. By August 15, 2023, the CSH coordinator will meet with all healthy school team leads to discuss expectations and goals for this school year.
- 2. By September 15, 2023, the CSH coordinator will have connected with a principal at each school about their healthy school team's focus for the current year.
- 3. By October 15, 2023, the CSH coordinator will have conducted professional development on the school health index and HST best-practices with all healthy school team members.
- 4. By February 15, 2024, the CSH coordinator will have received all completed school health indexes for the year from healthy school team leads.
- 5. By May 30, 2024, the CSH coordinator will collect and share data results from school health indexes across the district and recognize healthy school team leaders for their hard work.

Presenter(s): Louis Michael Lerman

Session Title: Principles of Persuasion – Winning the Approval of District Leadership

# **Session Description:**

Everyone desires the power to persuade. Whether applying for a grant, a raise, an assistant, your spouse's approval for a new car, or your school board's approval for a new mental health initiative -everyone desires to have more influence in helping sway the decisions of others. You need every advantage on your side. Many of us rose to management positions as a result of our business and technical knowledge – with little education in management or negotiations. The skill sets necessary to sell a concept, present a compelling argument, and win approval are often assumed to be unimportant – until we realize we lack them.

Mike Lerman brings a unique perspective to this dilemma. For 22 years he was a healthcare manager – and was always asking for more resources. For the last 25 years, Mike has been a consultant and healthcare insurance sales manager – selling resources to those in the healthcare field. Having lived and breathed on both sides of that fence, he thoroughly understands the mental and emotional process of persuasion.

Come join Mike as he brings a fresh and humorous perspective to sharing his Principles of Persuasion – Winning the Approval of District Leadership. He adds a surprising twist to make this presentation especially memorable. Mike's style is light-hearted, partnering, and coaching - yet packed with practical information.

#### **SMART Goal(s):**

#### Goal/Objective:

By December 15, 2024, using knowledge and skills from *Principles of Persuasion*, the CSH coordinator will increase access to resources to support CSH initiatives as measured by board/district administrator approval, or approval from a partnering agency.

- 1. By July 15, 2023, after receiving approval from their direct supervisor, the CSH coordinator will determine at least three specific new resources they wish to obtain during the 2023-24 school year.
- 2. By August 1, 2023, the CSH coordinator will prepare at least three proposals in writing and will secure appointments to present these proposals to district leadership, the school board, or a partnering outside agency.
- 3. By November 15, 2023, the CSH coordinator will make at least three presentations soliciting support for the resources.

4. By December 15, 2023, full approval of at least one major request for a new resource will be recognized and noted in meeting minutes.

**Presenter(s):** Sarah Gwinn, Chipper Smith

Session Title: Funding Your Vision: Grant Writing 101

#### **Session Description:**

"Funding Your Vision: Grant Writing 101" will provide a comprehensive overview of how coordinators can leverage external funding from private foundations and corporate giving to fund their important work. The session will present basic grant writing skills along with practical steps on selling your pitch to fund school health programming.

#### **SMART Goal(s):**

## Goal/Objective:

By May 2024, the CSH coordinator will have applied for school garden funding from three external organizations resulting in at least \$10,000 of funding to use in in XYZ School District, as measured by grant applications and award letters.

#### **Action Steps:**

- 1. By August 15, 2023, the CSH coordinator will meet with their district SHAC and identify priority areas of need for school gardening equipment and supplies.
- 2. By September 15, 2023, the CSH coordinator will compose a draft workplan proposal for school gardening including letters of support from school personnel and administration.
- 3. By October 15, 2023, the CSH coordinator will have identified three external organizations to apply for funding from and submitted their proposal.
- 4. By February 15, 2024, the CSH coordinator will have identified other funding sources as backup options to apply for funding from in the event their project is underfunded from external partners.
- 5. By May 30, 2024, the CSH coordinator will share with their local news outlet and district communications team about the upcoming garden project along with their funding amount awarded.

Presenter(s): Shelby Roberts, Karen Slater

**Session Title:** Professional Development that Works! Hosting a CSH "Mini" Institute

# **Session Description:**

Learn how to plan a "Mini Institute" for your district! This session teaches you how to provide Coordinated School Health Component specific PD opportunities for classroom teachers, administrators, PE teachers, and school nurses.

## **SMART Goal(s):**

## Goal/Objective:

By May 2023, CSH will increase the use of physical activity in the classroom at the elementary schools by 20%, as measured by electronic teacher logs submitted to the CSH office each month and compared to what teachers reported the previous year.

# Action Steps:

- 1. By July 15, 2023, the CSH coordinator will create a professional development plan related to physical activity in the classroom.
- 2. By August 15, 2023, CSH will survey elementary school teachers to determine the approximate number of hours they provided physical activity opportunities in their classrooms during the 2022-23 school year.
- 3. By September 1, 2023, the CSH coordinator will host a minimum of one physical activity PD for elementary school teachers via a mini CSH Institute and will provide materials and resources for the teachers to increase physical activity in the classroom.
- 4. By April 15, 2024, the CSH coordinator will provide additional resources and support to elementary school teachers on increasing physical activity via newsletters, social media, email, or in-person PD, a minimum of three times.
- 5. By May 18, 2024, the CSH coordinator will electronically collect monthly physical activity data from elementary classrooms teachers.

Presenter(s): Oscar "Trey" Upchurch

Session Title: Simplifying & Streamlining: Putting CSH Online

**Session Description:** 

How to build processes and add them to an online format that allows faculty and staff to quickly access the materials they need.

## SMART Goal(s):

# Goal/Objective:

By June 2023, the CSH staff will increase faculty and staff access to CSH materials and resources and 80% of faculty and staff will state that they know how to quickly and easily access the materials and resources, as measured by a staff survey sent to all district employees.

## Action Steps:

- 1. By September 15, 2023, the CSH coordinator will meet with all ancillary services that impact CSH and outline which of those services needs procedures created.
- 2. By January 3, 2024, CSH will have finalized the creation of procedures and documents aligned with specific operating principles and begin propagating their new internal website.
- 3. By January 15, 2024, CSH will roll out the finalized website to the admin and other partners for final review.
- 4. By January 30, 2024, the CSH website changes will be live, and the link shared with all district employees via email.
- 5. By March 1, 2024, the CSH coordinator will send a reminder to district employees about the resources available on the website.

**Presenter(s):** Kathy Atwood, Brenda Harper

Session Title: Making A Difference in Your School or Community Through Planning

#### **Session Description:**

This presentation will provide a framework for an organized group, such as a School Health Advisory Committee (SHAC) or County Health Council, to solve a health issue, such as lack of mental health services, obesity, substance misuse, lack of oral health, and lead in drinking water among others, in their community.

#### **SMART Goal(s):**

Goal/Objective:

By June 30, 2024, the CSH coordinator will provide leadership for a community development project that will improve a locally prioritized health issue as evidenced by pre- and post-data.

- 1. By August 1, 2023, the CSH coordinator will hold a meeting with selected community members to identify the prioritized health issue to be the focus of the project and will secure committee participation and committee chairs.
- 2. By November 30, 2023, provide a report, either in writing or in person, to SHAC, county health council, or other community organizations that includes the prioritized health issue, project team members, committees, and goals/objectives.
- 3. By March 30, 2024, coordinator will support committees hosting informational sessions for each respective group of stakeholders to share any possible grant funding identified, along with resources and information on the project.
- 4. By April 15, 2024, provide updated report, either in writing or in person, to SHAC, county health council, or other community organizations that includes progress on goals/objectives along with any additional funding and resources gained.
- 5. By May 15, 2024, the group will meet to analyze impact.