



Database of Exemplar SMART Goals – CSH Institute 2024

Contents

Health Education	2
Health Services	16
Healthy School Environment.....	25
Nutrition	35
Physical Education/Physical Activity	45
School Counseling, Psychological, Social Services	53
School Staff Wellness	68
Student, Family, and Community Involvement	77
Infrastructure	87

Health Education

- [Addressing Vaping through a Multi-Tiered Approach](#)
- [Be SMART for Kids- Saving Lives Through Parent Education About Secure Firearm Storage](#)
- [Empowering Educators: Meeting the New Vehicle Occupant Protection Safety Standards](#)
- [Flipping the Script: Utilizing Positive Social Norms from Tennessee YRBS for Prevention](#)
- [Giving New Life to the Teen Life Maze](#)
- [Life Group Training 101 - Helping Students to Thrive: Using the updated OnPoint Life Curriculum](#)
- [Life on Two Wheels](#)
- [New from EVERFI: Digital Tools to Address Fentanyl and Cannabis in the Classroom](#)
- [Partnering with School Resource Officers for Vaping Prevention Strategies](#)
- [Promoting Healthy Sleep Behavior for High School Students](#)
- [Student Mental Health, Addiction, and Vaping Cessation -A Pilot Program](#)
- [Utilizing County Opioid Abatement Funding for CSH](#)
- [Vaping & Your Mental Health](#)

Presenter(s): Terri Smith, Julie Miller

Session Title: Addressing Vaping through a Multi-Tiered Approach

Session Description:

This session will outline how the Lincoln County CSH Supervisor and FRC Director have worked in partnership with community resources, the LC Juvenile Judge, and LC Youth Services officers to develop and implement a multi-tiered approach to deter the use of student vapes. Students who are discovered to possess and/or use vapes are educated, informed, and held accountable for their actions. This tiered system has helped to decrease usage numbers and improve understanding of the dangers of vaping. Join this session to discover how this approach was built and is now making a difference in student vape usage.

SMART Goal(s):

Goal/Objective:

By May 2024, achieve a 3% reduction in juvenile vaping incidents in schools, measured through a comparative analysis of juvenile court dockets, SRO citations, ISS referrals, and the number of students completing court-ordered anti-vaping education classes.

Action Steps:

1. August 2023, collaborate with juvenile court judge, local health department, Coordinated School Health Supervisor, National Guard Counterdrug Task Force, and local Anti-drug Coalition to establish the most effective ways to combat chronic vape/drug use through preventive education, events, and support.
2. September 2023, review juvenile court dockets and SRO/school disciplinary actions for vaping use for the previous school year.
3. In September 2023, review juvenile court dockets and SRO/school disciplinary actions for vaping use for the previous school year and compile a baseline of the approximate number of students found in violation to aid in establishing preventative plans and education programs.
4. December 2023, continue to support and improve court-ordered or voluntary vaping education and programs for at-risk students and families.
5. March 2024, complete Spring family night presentations at schools, parent conferences, and school staff training. Training will be based on educational relevance and intervention needs as dictated by level of knowledge and most current information.

Presenter(s): Alanna Truss

Session Title: Be SMART for Kids- Saving Lives Through Parent Education About Secure Firearm Storage

Session Description:

Firearms are the leading cause of death for American and Tennessee children. Secure firearm storage is an effective prevention approach to this public health epidemic. Be SMART provides education for parents about the importance of, and strategies for, secure firearm storage, as well as ways to normalize secure storage conversations.

SMART Goal(s):

Goal/Objective:

By May 31, 2025, XYZ School district will increase parents' knowledge about firearm-related deaths and injuries in children, including homicide, suicide and accidental shootings, as well as the role of, and strategies for, secure firearm storage. This will be measured by 80% of parents/guardians demonstrating increased knowledge on a post-presentation assessment.

Action Steps:

1. By October 30, 2024, the CSH coordinator will work with the Be SMART team to schedule a Be SMART presentation and place order for Be SMART postcards.
2. By February 15, 2025, the CSH coordinator will work with identified schools to send home Be SMART postcards to all students and communicate with parents about the upcoming presentation in the 6 weeks leading up to the presentation.
3. By March 31, 2025, the CSH coordinator and Be SMART presenter will host a Be SMART presentation.
4. By May 31, 2025, the CSH coordinator and Be SMART team will review pre- and post-presentation data as well as other feedback from parents and school administrators and consider strategy for expanding to additional schools in 2025/2026.

Presenter: Stephanie Scarborough, Julie Brewer

Session Title: Empowering Educators: Meeting the New Vehicle Occupant Protection Safety Standards

Session Description:

In this presentation, iCube staff will guide Tennessee educators through an insightful exploration of the state's future of traffic safety education. Our goal is to equip educators with valuable information about various programs and resources available free of charge to schools. These resources are designed to assist teachers in meeting the new standards within the classroom setting. The session will begin by highlighting Tennessee's evolving landscape of traffic safety education and the integral role educators play in shaping responsible and informed future drivers. iCube staff will present various innovative programs tailored to engage students effectively while addressing the latest educational standards. The session will conclude with a Q&A segment, allowing educators to seek clarification, share experiences, and explore potential collaborations with iCube. By the end of the presentation, educators will be well-equipped with the knowledge and resources needed to successfully navigate the future of traffic safety education in Tennessee.

SMART Goal(s):

Goal/Objective:

By May 31, 2025, XYZ School District will implement new Health Education and Lifetime Wellness Standards, specifically addressing Traffic Safety topics, in a minimum of one school. The success of this implementation will be measured through periodic

assessments of student comprehension and adherence to the established standards, with the goal of achieving a minimum 80% proficiency rate by the end of the academic year.

Action Steps:

1. By July 31, 2024, review relevant standards and determine when the subject matter will be covered in your academic year. Consider correlating subject matter to local, state and national awareness events (i.e., Teen Driver Safety week, Child Passenger Safety Week, Work Zone Awareness Week, National Night Out Against Crime, National Walk to School Day, etc.).
2. By August 30, 2024, review suggested activities through the TN Highway Safety Office Traffic Safety Education Resource hub website (the Hub).
3. By September 30, 2024, register for any supplemental programs, resources, activities for experiential learning opportunities via the Hub.
4. By May 15, 2025, review and assess student proficiency.
5. By May 31, 2025, Implement the activities and report successes and feedback about the program/activity via the resource hub.

Presenter(s): Chipper Smith

Session Title: Flipping the Script: Utilizing Positive Social Norms from Tennessee YRBS for Prevention

Session Description:

Research shows that students tend to overestimate the amount of their peers partaking in risky behaviors and underestimate the amount of their peers partaking in positive behaviors. To correct that misconception, campuses across the nation have launched positive social norms campaigns to prevent students from misinformed peer pressure. During this session, attendees will explore ways to utilize Tennessee YRBS results to show students how many of their peers partake in healthy choices and also receive social media graphics, posters, and statistics they can use in their own district social norms campaign.

SMART Goal(s):

Goal/Objective:

By January 1st, 2025, the CSH Coordinator will have increased student awareness of positive social norms in middle school students by 15%, as measured by beginning of semester and end of semester student surveys.

Action Steps:

1. By July 15th, 2024, the CSH Coordinator will have planned out targeted social norms messages from statistics provided at Institute for the remainder of the 2024 calendar year and ordered print materials.
2. By August 1st, 2024, the CSH Coordinator will have coordinated with middle school administrators on upcoming social norms themes and beginning of semester survey dissemination.
3. By August 30th 2024, the CSH Coordinator will have dispersed weekly positive social norms statistics to school announcement personnel and placed passive programming throughout the building.
4. By November 30th, 2024, the CSH Coordinator will have conducted 3 tabling events in the lunchroom to share with positive social norms with students.
5. By December 15th, 2024, the CSH Coordinator will have collected end of semester student surveys and presented findings to school administration on student perceptions of social norms.

Presenter: Laura Hudson, Noa Lawson, Karen Saffles-Slater, Tabitha Payne

Session Title: Giving New Life to the Teen Life Maze

Session Description:

Cleveland City Schools and Bradley County Schools Coordinated School Health teamed up with Bradley County Health Department, UT Extension Agency, and other community partners to transform Life Maze and update scenarios to resonate with more probable real-life experiences. Life Maze has been described as a life-size game board to help teens see firsthand the consequence of life choices. Volunteers interact with teen participants in a fun and creative way to convey important and vital information about a variety of health and educational issues. Life Maze educates teens about the consequences of life choices before they must make those choices. It is a fun life-size interactive event. The aim for Bradley County and Cleveland City this year was to include more realistic scenarios, using the Life Maze model and incorporating UT Extension's On My Own curriculum. On My Own is a fun and engaging financial education simulation for junior and senior high youth. Students imagine that they are adults with the responsibility of being the major income provider for a household that may include a

spouse and/or children. Using a hypothetical occupation and income, participants work through a month of household purchases including housing, utilities, transportation, insurance, food, childcare, clothing, entertainment, and unexpected expenses. This financial piece was part of the walk-through of the maze and not a stand-alone education program. The two worked well together, and the students gained a greater understanding about choosing healthy behaviors and the "cost" of Life.

SMART Goal(s):

Goal/Objective:

By April 30, 2025, the CSH coordinator will organize the Teen Life Maze for high school students, aiming for a 20% improvement in knowledge and positive behavioral changes related to life choices as measured by pre- and post-event assessments.

Action Steps:

1. By September 01, 2024, the CSH coordinator will meet with community partners to develop an implementation plan for the project.
2. By October 31, 2024, the CSH coordinator and partners will meet with school staff at the designated schools to establish details of the program including a spring date.
3. By December 20, 2024, the coordinator and partners will write and review scenarios for students to participate in the Teen Life Maze.
4. By January 30, 2025, the coordinator and partners will connect with other community partners to gain volunteers and other donations for the project.
5. By April 30, 2025, the coordinator and partners will implement the project and assess the participation using an exit survey.

Presenter(s): Terry Davis

Session Title: Life Group Training 101 - Helping Students to Thrive: Using the updated OnPoint Life Curriculum

Session Description:

This session will cover updates that OnPoint has made to their Life curriculum. Topics covered will include new data, overview of new activities and lessons, and updated language that relates better to students. The Life curriculum is designed for small groups and helps prepare students to address challenges that they face.

SMART Goal(s):

Goal/Objective 1:

By June 1, 2025, the CSH coordinator will facilitate implementation of the updated OnPoint Life curriculum in small group settings. The aim is to achieve a minimum 15% improvement in targeted student outcomes regarding their ability to address challenges. Regular assessments and feedback will gauge the program's impact on student growth.

Action Steps:

1. By August 1, 2024, the CSH coordinator will purchase the curriculum and materials needed for implementation.
2. By August 15, 2024, the CSH coordinator will develop regular feedback mechanisms, including surveys and focus groups, to gather insights from both educators and students about the effectiveness of the updated curriculum and will use this feedback to make necessary adjustments for continuous improvement throughout the school year.
3. By September 1, 2024, the CSH coordinator will host training sessions for participating educators to familiarize them with the updated curriculum, emphasizing effective delivery strategies and highlighting the changes in activities, lessons, and language.
4. By October 1, 2024, participating educators will begin implementation of the curriculum.
5. By December 15, 2024, and May 15, 2025, the CSH coordinator will analyze data and feedback, making necessary adjustments and providing additional support and training as needed for the effective implementation of the OnPoint Life curriculum.

Presenter(s): Mandi Thompson

Session Title: Life on Two Wheels

Session Description:

Exploring ways to teach bike safety and cycling as a lifelong skill to promote healthy living using the updated state standards for health education.

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ district will enhance student knowledge of bike safety and promote cycling as a lifelong skill for healthy living, achieving a 20% increase in understanding through the implementation of a district-specific bike curriculum, as measured by a pre- and post-assessment knowledge test.

Action Steps:

1. By August 1, 2024, the CSH coordinator will review state and national standards to share with schools and communicate the updates.
2. By November 15, 2024, the CSH coordinator will secure or develop a bike safety and cycling as a lifelong skill curriculum and create the pre- and post-tests.
3. By December 15, 2024, the CSH coordinator will distribute the curriculum, materials, and pre- and post-tests to teachers who will be implementing the program.
4. By January 15, 2025, lessons will begin.
5. By May 15, 2025, the CSH coordinator will analyze the data from the pre- and post-tests and will survey teachers on the success of the program.

Presenter(s): Carmen Gross, Jess Richter Estridge

Session Title: New from EVERFI: Digital Tools to Address Fentanyl and Cannabis in the Classroom

Session Description:

Looking for relevant, up to date prevention education materials for students? Join EVERFI to learn more about their partnership with the Truth Initiative, and how their newly updated resources are bringing education on fentanyl and cannabis to schools across Tennessee at NO COST. Attendees will leave with access to EVERFI's digital materials, lesson plans, and additional tools for addressing these important topics in the classroom.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ School District will increase student's knowledge of key prevention health concepts by implementing EVERFI's Digital Health & Wellness programs with 90% of the students scoring a 70% or higher on each end of lesson module taken.

Action Steps:

1. By July 1, 2024, the CSH coordinator will register their account on the EVERFI platform.
2. By August 30, 2024, the CSH coordinator will provide teachers an overview (or schedule an EVERFI-facilitated overview session) with details of the EVERFI Health & Wellness programs, including all resources and materials necessary to register their EVERFI accounts and get started.
3. By September 30, 2024, teachers who are implementing EVERFI should have started at least one lesson on one of the Health & Wellness courses with students.
4. By January 30, 2025, CSH coordinator will meet with EVERFI to go over Mid-Year Usage Data, monitor how implementation is going, and decide if additional teacher trainings are needed.
5. By June 30, 2025, CSH coordinator will meet with EVERFI for End of Year Usage Data Review, provide feedback on the resources, and decide what the implementation plan will look like next year.

Presenter(s): Jeff Hicks

Session Title: Partnering with School Resource Officers for Vaping Prevention Strategies

Session Description:

Vaping among students has become a growing issue in schools across Tennessee. Many campuses across our state have full-time school resource officers and topics covered will help develop prevention strategies with them for the students, parents, and your community.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, the school district will successfully implement a comprehensive vaping prevention initiative, engaging key community stakeholders and collaborating with full-time school resource officers, with the goal of achieving a 25% reduction in reported vaping incidents compared to the previous academic year.

Action Steps:

1. By January 30, 2024, the CSH coordinator will have identified key stakeholders for the vaping prevention team. These members may include but are not limited to the following: School Administrators, SROs, Counselors, Student Representatives, Parent Representatives, Mental Health/Substance Abuse contracted services, District Attorney's Office and Juvenile Court representatives.
2. By February 29, 2024, the CSH coordinator will survey vaping prevention team members.
3. By March 31, 2024, through the guidance of the CSH coordinator and the Vaping Prevention Team, the key findings from the team survey will be identified and develop next steps.
4. By April 30, 2024, the vaping prevention team will conduct their inaugural monthly or quarterly meeting.
5. By May 31, 2024, a vaping prevention implementation action plan will be finalized and signed by all team members for the 2024-25 school year.

Presenter(s): Porsche McGee, Dr. Bethany Wrye

Session Title: Promoting Healthy Sleep Behavior for High School Students

Session Description:

This session will provide information on the importance of sleep, current recommendations for sleep, implications of poor sleep qualities, and strategies to help promote better sleep in high school students. Attendees will leave with multiple ideas they can implement in their schools.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ School District will implement a program to promote healthy sleep among high school students, incorporating education on the importance of sleep, sleep recommendations, best practice sleep practices, and tools, with success measured through pre- and post-program surveys aiming for a minimum 30% positive change in students' knowledge and adherence to suggested sleep practices.

Action Steps:

1. By August 15, 2024, the CSH coordinator and lifetime wellness teachers will collaborate to develop and integrate a comprehensive module on sleep progression into the high school health and wellness curriculum.
2. By August 30, the CSH coordinator will acquire and distribute any tools and resources needed for the program to wellness teachers.
3. By September 15, 2024, informational materials, such as posters, flyers, and pamphlets, will be distributed in the pre-selected pilot school(s) to raise student awareness of sleep statistics and the upcoming curriculum updates.
4. By October 1, 2024, the wellness teachers will begin lessons on Sleep Progression.
5. By May 15, 2025, the teachers will share pre- and post-evaluation data with the CSH coordinator, and the coordinator will evaluate data.

Presenter(s): Melinda McCartt

Session Title: Student Mental Health, Addiction, and Vaping Cessation -A Pilot Program

Session Description:

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

SMART Goal(s):

Goal/Objective 1:

By May 30, 2025, 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, 2024, the CSH coordinator will meet with the local drug coalition and juvenile court partners to establish a protocol for tobacco and vaping infractions.
2. By August 15, 2024, 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.

4. Every quarter, the CSH coordinator will examine juvenile court and discipline referrals to evaluate whether incidents have decreased and determine if additional resources and educational opportunities are necessary.

Goal/Objective 2:

By May 30, 2025, the CSH coordinator will partner with their local drug coalition to increase suspicion/random-based drug screening services by 10% or more, as compared to and measured by the 2023-24 drug screening data for the middle and high schools.

Action Steps:

1. By July 1, 2024, the CSH coordinator will collaborate with the local drug coalition director to determine the number of suspicion/random-based drug screens that were performed in the district for the 2023-24 school year.
2. By July 15, 2024, the CSH coordinator will meet with the local 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, 2024, 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 2024-25 school year to deter and decrease vaping, E-cigs and substance abuse on campus.
4. By August 15, 2024, and as needed, drug screening will begin.
5. By September 15, 2024, 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 30, 2025, the CSH coordinator will improve support 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, 2024, 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, 2024, the CSH coordinator will meet with the administration at the preselected school(s) to finalize how addiction counseling and its components will be implemented within the school.

3. By September 15, 2024, 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, 2024, the new protocols, procedures, and contracts will be implemented, and addiction counseling will begin.

Presenter(s): Chipper Smith

Session Title: Utilizing County Opioid Abatement Funding for CSH

Session Description:

Beginning in the spring of 2023 through the year 2038, every county mayor in Tennessee will receive funding from the state of Tennessee that is able to be used to implement substance use prevention through education within school districts. With this in mind, Coordinated School Health is in the prime position to utilize these funds to purchase updated health and wellness curriculum that includes modern-day, evidence-based, and cutting-edge strategies for substance use prevention. During this session, attendees will explore ways to partner with their county mayor's office to utilize these funds for new school-based prevention strategies, as well as hear examples of how other counties across Tennessee have invested in CSH prevention efforts receive social media graphics, posters, and statistics they can use in their own district social norms campaign.

SMART Goal(s):

Goal/Objective: By May 1st, 2025, the CSH Coordinator will have increased high school student knowledge on social resistance skills for substance use by 20% at a pilot school, as measured by beginning and end of semester surveys of lifetime wellness students.

Action Steps:

1. By September 30th, 2024, the CSH Coordinator will have submitted a formal proposal and budget on acquiring new evidence-based curriculum with county opioid abatement funds.
2. By December 1st, 2024, the CSH Coordinator will have acquired sample curriculum and trained the pilot high school's wellness teacher for next semester on curriculum.
3. By January 31st, 2025, the CSH Coordinator will have acquired beginning of semester student survey results.
4. By May 1st, 2025, the CSH Coordinator will have acquired end of semester student survey results.

5. By June 1st, 2025, the CSH Coordinator will have analyzed survey results from the pilot high school and proposed a district-wide expansion in all high schools for the new evidence-based substance use prevention curriculum in SY 25-26.

Presenter(s): Megan Sills, Robyn Hatler

Session Title: Vaping & Your Mental Health

Session Description:

This presentation is intended to help the audience gain in-depth knowledge about the public health problem of tobacco and vape use, nicotine addiction, and novel new products and modified risk tobacco products. Additionally, resources for parents and educators will be provided. The training is designed for health educators and community partners. This presentation addresses the common misconception that vaping can help promote relaxation and stress relief. This session provides the facts about the dangers vaping can have on mental health. It incorporates interactive activities that demonstrate healthy coping mechanisms to teach participants how to overcome daily stress.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, the CSH coordinator will strengthen the XYZ School District's tobacco-free policy as measured by incorporation of at least one (1) supportive disciplinary procedure or cessation service for students facing tobacco and e-cigarette addiction.

Action Steps:

1. By August 15, 2024, the CSH coordinator will review the current school tobacco free policy to determine if it is a universal policy that incorporates supportive disciplinary procedures (e.g. counseling, INDEPTH and NOT curriculum, referral to cessation programs, etc.)
2. By September 15, 2024, the CSH coordinator will establish a committee comprised of youth council members, public health professionals, coalition members and teachers to discuss the changes that need to be made to strengthen the policy.
3. By October 15, 2024, the committee will engage and when requested, meet with the administrative staff to share the benefits of tobacco-free campus, encourage adoption of comprehensive tobacco-free policy in an effort to reduce the use of e-cigarettes and emerging tobacco products.

4. By February 28, 2025, the committee will engage and when requested, present to the school board to educate stakeholders and decision-makers on the benefits of a 100% universal school policy to reduce the use of e-cigarettes and emerging tobacco products.
5. By June 30, 2025, engage school board to enhance school policy to be fully comprehensive to prohibit use of all tobacco products including emerging products like e-cigarettes without carveouts for people, places and times, and that incorporates alternative disciplinary procedures using the Public Health Law Center's policy as a model.

Health Services

- [Health Screenings 101](#)
- [Health Services Data is Powerful: Using Data to Improve Student Health and Promote Change at the District Level](#)
- [Meeting the Health Needs of Students while on Field Trips](#)
- [Potential Barriers to Student Enrollment](#)
- [Providing Health Care for Uninsured Students at School](#)
- [Reimbursement Billing for Caring and Healing](#)
- [School-Based and School-Linked Clinics 101](#)
- [Section 504 and IDEA: Distinctions, Requirements, and Responsibilities](#)
- [Tennessee Safe Stars Act & Health Services: Working Together to Save Lives & Prevent Injuries](#)
- [The Next Generation: Clinic Nurses Training CCTE Health Science Clinical Internship Students](#)

Presenter(s): Bethany Allen, Shelby Roberts, Emily Mathews

Session Title: Health Screenings 101

Session Description:

Join the Health Screenings Town Hall with your questions ready. Presenters will be prepared to provide information on health screenings in their district which will include best practices, screening preparation, referrals, successes, setbacks, etc. Come to the session with your questions ready to be answered!

SMART Goal(s):

Goal/Objective:

By 6/30/2025, XYZ school district will send 100% of screening results home by utilizing the Student Health Report that can be created with the health screening spreadsheet as measured by the number of Student Health Reports sent home during the 23-24 school year.

Action Steps:

1. By August 1, 2024, CSH will meet with the district lead nurse to discuss the current referral process.
2. By September 15, 2024, CSH will work with the district lead nurse to utilize the Student Health Reports by inputting data into the health screening spreadsheet.
3. By October 15, 2024, CSH will train school nurses on the Student Health Reports and how to print them for students.
4. By December 15, 2024, CSH will follow up with the district lead nurse/school nurses to confirm that all referrals have been completed.
5. By February 15, 2025, CSH will follow up with schools on the outcomes of the referrals.

Presenter(s): Diane Copas, Lisa Raines, Amanda Johnson

Session Title: Health Services Data is Powerful: Using Data to Improve Student Health and Promote Change at the District Level

Session Description:

School nurses collect certain data points throughout the year for the annual Health Services Survey but sharing data locally is necessary to make changes to district policies and the school environment. During this session, participants will examine school nursing trends in Tennessee public schools from the 2022-23 Annual School Health Services Report, understand the value of student health data, and receive two different examples of how practicing school district lead nurses used their end-of-year data to create change.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ School District will share at least 5 identified data points from the 2024-25 health services survey with at least one local key stakeholder (local school board, director of schools, principal(s)/admin, supervisor(s), as evidenced by feedback from stakeholder(s).

Action Steps:

1. By August 30, 2024, CSH, in partnership with the district lead nurse, will identify a schedule to share (monthly/bi-monthly quarterly) health services data reports with identified key local stakeholder(s).
2. By October 31, 2024, CSH, in partnership with the district lead nurse, will create a graphic to share health services data with stakeholders.
3. By December 15, 2024, CSH, in partnership with the district lead nurse, will create a survey to identify any changes that should be made to the health services survey data sharing process.
4. By April 30, 2025, CSH, in partnership with district lead nurse, will review survey results and make revisions to the process for the 2025-26 school year.
5. By June 30, 2025, CSH, in partnership with district lead nurse, will schedule a date to present at a school board meeting to share health services survey data points and the role of the school nurse during the 2024-25 school year.

Presenter(s): Amanda Johnson

Session Title: Meeting the Health Needs of Students while on Field Trips

Session Description:

School-sponsored field trips are designed to enhance the educational experience of students and require planning and special considerations, especially related to the health needs of students. Standards for safe medication administration, the provision of health care services, including delegated nursing acts and registered nurse supervision, do not change when students are on field trips sponsored by their school districts. A Field Trip Toolkit has been created to assist school districts in establishing or reviewing policies and practices. During this session, participants will have an opportunity to provide ideas to and explore content in the upcoming Toolkit.

SMART Goal(s):

Goal/objective: By June 1, 2025, XYZ School District will create a field trip protocol/procedure, as evidenced by creation of protocol and 80% of school nurses indicating that the implemented protocol is beneficial/helpful to their work and addressing the healthcare needs of students on field trips.

Action Steps:

1. By September 1, 2024, CSH, in partnership with the district lead nurse, will review the department's Field Trip Guidance.
2. By November 1, 2024, CSH, in partnership with the district lead nurse, will draft a field trip protocol/procedure and obtain any necessary approvals from leadership/board attorney.
3. By January 31, 2025, CSH, in partnership with the district lead nurse, will share the final version of the field trip protocol/procedure with school nurses and other necessary school staff and provide technical assistance and/or training to the school nurses (and others, if needed) on the field trip protocol/procedure.
4. By May 1, 2025, CSH, in partnership with the district lead nurse, will administer a post-survey to the school nurses to determine if the field trip protocol/procedure is beneficial/helpful.

Presenter(s): Joann Runion, Vanessa Waters

Session Title: Potential Barriers to Student Enrollment

Session Description:

During this session, a brief overview on the potential barriers to enrollment for students such as McKinney Vento, Immigrant, Migrants, and English learners will be provided. Birth certificates, social security numbers, and immunization requirements will be discussed in this session. Guidance will be shared to help enrollment procedures for these student groups.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will increase staff knowledge and skill related to the district enrollment policies, protocols, and procedures for enrolling immigrant/migrant, homeless, and English learner students as measured by 80% of impacted staff increasing their scores on pre- and post-training evaluations.

Action Steps:

1. By August 30, 2024, CSH will survey district staff via a needs assessment to identify strengths and weaknesses in the enrollment process and identify potential barriers to enrollment for student groups (MV, immigrant/migrant, English learners).

2. By October 31, 2024, CSH, in partnership with district leadership, the district homeless liaison, and other identified necessary individuals, will review and update the district's enrollment protocols and procedures – ensuring student groups (MV, immigrant/migrant, English learners) are considered.
3. By November 30, 2024, in partnership with the district lead nurse, homeless liaison, and others involved in reviewing the Tennessee Department of Health immunization certificate for enrollment, will identify barriers and potential areas for improvement in the immunization review process.
4. By November 30, 2024, CSH, CSH, in partnership with district leadership, the district homeless liaison, the lead nurse, and other identified necessary individuals will train school nurses and others involved in the immunization review process (secretaries, admin, etc.) on the updated immunization review process and administer post-evaluation.
5. By January 31, 2025, CSH, in partnership with district leadership, the district homeless liaison, and other identified necessary individuals, will train staff on the enrollment process and potential barriers to enrollment and administer post-evaluation.

Presenter(s): Cathy Jennings, Marisa Moyers, Ingrid Seymour

Session Title: Providing Health Care for Uninsured Students at School

Session Description:

Hamilton County Schools is piloting a program to provide free health care for uninsured elementary aged students utilizing a nurse practitioner in their school clinic to reduce chronic absenteeism.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will open a school-based health clinic at a district (elementary or secondary) school staffed with a nurse practitioner to provide free health/sick care for students enrolled at the school as measured by a clinic opening date, number of completed health clinic consent forms, and number of visits to the clinic.

Action Steps:

1. By September 15, 2024, CSH will collaborate with district HR to create a position for a Nurse Practitioner, develop work schedule, and create appropriate protocols/procedures for the position.
2. By October 15, 2024, CSH will secure medical oversight of clinic and complete the appropriate district contractual agreement for services.
3. By November 15, 2024, CSH will procure clinic equipment and supplies and secure CLIA waiver for lab tests.
4. By November 30, 2024, CSH will develop a student consent to treat and secure approval by district attorney and risk management.
5. By February 15, 2025, CSH will develop a marketing plan to promote the clinic to students and families utilizing flyers, social media, car rider pick up tags, etc.

Presenter(s): Marsha Polson, Kathryn Price, Ashley Deatherage

Session Title: Reimbursement Billing for Caring and Healing

Session Description: This session will focus on billing reimbursement being utilized by school districts to receive funding from services provided through the nursing department. This panel will focus on how to set up the billing process as well as requirements for billing for health services being provided to students daily.

SMART Goal(s):

Goal/Objective: By May 31, 2025, XYZ school district will implement billing and reimbursement for medically necessary covered school-based nursing services as measured by amount of reimbursement.

Action Steps:

1. By August 31, 2024, CSH will review the TennCare School Nursing Guidelines, the TennCare Billing Manual, and other relevant documents.
2. By September 30, 2024, the school district and each individual health care provider will register to receive a National Provider Identifier.
3. By November 1, 2024, the school district and each individual health care provider must register to receive a Medicaid Identification Number.
4. By February 15, 2025, the school district and each individual provider will complete credentialing and contracting with at least one managed care organization.
5. By June 30, 2025, the school district will file at least one claim for medically necessary covered school-based nursing services.

Presenter(s): Lisa Wagoner, Cristy Layman, Kayla Mills, Donna Moore

Session Title: School-Based and School-Linked Clinics 101

Session Description:

During this session, three school districts will share an overview of their clinics to include the continuation of the program. Panelists will also discuss the set-backs and barriers as well as the positive impact for staff and students.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will establish at least one school health clinic (school-based or school-linked) as measured by clinic opening date and number of clinic visits during the 2024-25 school year.

Action Steps:

1. By September 30, 2024, CSH will finalize coordination of services between partnering health care organization, including finalizing contract/MOU.
2. By November 1, 2024, CSH, in conjunction with the district's health services program and partnering healthcare organization, will develop and/or implement policies and procedures for the operation of the school health clinic and train school nurses on the policies/procedures.
3. By December 31, 2024, CSH will promote the clinic and services offered through websites, social media, and other marketing networks.
4. By January 15, 2025, the clinic(s) will begin offering services to target population(s).
5. By February 28, 2025, and ongoing until the end of the school year, CSH will monitor and evaluate the effectiveness of the clinic on a monthly basis and will discuss successes and/or changes/adjustments with stakeholders (including school admin and school board) and communicate to the students and staff, as needed.

Presenter(s): April Ebbinger, Courtney Boykin, Josselyne Blackard

Session Title: Section 504 and IDEA: Distinctions, Requirements, and Responsibilities

Session Description:

This session will cover the legal requirements under Section 504 and IDEA including how 504 and IDEA compare and contrast. This session will walk participants through the referral, evaluation, and eligibility processes of Section 504 and respond to hot topics such as special diets, IHPs, and homebound.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will increase staff knowledge and skill related to the district Section 504 policies and procedure as measured by 80% of impacted staff increasing their scores on pre- and post-training evaluations.

Action Steps:

1. By September 30, 2024, CSH, in partnership with district leadership, the district 504 coordinator, and other identified necessary individuals, will review and update the 504 policies, protocols, and procedures.
2. By October 15, 2024, CSH will develop a training schedule for all schools.
3. By November 30, 2024, CSH, in partnership with the district 504 coordinator, will develop a training evaluation to assess the knowledge and skills of participants.
4. By March 31, 2025, CSH, in partnership with district leadership, the district 504 coordinator, the lead nurse, and other identified necessary individuals will train school nurses and school-level 504 coordinator(s), school-level administrators and other identified staff, on the 504 process, including information on the school nurses role for students with health related needs, and administer post-evaluation.
5. By May 31, 2025, each month during the school year, the district-level 504 coordinator will share data from TN PULSE related to 504 referrals, eligibilities, and service plans to school/district admin, school.

Presenter(s): Terrence Love, Alex Diamond, Angel Carter, Becky Miller, Joe Blair

Session Title: Tennessee Safe Stars Act & Health Services: Working Together to Save Lives & Prevent Injuries

Session Description:

Learn how schools can use existing resources to meet and exceed the health services related requirements of the Tennessee Safe Stars Act. Subject matter experts from the

Department of Health, TSSAA, Vanderbilt Sports Medicine, and Project ADAM will provide information about the health services related components of the law, including emergency action planning (and rehearsal), AED/CPR training requirements, sudden cardiac arrest resources, concussion protocol (return to learn/return to play) and information on the allergy/anaphylaxis emergency response plans for school youth athletic activities. Best practices, resources and training materials will be shared and participants will learn how to apply for recognition from the Tennessee Department of Health for documentation of their Safe Stars Act compliance and how to receive free AEDs as part of that recognition.

SMART Goal(s):

Goal/Objective:

By May 31, 2025, XYZ school district will achieve SILVER level recognition from the Tennessee Department of Health Safe Stars Initiative for 80% of schools.

Action Steps:

1. By August 31, 2024, CSH, head of the athletics program, lead nurse and other identified individuals will meet to identify health related and other areas of the Safe Stars law that are not being met, identify criteria/standards for SILVER recognition, and outline a plan.
2. By September 31, 2024, CSH, in partnership with other appropriate parties, will create or revise an allergy and anaphylaxis emergency response plan for school youth athletic activities to include identification of signs/symptoms of allergic reactions, including severe allergic reactions and anaphylaxis, information relating to storage, location, use, and administration of epinephrine auto-injectors and emergency follow-up procedures.
3. By October 15, 2024, CSH, in partnership with the head of the athletics program, lead nurse and other identified individuals, will create an emergency action plan that facilitates, organizes and provides for the rehearsal of the actions of coaches and athletes in an emergency.
4. By October 31, 2024, CSH will ensure there is an AED available at every practice and every hosted game.
5. By April 30, 2025, CSH, in partnership with the head of the athletics program, lead nurse and other identified individuals, will ensure all requirements have been met and apply for Silver Level Recognition through the Safe Stars website.

Presenter(s): Sara Whitfield

Session Title: The Next Generation: Clinic Nurses Training CCTE Health Science Clinical Internship Students

Session Description:

Williamson County Schools Coordinated School Health partnered with Health Services and the CTE Clinical Internship course to provide an opportunity for senior level students in the Medical Science Pathway to learn from school nurses in several elementary schools.

SMART Goal(s):

Goal/Objective:

By May 22, 2025, CSH and the Health Services department will pilot a work-based learning program in school health clinics with participating students indicating their knowledge and skills increased as a result of the program, as measured by post-survey results.

Action Steps:

1. By July 25, 2024, CSH and Health Services will develop a code of conduct for the CCTE Health Science participating students to complete which would educate them on the privacy and ethics of working in a school health clinic alongside a school nurse.
2. By August 1, 2024, CSH, Health Services, and the CCTE Health Science program teachers will determine which students are eligible to participate in the Clinical Internship.
3. By August 31, 2024, CSH and Health Services will provide educational training to the students on Bloodborne Pathogens and employee wellness/safety while they are working within the school system.
4. By September 30, 2024, CSH, Health Services, and high school CCTE Health Science Clinical Internship teachers will schedule work-based learning times to ensure students do not miss other required classes.
5. By April 26, 2025, CSH will develop and administer the post semester survey to collect the number of students and evaluate the knowledge and skills of the students participating in the program.

Healthy School Environment

- [Bullying Prevention Strategies](#)

- [Development, Implementation & Practicing Safety Plans for School Sponsored Events Utilizing](#)
- [Impact of Healthy School Environment on School Safety](#)
- [Incident Command and Emergency Bus Transportation Tabletops](#)
- [Preparing Your District for Postvention Emergency Response and Recovery](#)
- [Restorative Conferencing to Set Students Up for Success When Returning to School from A Disciplinary Infraction](#)
- [School Social Work's Role in Supporting School Safety via BTAM](#)
- [TN School Safety Laws](#)
- [Trauma Informed Drills](#)
- [Using Brain Science as a Foundation of an Integrated Support Structure with a Focus on Trauma-Informed, Behavior and Restorative Practices](#)
- [What is Behavioral Threat Assessment and Management \(BTAM\) and the role of CSH Coordinators and District Team Members?](#)

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 2023-24 school year.

Action Steps:

1. By August 15, 2024, the CSH Coordinator will meet with the pre-selected schools to schedule training dates for bullying prevention training.
2. By October 15, 2024, 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): Tad Roberts and Jeff Hicks

Session Title: Development, Implementation & Practicing Safety Plans for School Sponsored Events Utilizing

Session Description:

Participants will learn the importance of risk management for school sponsored events. Examples of safety plans will be shared along with how to practice them utilizing tabletop exercises.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will provide training to school emergency response teams regarding safety and risk management of school sponsored events and field trips on and off campus. Post evaluation surveys will reflect an 80% positive response in school emergency response teams feeling confident in safety and risk management procedures.

Action Steps:

1. By May 15, 2024, the CSH coordinator will determine schools to pilot a training for school emergency response teams to prepare them for planning for safety and risk management of school sponsored events and field trips on and off campus.
2. By August 1, 2024, the CSH coordinator will schedule and provide training for the school emergency response teams.
3. By October 1, 2024, the CSH coordinator will collect post evaluation surveys from school emergency response teams for continuous improvement.

Presenter(s): Kimberly Daubenspeck

Session Title: Impact of Healthy School Environment on School Safety

Session Description:

Participants will learn about the impact of school climate on school safety and best practices for improving school climate and safety to include signs and symptoms of

mental health challenges and best practices for responding to those challenges, social and personal competency and restorative practices concepts, and tips for enhancing school safety using a behavioral threat assessment model. Best practices for improving school climate rely on building strong relationships among students, staff and families. The key to improved school safety is through relationships. The only way you will know a student is on the pathway to violence is through relationships and the only way you will be successful in getting a student off the pathway to violence is through relationships.

SMART Goal(s):

Goal/Objective:

By May 30, 2025, 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 2023-24 school year.

Action Steps:

1. By August 15, 2024, the CSH coordinator will meet with the preselected schools to schedule training dates for training staff on social and personal competencies.
2. By September 30, 2024, the CSH coordinator will host the training.
3. Beginning November 15, 2024, 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. Starting January 2025, provide technical assistance for staff on effective case management post-investigation, ensuring continuous learning and improvement in managing students on the pathway to violence.

Presenter(s): Jeff Hicks, Mandy Schneitman

Session Title: Incident Command and Emergency Bus Transportation Tabletops

Session Description:

We all know the importance of exercising our written Emergency Operations Plans. One of the easiest ways to do this is through Tabletop Exercises which can range from a quick 10-minute scenario to longer, more extensive opportunities to test your procedures. Incident Command and Emergency Bus Transportation Safety drills are new requirements under TCA for districts to practice because of the important need to prepare for both. We will use these topics in a Tabletop example during our session.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will have successfully trained school emergency response teams through tabletop exercises for the incident command drill and bus safety drill, as measured by post evaluations gauging the teams' confidence in independently leading such exercises.

Action Steps:

1. By January 30, 2024, the CSH coordinator will have identified the training and preparation needed to successfully implement these Tabletop exercises and develop a timeline including training staff with law enforcement and EMA collaboration for the upcoming drills.
2. By March 30, 2024, the CSH coordinator and District Emergency Response Team will have developed the Tabletop Scenarios and prepared the implementation plan for these drills and provided training on how to conduct tabletop scenarios to school emergency response teams.
3. By May 30, 2024, the CSH coordinator will collect post training evaluations to determine the successfulness of the training and if school emergency response teams feel confident to lead their own tabletop exercises.

Presenter(s): Janet Watkins, Mandy Schneitman

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

Session Description:

Coordinated School Health Coordinators must be ready to quickly respond and support postvention recovery for their school districts as a School Safety leader and member for their District. This session provides information on the phases of emergency management with best practices on how to respond before, during, and after a crisis.

SMART Goal(s):

Goal/Objective:

By May 30, 2025, 80% of district staff will be trained on district response or postvention recovery and 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, 2024, the CSH Coordinator will plan a schedule with the District Emergency Response Team for PREPARE postvention training with the necessary participants at the district and school levels.
2. By August 30, 2024, the CSH Coordinator work with the District Emergency Response team to ensure policies and procedures for PREPARE Postvention are updated.
3. By October 30, 2024, PREPARE Postvention trainings will be held.
4. By December 1, 2024, the CSH Coordinator will collect post evaluation surveys to indicate if the staff are more prepared to assist in the aftermath of a school crisis.

Presenter(s): Janet Watkins, Allison Rutherford

Session Title: Restorative Conferencing to Set Students Up for Success When Returning to School from A Disciplinary Infraction

Session Description:

Have you had students return to school after being remanded to an alternative school or suspended from school commit another disciplinary infraction upon their return? If you want to learn about Restorative Conferencing practices and tools to set your students up for success upon their return, this is the workshop for you. Restorative practices have been proven effective in reducing misbehavior, bullying, violence, and crime among students while improving the overall climate for learning.

SMART Goal(s):

Goal/Objective:

By May 30, 2025, XYZ School District will decrease the number of students who return to alternative school at a minimum of one school by 10% as measured by annual reported incidents compared to the 2023-24 school year.

Action Steps:

1. By July 15th, 2024, the CSH Coordinator will meet with the preselected schools to schedule training dates for training staff on using restorative questions.

2. By September 30th, 2024, the CSH Coordinator will host restorative question training for school faculty.
3. Beginning November 15, 2024, and monthly thereafter, the CSH Coordinator will seek feedback on the progress of the implementation of restorative practices in the preselected schools.
4. By May 15, 2025, the CSH Coordinator will compare the 2023-24 data with the 2024-25 data for comparison and continuous improvement.

Presenter(s): Tad Roberts

Session Title: School Social Work's Role in Supporting School Safety via BTAM

Session Description:

This presentation introduces participants to the School Social Work Model and its application to the work of school safety. Participants will learn about social work's historical partnership with public safety, current research regarding social work's role in behavioral threat assessment for schools, and innovative strategies to engage and integrate social work within your school safety program. Presenter's Bio: The presenter serves as the Supervisor of School Safety and Social Services for Meigs County Schools in Decatur, Tennessee. He is also a contributing member of Safe and Sound Schools®, serving as a school safety mentor, consultant, and trainer throughout the nation. Other areas of his professional work include postsecondary scholarship and teaching within the Behavioral Science Dept. at Tennessee Wesleyan University. As a doctoral student at the University of St. Thomas in St. Paul, Minnesota, his dissertation explores the role of social work within school safety programs, specifically the intersection of social work and the standard behavioral threat assessment model for schools.

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ district will create a trauma informed and culturally sensitive approach to their BTAM as measured by completion of the following: social worker's inclusion within BTAM, social worker's active participation, training, case management, collection of intervention data, and evaluation of BTAM.

Action Steps:

1. By July 2024, CSH will meet with the school social worker to provide an overview of the BTA team, and how they will serve as a mental health/social services

representative. CSH will include the school social worker in BTA training through the CARE Project Level 1, 2 and (*3 if available)

2. By October 2024, CSH will ensure that a school social worker is actively participating in the implementation of BTA and working to provide case management of students identified via BTA.
3. By April 2025, CSH will collect data regarding the school social worker's involvement, case management, and outcomes of assessment and intervention.
4. By May 2025, CSH will provide on-going monitoring, evaluation, and consultation/professional development for school social workers performing duties as a contributing member of the BTAM/team.

Presenter(s): Kimberly Daubenspeck

Session Title: TN School Safety Laws

Session Description:

In this interactive session, participants will compete to test their knowledge in TN Safety Laws. Participants will learn about updates to the school safety laws and will walk away with knowledge and information about all laws related to school safety and resources to meet the requirements.

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ School District will implement comprehensive training programs for all schools, targeting an 80% compliance rate with new school safety laws. This will be assessed by the school safety coordinator and/or the CSH coordinator, providing evidence of adherence to the established safety protocols and procedures.

Action Steps:

1. By August 15, 2024, the CSH coordinator and safety coordinator will meet with the pre-selected schools to schedule training dates safety law training.
2. By October 15, 2024, the CSH coordinator and safety coordinator will train staff and provide resources related to safety law best practices.
3. By November 15, 2023, and monthly thereafter, the CSH coordinator and safety coordinator will gather data on analysis of emergency operations plan and school drill log in the school year so far.

4. By May 15, 2025, the CSH coordinator and safety coordinator will assess schools for compliance with school safety laws and will identify schools in adherence and evaluate if additional training and support is needed.

Presenter(s): Allison Rutherford, Janet Watkins

Session Title: Trauma Informed Drills

Session Description:

We are all required to do Active Shooter drills. How can we make them trauma informed for our students with ACEs or who live in neighborhoods where it is not a drill, it is real life, and they might get triggered during a drill?

SMART Goal(s):

Goal/Objective:

By May 30, 2025, XYZ School District will improve staff knowledge and awareness of trauma-informed practices for Active Shooter drills, targeting an 80% positive response rate on a post-drill survey when staff are asked if they feel better prepared to support students during future drills or in real-life situations, especially those with Adverse Childhood Experiences (ACEs).

Action Steps:

1. By July 15th, 2024, the CSH Coordinator will meet with the preselected schools to schedule training dates for training staff on using trauma informed practices during drills.
2. By September 30th, 2024, the CSH Coordinator will host trauma informed drills training.
3. Beginning November 15, 2024, and monthly thereafter, the CSH Coordinator will seek feedback on the progress of the implementation of trauma informed practices during drills.
4. By May 15, 2024, the CSH Coordinator will compare the 2023-24 data with the 2024-25 data for comparison and continuous improvement.

Presenter(s): Janice Cook, Gina Byrd

Session Title: Using Brain Science as a Foundation of an Integrated Support Structure with a Focus on Trauma-Informed, Behavior and Restorative Practices

Session Description:

This session examines the practices approach through the lens of applied basic neuroscience. Integration vs layering. Review of one district's process for integrating programs to maximize emotional and behavioral supports to students, focusing on staff training and implementation of applied neuroscience. The good, the bad, and the ugly! Healthy School Environment School Counseling, Psychological, Social Services

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ School District will reach full compliance with state expectations for trauma informed practices as measured by each school completing an audit of trauma informed practices within their schools and developed a strategic implementation plan.

Action Steps:

1. By July 2024, each CSH coordinator will implement an audit of their school's available Tier 1 supports.
2. By August 2024, each Healthy School Team will be trained in Trauma informed responsiveness and basic brain science.
3. By December 2024, each school will have trained teachers, teaching assistants, and school staff in the coordinated process of the use of Trauma Informed Practices, Restorative Practices, and PBIS in the classroom.
4. By June 2025, each school will have identified at least 1 administrator to oversee the ongoing integrated training process and develop a calendar of 2025-26 trainings.

Presenter(s): Mandy Schneitman, Janet Watkins

Session Title: What is Behavioral Threat Assessment and Management (BTAM) and the role of CSH Coordinators and District Team Members?

Session Description:

CSH Coordinators and District staff have a vital role within the BTAM process as districts train, implement and provide support balancing the need for school safety as well as

support for district students of concern. This session will share the US Secret Service National Threat Assessment Center's model for Threat Assessments and how districts can successfully integrate the TA process by initiating multidisciplinary TA school teams then identifying and intervening with individual students before or during a threat of targeted violence using this consistent, structured process. Resources for next steps and training will also be shared.

SMART Goal(s):

Goal/Objective:

By August 1, 2024, XYZ school district will increase staff knowledge and skill related to threat assessments as measured by 80% of trained staff stating on a post training evaluation that they understand the process and feel confident in reporting concerning behavior for school year 2024-25.

Action Steps:

1. By February 28, 2024, the CSH Coordinator will have identified the needed members for the multidisciplinary district threat assessment team including law enforcement, mental health, administration and others for supporting the schools in policy, procedures, and implementation and the threat assessment team will be trained and develop policies and procedures to train all staff on.
2. By March 30, 2024, the CSH Coordinator and district threat assessment team will develop a plan for training staff and schedule trainings.
3. By July 30, 2024, the CSH Coordinator will review training evaluations and analyze to determine if staff understand the process and know how to report concerning behavior.

Nutrition

- [Connecting with School Nutrition to Improve Student Nutrition](#)
- [Healthy Meals, Healthy Kids- Why School Meals Matter](#)
- [Kingsport City Schools Coordinated School Health and Family Resource Have Partnered up to Create the Easy Eats Video Series](#)
- [Learn, Grow, Eat & Go! Healthy Eating Through Gardening Curriculum](#)
- [Making an Impact Through Grant Opportunities](#)
- [Myths, Misconceptions, & Marketing the Truth about School Nutrition Programs](#)
- [Nutrition Education Beyond the Cafeteria and School Day](#)
- [School Gardens: Where to Start](#)
- [Supporting Child Nutrition Programs Both In and Out of School to Build Student Success Year-Round](#)

- [Wellness Policy...what's required?](#)

Presenter(s): Terin Coe

Session Title: Connecting with School Nutrition to Improve Student Nutrition

Session Description:

Participants will learn about programs and funding opportunities to connect to school nutrition and increase school meal participation across breakfast, lunch, snacks, and/or supper. Participants will learn about digital resources, including STEM, and training opportunities.

SMART Goal(s):

Goal/Objective:

By June 2025, the CSH coordinator, partnering with the school nutrition team, will increase breakfast and/or lunch participation by 2% in XYZ School District, as measured by school nutrition reports from the 2023-24 school year.

Action Steps:

1. By July 2024, the CSH Staff will share the Tennessee Dairy Alliance program and grant opportunities with the School Nutrition Department.
2. By December 2024, the CSH staff and School Nutrition staff will promote grant opportunities and resources provided by the Dairy Alliance to appropriate stakeholders.
3. By December 2024, CSH and School Nutrition staff will review school breakfast/lunch reports to determine progress on increasing participation for possible mid-year adjustments in strategy.
4. By May 2025, CSH and School Nutrition staff will present to local school district leaders on the impact their investments have had on school breakfast/lunch participation numbers to inquire for more funding.

Presenter(s): Kate Goodin

Session Title: Healthy Meals, Healthy Kids- Why School Meals Matter

Session Description:

Urban, suburban, and rural – hunger impacts 1 in 8 kids in Tennessee. When food access varies across families, students don't start from the same starting line. Schools can help solve this problem. Free school meal programs for all students improve health, improve education outcomes, and reduce stigma in the cafeteria. Tennessee has the power to provide school meals to all children in the state free of charge through federal programs and state options. Join the Tennessee Justice Center as we explore ways to expand school meals so every student can eat school breakfast and lunch at no cost.

SMART Goal(s):

Goal/Objective:

By June 2025, the CSH coordinator will work with School Nutrition to create a plan to maximize at least one (1) school's Identified Student Percentage (ISP) to increase likelihood of participation in the Community Eligibility Provision (CEP) as measured by leadership approval of the plan.

Action Steps:

1. By October 2024, the CSH staff will meet with the School Nutrition Department to discuss CEP eligibility and ISP for each school.
2. By December 2024, the CSH staff will create a plan to maximize the ISP for at least one (1) school in the district.
3. By May 2024, CSH and School Nutrition staff will present to local school district leaders their plan and internal goals to maximize their ISP for the following school year.

Presenter(s): Johanna Montgomery and Candice Cradic

Session Title: Kingsport City Schools Coordinated School Health and Family Resource Have Partnered up to Create the Easy Eats Video Series

Session Description:

This presentation will show a series of short (no more than 3 minutes) videos that showcase how to create nutritious meals on a budget. This program's goal is to give families and students ideas on how to prepare easy meals with ingredients easily accessible to them or that may be provided via a food box from the Family Resource Center.

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ school district aims to enhance families' proficiency in and utilization of healthy recipes which will be measured by post-video survey responses, with an anticipated 80% of families who watch the videos expressing their intent to incorporate healthier recipes into their routines, and an additional 30% affirming an improvement in their understanding of cooking nutritious meals.

Action Steps:

1. By August 20, 2024, CSH & FRC will meet with potential community or school partners to develop healthy recipes to be used for meal prep videos, discuss the food items needed for healthy food boxes, and to determine additional program details.
2. By September 1, 2024, CSH & FRC will meet with the district communications team to discuss technical needs such as equipment needed and creation of a website page and/or social media to house the healthy recipe videos.
3. By October 15, 2024, CSH and FRC will design post-video surveys, accessible through a QR code at the conclusion of each video, to evaluate families' understanding of healthy cooking and their inclination to incorporate the shared recipes into their routines.
4. By December 15, 2024, CSH, FRC, and partners will create at least four videos to be shared digitally each month of the spring semester.
5. Starting from January 15, 2025, and on a monthly basis thereafter, the videos will be disseminated, and families will be informed about accessing the videos and participating in the post-video survey. As an incentive, those taking the survey will be eligible for a drawing at the end of each month, offering a chance to win a healthy recipe food box.
6. By June 15, 2025, the CSH coordinator and FRC director will evaluate the post-video surveys to gauge the success of the project. This assessment will serve as a basis for discussions on any necessary adjustments for future implementations.

Presenter(s): Ebone Colclough, Joan Clayton- Davis, and Biars Davis

Session Title: Learn, Grow, Eat & Go! Healthy Eating Through Gardening Curriculum

Session Description:

Learn, Grow, Eat & Go! is a 10-week curriculum designed for 3rd-5th grade students that promotes healthy eating through gardening. This is an evidence-based curriculum delivered through a partnership between Davidson County Extension, Master Gardeners of Davidson County, and Napier Elementary in Nashville, TN. Presenters will provide details on the curriculum, partnership, and impact of the program.

SMART Goal(s):

Goal/Objective:

By May 2025, a minimum of one school will have successfully implemented "Learn, Grow, Eat & Go!" and an associated community/school garden will be established, leading to a 50% or higher increase in fruit and vegetable consumption among participating students as indicated on a pre- and post-evaluation/survey.

Action Steps:

1. By July 15, 2024, the CSH coordinator will contact their county Extension office to finalize the details of the program and the plan of implementation.
2. By August 1, 2024, the CSH coordinator will identify and secure gardening resources such as educators, supplies, and volunteers.
3. By May 31, 2025, all 10 sessions of Learn, Grow, Eat & Go! will be implemented and the CSH coordinator will analyze paired assessments for results.
4. By June 2025, the CSH coordinator will communicate impact to school and community and begin planning for the next school year.

Presenter(s): MarLea Finch

Panelists: Lisa Sieber-Garland (Trenton SSD), Taylor Teasley (YMCA Chattanooga), Tentatively- Vickie Dunaway (Milan SSD)

Session Title: Making an Impact Through Grant Opportunities

Session Description:

This session will highlight some possible grant opportunities and resources available to school districts. The session will also showcase recent USDA Farm to School Grant recipients' projects.

SMART Goal(s):

Goal/Objective:

By May 2025, CSH will partner with School Nutrition, FRC, and/or community organizations to actively identify and complete at least two grant applications as measured by the timely completion and submission of the grant applications within the specified deadlines.

Action Steps:

1. By July 30, 2024, CSH will thoroughly review the School Health Index Results from the 2023-24 school year and/or conduct a needs assessment for each school within the district, focusing on coordinated school health initiatives.
2. By August 15, 2024, CSH will meet with school nutrition, and/or community organizations to assess the needs of the schools in the district and explore potential grant opportunities through collaborative research.
3. Starting September 1 and continuing until the grant application deadlines, the team will convene regularly to meet and collaboratively work on the identified grant applications for submission.
4. By May 2025, CSH and appropriate partners will submit a minimum of two grant applications aimed at enhancing CSH efforts within the district.

Presenter(s): Brittany Nikolich

Session Title: Myths, Misconceptions, & Marketing the Truth about School Nutrition Programs

Session Description:

You may be well aware of the misperceptions surrounding school meals, and the consequences of stories being told by untrustworthy sources. In this session, we will discuss what myths and misconceptions are held by students, staff, and the general public surrounding school meals, and then demonstrate how to reframe those preconceived notions through education, service, marketing, and building a trustworthy brand. Through this presentation, attendees will learn about skills and resources they can utilize to advocate for school nutrition programs and tell the right story about school meals.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, the CSH coordinator at XYZ school district will collaborate with the School Nutrition team to implement a targeted marketing campaign to increase school meal participation at a minimum of one school by 2%, as measured by school nutrition participation rates compared to the previous school year.

Action Steps:

1. By July 30, 2024, the CSH coordinator will select which methods (in-person, social media, website, newsletter, etc.) they'd will utilize to share facts that help market the truth about school meals.
2. By August 15, 2024, the CSH coordinator will arrange meetings with necessary staff to define strategies for message distribution and will also determine which audience they'd like to reach with these messages (school staff, students, parents, general public).
3. By September 30, 2024, the CSH coordinator will have researched common myths and misconceptions regarding school meals in XYZ district and will choose 1 myth/misconception to debunk for each remaining month of school.
4. Starting November 1, and monthly thereafter, the CSH coordinator will share resources/facts that help debunk common misconceptions about school meals and will have records of posts, blurbs, announcement scripts, etc. to document that the communication was sent to intended audience.
5. Starting December 1, 2024, and monthly, thereafter, the CSH coordinator and school nutrition staff will monitor school meal participation rates and adjust the marketing campaign if necessary.

Presenter(s): Jennifer Burleson

Session Title: Nutrition Education Beyond the Cafeteria and School Day

Session Description:

Participants will learn about offering nutrition education opportunities for students and families beyond the school day.

SMART Goal(s):

Goal/Objective:

By May 2024, the CSH Coordinator and School Nutrition department will partner to increase nutrition education opportunities in the district by 5% as measured by the

number of students impacted in the 2022-23 school year compared to the 2023-24 school year.

Action Steps:

1. By March 2024, the CSH coordinator will meet with the School Nutrition Director to discuss a plan to offer a nutrition education event/opportunity.
2. By April 2024, the CHS coordinator and School Nutrition Director will partner with before/after school programs to provide nutrition education opportunities.
3. By May 2024, CSH and School Nutrition staff will partner to conduct the nutrition education opportunity.

Presenter(s): Melissa Whitaker

Session Title: School Gardens: Where to Start

Session Description:

Holistic overview of how school gardens can be integrated into all eight C.S.H. components. The presentation will include hands-on learning experiences. Dissecting and identifying parts of a monocot and dicot seed. The presentation will include learning using all five senses. Overview of the Seed to Harvest Project by C.S.H. in Jefferson County. Learn, Eat, Grow, & Go Curriculum with all Fourth-grade classes at Dandridge Elementary over a seven-year period. Agriculture in the classroom-UT Extension "Growing good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity and school and family engagement" (Texas A&M AgriLife Extension Service, 2015). Many illustrations throughout the presentation. Take home handouts with resources on how to start a school garden (small or large).

SMART Goal(s):

Goal/Objective:

By June 1, 2025, XYZ school district will establish a school garden at a minimum of one school with the objective of fostering increased vegetable consumption among 60% of participating students through their involvement in garden activities as evidenced by end-of-program student evaluations.

Action Steps:

1. By October 1, 2024, collaborate with relevant stakeholders, including school administrators and maintenance staff, to ensure the chosen site is prepared and equipped for gardening activities.
2. By November 1, 2025, establish a partnership with the UT Extension "Growing Good Kids" program to create a plan to integrate elements from the program into the school garden activities.
3. By December 1, 2024, conduct training sessions for educators involved in the project, providing them with the necessary resources and knowledge to incorporate the garden into their teaching.
4. By March 1, 2025, participating teachers will introduce the Learn, Eat, Grow, & Go Curriculum to students and will begin hands-on learning experiences with planting activities.
5. By June 1, 2025, implement student evaluations to assess the impact of the school garden on vegetable consumption and other student outcomes.

Presenter(s): Marisa Spady

Session Title: Supporting Child Nutrition Programs Both In and Out of School to Build Student Success Year-Round

Session Description:

No Kid Hungry (NKH) will highlight how the organization supports Child Nutrition programs throughout the state of Tennessee. NKH will go over different programs both in and outside of the school day to help build the foundation of success for students year-round. These programs will provide ideas to help increase breakfast, lunch, and summer feeding program participation.

SMART Goal(s):

Goal/Objective 1:

Breakfast: By May 31, 2025, CSH will work with school nutrition and other stakeholders to increase breakfast participation in designated schools by 10% compared to participation rates for the 2023-24 school year.

Action Steps:

1. By July 1, 2024, CSH will have connected with the School Nutrition Director (SND) to identify schools with less than 50% of students participating in breakfast.

2. By August 15, 2024, CSH will have met with principals and admin at identified schools to discuss the opportunities to increase breakfast participation in school and work with them to identify ways to help increase participation, whether starting an alternative breakfast service model, increasing breakfast nudges, having students go through the cafeteria, student focus groups, etc.
3. By October 31, 2024, a plan between CSH, SND and school admin will be developed, funding needs identified, and equipment ordered.
4. By January 15, 2025, the new breakfast promotion strategies will be implemented according to the plan.
5. By May 31, 2025, after observations and adjustments as needed there will be an increase in breakfast participation by 10%.

Goal/Objective 2:

Summer: By May 31, 2025, CSH will work with school nutrition and community partners to increase awareness of and participation in the summer meals program in their county for Summer 2025 by 10%, compared to rates for summer 2024.

Action Steps:

1. By July 1, 2024, the CSH team will become familiar with Summer meal sites and programs within their county during Summer 2024.
2. By January 31, 2025, CSH will connect with the School Nutrition Director (SND) to understand their plan for serving summer meals for 2025 and learn of any additional sponsors serving meals in the community over the summer months.
3. By March 30, 2023, CSH will be aware of any gaps in summer meal coverage whether in location or no service and work to find alternate locations/sponsors to ensure students have at least 1 site in the county to receive meals all summer.
4. By May 31, 2025, CSH will have spread the word about summer meals to parents and families via social media, newspaper, radio, text, calls, etc. to families in the district to let them know of the upcoming summer meal site opportunities.
5. By August 15, 2025, the full knowledge of participation will be able to be determined based on meals served once summer is complete.

Presenter(s): MarLea Finch

Session Title: Wellness Policy...what's required?

Session Description:

This session will dive into Local Wellness Policies to highlight what is required by USDA and how Wellness Policies may look within your school district.

SMART Goal(s):

By March 1, 2025, XYZ school district's CSH and School Nutrition teams will collaboratively develop local school wellness policy guidelines to ensure compliance with all USDA requirements and the LEA's local Wellness Policy, encompassing detailed strategies, implementation procedures, and a comprehensive checklist of responsibilities for each team member as measured by leadership approval of the guidelines.

Action Steps:

1. By July 15, 2024, the CSH team and the school nutrition team will review the local wellness policy to ensure it is current and up-to-date and make any necessary revisions.
2. By August 15, 2024, the team will present suggested revisions and updates to the local school board for approval.
3. By November 1, 2024, the CSH and school nutrition teams will review the new Wellness Policy and USDA guidelines to determine all requirements for the district and draft guidelines to include a checklist of roles and responsibilities, implementation procedures, and detailed strategies.
4. By January 15, 2025, the teams will share the draft with key stakeholders for review and edits and make necessary changes.
5. By March 1, 2025, the wellness policy guidelines will be approved by leadership for implementation.

Physical Education/Physical Activity

- [High Quality Physical Education: Active Students & Active Learners](#)
- [How to Un-Silo Health and PE Initiatives with a Coordinated School-Wide Approach Using CATCH](#)
- [Let's Walk! The Walking Classroom Improves Health Literacy and STEM Education](#)
- [Physical Activity in A School Day](#)
- [PowerUp Bodies & Minds: Infusing Physical Activity into Classroom Learning](#)
- [Recess Training for Safe and Active Students](#)
- [SPARKing up Physical Education Opportunities in your District](#)
- [The National Archery in the Schools Program \(NASP\)](#)

Presenter(s): Andrew Martin,

Session Title: High Quality Physical Education: Active Students & Active Learners

Session Description:

The session will provide an overview of the critical elements of High-Quality Physical Education. Participants will have a better understanding for gathering ideas and resources to further support the growth of Physical Education and High-Quality Programs.

SMART Goal(s):

Goal/Objective:

By May 25, 2025, K-12 Physical Education programs in a minimum of two schools will have implemented the critical elements associated with a “High-Quality” Physical Education program and increased their MVPA (Moderate to Vigorous Physical Activity) by 15% to reach the goal of 50% for each class period.

Action Steps:

1. By August 30, 2024, CSH will have held a Professional Development session on “High-Quality” Physical Education and showcase how to identify and implement critical elements of the model.
2. By October 15, 2024, CSH will have held a professional walk through of each school’s PE program to identify the number of critical elements identified in their implementation of the High-Quality PE Model.
3. By December 15, 2024, CSH will have measured the amount of time each school’s PE program has students engaged in MVPA and compare that number to the initial walk-through at the beginning of the school year.
4. By January 30, 2025, CSH will provide remedial feedback/support to the PE programs that have not increased MVPA by a minimum of 15% to reach their goal of 50% for each class period. CSH will provide reinforcements to the programs that have reached 50% MVPA on a consistent basis.

Presenter(s): Besty Cashen

Session Title: How to Un-Silo Health and PE Initiatives with a Coordinated School-Wide Approach Using CATCH

Session Description:

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school(s) will support physical activity for students by using the CATCH PE Journeys (PEJ) curriculum and/or implementing the CATCH PE objectives (for those who do not have access to PEJ) and the CATCH Educator's Club, as measured by 80% of teachers reporting positive program impact after implementing the PE Journeys curriculum or CATCH PE objectives.

Action Steps:

1. By August 1, 2024, create a catch.org account and enroll in the free CATCH Educators Club.
2. By September 1, 2024, sign up for a free 2-week preview of the CATCH PE Journeys to employ the CATCH PE curriculum.
3. By December 15, 2024, identify opportunities and resources for integrating health and physical activity into existing programming and look for opportunities to "CATCH'ify" already established routines and norms in your program and throughout the school.
4. By May 1, 2025, implement CATCH PE Journeys and/or the CATCH PE objectives into lesson structure and plans using the PEJ Implementation Plan Worksheet.
5. By June 1, 2025, have participating schools complete the post implementation survey to measure program impact.

Presenter(s): Terry Atteberry

Session Title: Let's Walk! The Walking Classroom Improves Health Literacy and STEM Education

Session Description:

The Walking Classroom Improves Health Literacy and STEM education. The Walking Classroom provides audio devices preloaded with podcasts that kids listen to while they walk. Content, including about 60 Science-related podcasts, is suitable for students in 3rd through 8th grade. STEM podcast topics include life science, physical science and earth science subjects plus a series of podcasts focused on science careers. Each podcast includes a brief health message research proven to improve health literacy. In the workshop, attendees will learn about the strong link between exercise and cognitive function, they will hear about all the resources that support each podcast and will hear

feedback from teachers and students who use the program. Walking Classroom STEM podcasts are a great, and engaging, way to introduce a subject, provide background information, and spark interest and great conversations with students about science. We will discuss how educators can get the program including applying for a donated class set.

SMART Goal(s):

Goal/Objective:

By May 2025, the implementation of The Walking Classroom in selected 3rd – 8th-grade classes will aim to increase weekly physical activity by 10%, measured by comparing average weekly activity pre- and post-implementation. Additionally, a targeted 10% improvement in health literacy will be assessed through teacher surveys and/or student evaluations, gauging enhanced content retention post-movement.

Action Steps:

1. By August 20, 2024, selected 3rd – 8th teachers will be provided WalkKits for the Walking Classroom and will begin the provided training from the Walking Classroom (TWC) team to learn how to set-up, best practices, and other resources and tools.
2. By September 1, 2024, teachers in participating classrooms will review podcasts and create a list of the ones that are appropriate and that they plan to use for their classrooms.
3. By October 1, 2024, and throughout the school year, teachers will be fully implementing TWC program into the classroom and will use the teacher’s guide discussions, online videos, printouts, and additional enrichment options for follow-up with students.
4. By May 15, 2024, the CSH coordinator will evaluate effectiveness of the program.

Presenter(s): Autumn DePriest, Wendy Stooksbury, Stephanie Eidson, Karen Slater

Session Title: Physical Activity in A School Day

Session Description:

Join our dynamic panel discussion on incorporating physical activity into the school day! Gain valuable insights from CSH coordinators as they share ideas, address challenges, and explore opportunities in implementing different initiatives related to improving

behavior and overall mental and physical health with physical activity. Walk away with practical resources and information to easily integrate physical activity into the school day routine.

SMART Goal(s):

Goal/Objective:

By May 1, 2025, XYZ school district will improve attention-to-task/focus and attention by providing structured movement breaks for students in a minimum of one school as measured by 80% of teachers in the school stating on teacher surveys that they saw an improvement in students focus and attention.

Action Steps:

1. By July 20, CSH and the special education department will research and purchase the items need for sensory paths.
2. By August 15, 2024, CSH and the special education department will create and share teacher tool for teacher's in the participating school(s) to do a pre-assessment of students attention-to-task/focus attention during the first semester.
3. By December 31, 2024, CSH and the special education department will collect and review the data collected by teachers during the first semester.
4. By January 7, 2025, the sensory paths will be installed at the pre-selected school(s) and CSH and the special education department will provide a PD on how to use the paths and best practices related to the sensory paths.
5. By June 1, 2025, CSH and the special education department will collect post-evaluation data from participating teachers to evaluate the success of the program.

Presenter(s): Stacy Baugues

Session Title: PowerUp Bodies & Minds: Infusing Physical Activity into Classroom Learning

Session Description:

Join us for an engaging session that explores the transformative impact of integrating physical activity into everyday classroom routines. In this presentation, we'll delve into innovative strategies and practical approaches designed to energize learning environments and optimize student engagement. Discover how incorporating movement

and physical activities seamlessly into the school day can enhance cognitive function, boost academic performance, and promote overall wellness. From quick energizers to structured activities, we'll explore adaptable techniques suitable for various age groups and subject areas. This session aims to equip educators, administrators, and school leaders with actionable insights and a toolkit of ideas to foster an active and dynamic learning environment. Embrace the power of movement to invigorate minds and bodies, creating a more stimulating and effective educational experience for students.

SMART Goal(s):

Goal/Objective:

By June 2025, the CSH coordinator will increase student time spent in MVPA by three percent in a minimum of one school, as measured by teacher documentation submitted to the CSH coordinator.

Action Steps:

1. By August 20, 2024, provide at least one training on classroom physical activity and active learning at the pre-selected school(s), utilizing insights gained from the CSH Institute session and presentation materials, along with optional PowerUp resources.
2. By September 1, 2024, begin distributing the free PowerUp Your School Tips & Tricks district-wide on a monthly basis, providing teachers with actionable and easy-to-implement strategies for incorporating physical activity into the classroom.
3. By September 15, 2024, teachers at the pre-selected school(s) will begin implementation of the active learning strategies shared during the training.
4. By December 15, 2024, the CSH coordinator collect teacher documentation showing the time spent in MVPA each month and will evaluate if additional resources and training are needed for the second semester.
5. By May 30, 2024, the CSH coordinator will collect teacher documentation showing the time spent in MVPA each month as well as survey teachers for insight to evaluate effectiveness of the program.

Presenter(s): Zoe Stevens

Session Title: Recess Training for Safe and Active Students

Session Description:

Playworks believes in the power of play to bring out the best in every kid. In this session, participants will experience the power of play themselves while learning to use games to support student development.

SMART Goal(s):

Goal/Objective:

By June 25, XYZ school district will increase opportunities for meaningful play during recess at a minimum of one school, resulting in a measured 20% increase in student engagement levels, as observed through regular recess monitoring and teacher feedback surveys.

Action Steps:

1. By September 1, 2024, the coordinator will download and/or print the game guide and distribute it to school staff who oversee recess.
2. By September 15, 2023, the school will complete the free recess checkup to identify initial strengths and weaknesses and utilize the Playworks Playkit to address weaknesses and capitalize on strengths.
3. By November 15, 2024, the school will complete the free recess checkup again to evaluate progress and then formulate an action plan with necessary adjustments to increase meaningful play using the results of the two recess checkups and our Great Recess Framework as a guide.
4. By January 15, 2025, schedule a FREE consultation with a Playworks Pro Trainer to review the most recent recess checkup results, action plan, and next steps.
5. By May 2025, the CSH coordinator will survey staff who oversee recess and collect feedback from their monitoring to determine if student engagement levels increased.

Presenter(s): Janel Garrett, Jeff Mushkin

Session Title: SPARKing up Physical Education Opportunities in your District

Session Description:

Are you seeking ways to implement an exemplary, evidence-based PE and PA program for your district? Sumner County is excited to share how we became a "SPARK" District and how this curriculum and training has helped support our Physical Educators. We've measured our success by teacher feedback, and it's positive!

SMART Goal(s):

Goal/Objective:

By May 15, 2025, XYZ School District is dedicated to enriching students' engagement in moderate to vigorous physical activity (MVPA) by 3%, while concurrently refining the quality of the Physical Education program at a minimum of one school through the implementation of the SPARK curriculum. This will be showcased through teacher documentation of MVPA levels and the endorsement from students in their end-of-year/semester surveys, affirming that the SPARK program enhanced their PE classes.

Action Steps:

1. By August 30, 2024, the CSH coordinator will provide training on the SPARK curriculum and disperse the equipment to PE teachers at the pre-selected schools.
2. By September 30, 2024, PE teachers at the pre-selected school(s) will assess students' Moderate to Vigorous Physical Activity (MVPA) levels for a minimum of one month before the initiation of the SPARK program, establishing a baseline measurement.
3. By October 15, 2024, PE teachers will begin implementation of the SPARK curriculum.
4. By December 15, 2024, the CSH coordinator will collect data from the teachers and students to determine if any adjustments or additional support/trainings are needed for the second semester.
5. By May 1, 2025, the CSH coordinator will collect data from the teachers and students and determine effectiveness.

Presenter(s): Don Crawford**Session Title:** The National Archery in the Schools Program (NASP)**Session Description:**

National Archery in the Schools Program is an activity that doesn't discriminate based on popularity, athletic skill, gender, size, or academic ability. It is an in-school program aimed at improving educational performance among students in grades 4th – 12th. And through it, students are learning focus, self-control, discipline, patience, and the life lessons required to be successful in the classroom and in life. The National Archery in the Schools Program promotes instruction in international-style target archery as part of in-school curriculum. Units of Study were written by Education, Conservation, and Target

archery experts to meet state and national educational standards. These units were designed for inclusion in a school's Physical Education curriculum but in a few NASP® schools these archery lessons are presented by history, math, and language art teachers. Instructor Training was developed so teachers in every participating school could be certified to present NASP® lessons that are safe for students, instructors, bystanders, and the facility.

SMART Goal(s):

Goal/Objective:

By May 1, 2024, 25% of students in classrooms/extended learning programs implementing the National Archery in Schools Program (NASP) within the XYZ school district will express, through post-program surveys, their interest in engaging in additional outdoor activities as a result of their participation in NASP.

Action Steps:

1. By August 1, 2024, teachers and/or extended learning staff will attend a NASP Basic Archery Instructor (BAI) 8-hour in-person or 8-hour hybrid (4-hour online/4-hour in-person) certification class.
2. By September 30, 2024, the newly certified National Archery in the Schools Program Instructors will have ordered and received the NASP archery equipment kit for their school program.
3. By November 1, 2024, teachers/extended learning program staff will begin implementation of the NASP program.
4. By May 15, 2025, the full National Archery in the Schools Program will have been taught and all participating students will have completed the NASP student survey.
5. By June 15, 2025, the CSH coordinator will collect data from the instructors and evaluate effectiveness.

School Counseling, Psychological, Social Services

- [Aligning a Comprehensive School Counseling Program at the Secondary Level](#)
- [Building a Resilient School District](#)
- [Building Resiliency in Loudon County Schools](#)
- [Connecting the Pieces to Ensure Student Success: School Social Work Collaborative](#)
- [DIDD Services for Tennesseans](#)
- [How Tennessee Schools are Working to Improve Children's Mental Health](#)
- [Implementing Substance Use Disorder \(SUD\) Screenings for Youth](#)
- [McKinney-Vento Students Experiencing Homelessness: Identification & Supports](#)

- [Mental Health for All: A Team Approach to Mental Wellness](#)
- [Move 2 Stand](#)
- [Pathways to Behavioral Health Careers](#)
- [Providing Services and Supports Through the Multi-Tiered System](#)
- [School Based Models for Promoting Access to Youth Mental Health](#)
- [Social Personal Competencies \(SPCs\)](#)
- [TN Handle with Care](#)

Presenter(s): Marisa Judkins and Angela Sellars

Session Title: Aligning a Comprehensive School Counseling Program at the Secondary Level

Session Description:

The work of a School Counselor is highly dependent upon the relationship between administration and the School Counseling Program. In order for a School Counselor to be able to uphold the responsibilities outlined through the ASCA national model, their role has to be protected. Additionally, the School Counselor has to organize and execute activities to meet student needs through individual, small group, and the whole group counseling. The goal of this presentation will be to further explain the goal, distribution of responsibilities, and the implementation process that follows the School Counseling Program at Coffee County Raider Academy.

SMART Goal(s):

Goal/Objective:

By June 1, 2025, the school counseling program will better support students at a minimum of one high school as evidenced by 15% of students completing an interest form for at least one of the special topics offered.

Action Steps:

1. By August 15, 2024, initiate a comprehensive awareness campaign, including posters, announcements, and orientation sessions, to introduce the school counselor to students.
2. By August 30, 2024, distribute a comprehensive student survey to gauge the effectiveness of the awareness campaign and workshops and on students' awareness of the school counselor, their understanding of the support available, and their willingness to engage by completing the interest form.

3. By September 30, 2024, based on the survey results, refine, and enhance the school counseling programming to better align with students' needs and interests and introduce and schedule at least three high-impact special topics that resonates with the student body to encourage active participation and educate students on how to contact the school counselor for various types of support including how to express interest in the special topics offered through the interest form.
4. Starting November 15, 2024, and throughout the school year, host the special topic sessions.
5. By May 15, 2025, survey students and evaluate data for effectiveness.

Presenter(s): Chris Hawkersmith, Eric Vanzant, Sheri Smith

Session Title: Building a Resilient School District

Session Description:

Presenters will share with participants how the Franklin County School District is making huge progress in establishing a resilient school community. Presenters will share why this is important, how they are making these efforts, and the expected results.

SMART Goal(s):

Goal/Objective:

By May 31, 2025, discipline referrals at a minimum of one school in XYZ school district will decrease by 10%. This will be measured by comparisons of discipline referrals from the 2023-24 and the 2024-25 school year.

Action Steps:

1. By July 15, 2024, conduct a comprehensive analysis of discipline referral data from the previous school year (23-24). Identify trends, common reasons for referrals, and specific areas or behaviors contributing to disciplinary issues.
2. By September 1, 2024, develop and implement targeted resilience-building initiatives throughout the school district.
3. By December 15, 2024, monitor discipline referral data for the first semester and assess the effectiveness of implemented resilience initiatives. Adjust strategies for the second semester as needed based on ongoing data analysis and feedback from staff and students.

4. By May 31, 2025, evaluate the impact of resilience initiatives on discipline referrals by comparing data from the 1st semester of the 24-25 school year with the previous year. Compile a comprehensive report detailing the percentage decrease in discipline referrals and the success of specific resilience-building efforts.

Presenter(s): Kate Galyon

Session Title: Building Resiliency in Loudon County Schools

Session Description:

This session will focus on the work of Loudon County Schools to build resiliency and positive experiences for our children. Come hear the different layers and approaches to achieve this important goal.

SMART Goal(s):

Goal/Objective 1:

By October 31, 2024, XYZ School District will increase the number of students accessing internal mental health resources by 20% as compared to 23-24 school year data tracked through counselors and school social workers.

Action Steps:

1. By July 31, 2024, the CSH coordinator will meet with district leaders to hire an additional social worker for the district.
2. By Aug 15, 2024, the CSH coordinator and current mental health staff members will educate the newly hired social worker on our data tracking methods.
3. By Aug 30, 2024, the CSH coordinator will meet with school leaders to identify areas where all mental health staff could increase their availability to meet with students.
4. By October 31, 2024, the CSH coordinator will evaluate the first quarter of data and compare it to 23-24 student data.

Goal/Objective 2:

By May 15, 2024, XYZ School District will increase student and staff knowledge on resiliency by 10% by implementing a resilience program indicated by pre and post assessment data.

Action Steps:

1. By August 30, 2024, the CSH coordinator will meet with district and school level leaders to present resiliency programs and identify pilot sites.
2. By September 15, 2024, the CSH coordinator will assist with pre-assessments for school staff and students.
3. By September 30, 2024, the CSH coordinator will assist with training staff at pilot sites.
4. By October 5, 2024, the school leaders will implement a resiliency program.
5. By February 28, 2025, the CSH coordinator will assist with post-assessments for school staff and students.

Goal/Objective 3:

By May 15, 2025, XYZ School District will increase staff awareness and education of resilient school models and practices by 80% as measured by staff pre and post assessments.

Action Steps:

1. By July 15, 2024, the CSH coordinator will meet with district leaders to determine a schedule for CSH to present resilient professional development to district and school staff.
2. By August 15, 2024, CSH staff will develop and send out the pre-assessment.
3. By August 31, 2024, the CSH staff will create a digital educational source to share to
 - a. all staff such as a newsletter that supports professional development, using
 - b. pre-assessment data to determine needed information.
4. By December 15, 2024, CSH will train all staff.
5. By January 15, 2025, CSH will develop and send out the post-assessment to all staff.

Presenter(s): Lou Paschall, Trace Golden, Dr. Shunda McCoy, Brandy Thomas-Wade, Twyla King

Session Title: Connecting the Pieces to Ensure Student Success: School Social Work Collaborative

Session Description:

Effective school social work programs elevate the supports to students and families serving as the connector. Through small and large groups, case management, mental health supports, professional development, and support for staff, capturing and sharing data, and working alongside school/district administrators to demonstrate impact, the social work collaborative panel will provide attendees key insights, strategies, and best practices taking place within their school districts.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district will increase student referrals to school based mental health providers and outside providers by 10% from the previous school year as evidenced by a referral pathway system.

Action Steps:

1. By August 1, 2024, develop a standardized referral pathway system that clearly outlines the steps for identifying, referring, and supporting students in need of mental health services, ensuring accessibility and clarity for all staff members in the targeted schools.
2. By August 30, 2024, XYZ personnel (CSH coordinator, student services director, school social worker) will lead professional development to targeted schools on school social worker program goals and the referral pathway system.
3. Starting September 2024, establish a systematic feedback loop with teachers and other staff members in targeted schools to gather insights on students' needs, and integrate this feedback into the ongoing assessment and adjustment process.
4. By December 15, 2024, and May 15, 2025, the personnel will assess the data for effectiveness and make any adjustments needed.

Presenter(s): Brad Turner

Session Title: DIDD Services for Tennesseans

Session Description:

We discuss services that are beneficial to all Tennesseans so that educators are aware and can share with families.

SMART Goal(s)

Goal/Objective:

By May 2025, XYZ school district will thoroughly review 100% of IEPs/student records to accurately identify all students eligible for the Department of Intellectual and Developmental Disabilities (DIDD) services/programs, as confirmed by end-of-semester reports.

Action Steps:

1. By August 15, 2024, the CSH coordinator will meet with the Special Education Supervisor and other relevant stakeholders to discuss various programs available both inside and outside of the classroom to students with disabilities.
2. By September 1, 2024, the CSH coordinator and Special Education Supervisor will provide professional development for district staff to ensure they understand the available programs and criteria for each.
3. By September 15, 2024, the district will implement a streamlined process for collaboration and communication between school staff, special education teams, and DIDD representatives to facilitate the identification and enrollment of eligible students, ensuring a seamless transition into DIDD services/programs for those who require them. By October 1, 2024, invite DIDD staff to parent/educator trainings/meetings to provide a more in-depth look into who DIDD is and how they can help.
4. By May 2025, generate a report detailing the number of students identified and supported throughout the year.

Presenter(s): Carolyn Heinrich

Session Title: How Tennessee Schools are Working to Improve Children's Mental Health

Session Description:

We will share preliminary findings from a statewide research study that aims to better understand how Tennessee schools are identifying and serving students' mental health needs. Our insights come from interviews with CSH and other school staff and analyses of Tennessee children's health and education data linked over time.

SMART Goal(s):

Goal/Objective:

By June 30th, 2025, XYZ School District will create a system for evaluating the success of their school based mental health programs in reaching students as measured by evaluation system being approved by leadership and implementation of the plan.

Action Steps:

1. By September 15, 2024, the CSH team will meet and develop a series of metrics to track, such as the proportion of students returning consent forms, the number of students seen by providers, or the prevalence of certain outcomes such as absences for children being referred to services.
2. By November 15, 2024, the CSH team will have trained relevant staff on collecting and reporting data.
3. By February 15, 2025, the CSH team will develop and write up a preliminary report using initial data points. At this stage data collection efforts may be modified as needed.
4. By May 15, 2025, the CSH team will create a report evaluating and reporting on these efforts of the Coordinated Health Team.

Presenter(s): Jessica Rackley

Session Title: Implementing Substance Use Disorder (SUD) Screenings for Youth

Session Description:

This session aims to introduce a comprehensive screening program for substance use disorder (SUD) among youth which involves early identification, intervention, and support for at-risk individuals. The goal of implementing routine screenings in various youth-focused settings, such as schools, healthcare facilities, and community centers is to proactively address SUD and its associated challenges among young people. During this session, we will outline the importance of early detection, the potential impact on public health, and the resources required for successful implementation of this framework.

SMART Goal(s):

Goal/Objective 1:

By June 30, 2025, implement routine Substance Use Disorder (SUD) screenings to at least 50% of the youth population in a minimum of one school in XYZ school district.

Action Steps:

1. By October 1, 2024, meet with school personnel, healthcare facilities, community centers, and other key stakeholders to develop an implementation plan and to develop a set of quantifiable metrics to assess the program's success.
2. By January 15, 2025, train impacted staff and launch the SUD screening program in in a minimum of one school.
3. By June 30, 2025, conduct an evaluation of the program's effectiveness and make adjustments for the following school year, if needed based on results.

Goal/Objective 2:

By June 1, 2024, XYZ School District will establish a comprehensive support system, encompassing counseling, treatment services, and family support, to meet the needs of 80% of the youth identified with Substance Use Disorder (SUD) risk.

Action Steps:

1. By August 30, 2024, the CSH coordinator will conduct a needs assessment to identify the support services required for youth with SUD risk.
2. By October 1, 2024, the CSH coordinator will collaborate with local organizations to develop a plan to provide additional support services for youth with SUD risk.
3. By January 3, 2025, the support system will be in place to support students identified as SUD risk.
4. By June 30, 2024, the CSH coordinator will work the pre-selected schools to monitor the progress of the implemented support system and adjust as needed.

Presenter(s): Vanessa Waters

Session Title: McKinney-Vento Students Experiencing Homelessness: Identification & Supports

Session Description:

In this session, participants will learn the definitions and eligibility under the McKinney-Vento program, how to identify students that qualify, and the educational rights and supports for students under the program.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district will achieve 100% identification and comprehensive support for eligible students under the McKinney-Vento program, as evidenced by quarterly audits confirming accurate student records, regular assessments, and successful implementation of support services in alignment with program guidelines.

Action Steps:

1. By August 20, 2024, the CSH coordinator and homeless liaison will conduct a professional development for school staff to ensure they understand the definitions and eligibility criteria of the McKinney-Vento program and will provide clear guidance on how to identify students who qualify for services and supports under the program.
2. By September 1, 2024, implement a comprehensive student identification initiative to identify all potentially eligible students within the district. Utilize multiple sources of data, including enrollment records, housing surveys, and input from teachers and counselors, to ensure thorough identification.
3. By January 5, 2025, conduct an assessment of the McKinney-Vento program implementation to evaluate its effectiveness in identifying and supporting eligible students. Identify any gaps or areas for improvement and make necessary adjustments to procedures and protocols.
4. By May 15, 2025, generate a comprehensive report detailing the percentage of eligible students identified and supported throughout the school year.

Presenter(s): Marcie Kinnard, RN, Beverly Dronebarger, Richard Bumbalough

Session Title: Mental Health for All: A Team Approach to Mental Wellness

Session Description:

We will explore how a team approach provides more mental health resources to staff, students, and their families in our district. We utilize a variety of approaches for identifying and connecting all members of our district with mental health resources.

SMART Goal(s):

Goal/Objective:

By May 1, 2025, XYZ School District will implement a team approach to mental health for all staff, students, and families within the district as evidenced by a fully formed and functioning mental health collaboration team that has implemented three new initiatives or activities related to mental health awareness or resources for the district.

Action Steps:

1. By July 30, 2024, the CSH Coordinator will develop expectations and a purpose statement so that participants can make an informed decision about participation.
2. By September 30, 2024, The CSH Coordinator will recruit district level team members that regularly work in or implement mental health programs or curriculums.
3. By December 1, 2024, all team members will be selected.
4. By February 1, 2025, and monthly thereafter, the mental health collaboration team will meet to discuss plans for each month that will increase mental health resources, education, and awareness throughout the district.
5. By May 1, 2025, the district mental health collaboration team will plan and implement at least three activities or initiatives related to mental health awareness or resources that will benefit the staff, students, and families in the district.

Presenter(s): Eric Johnson, Keri Halbert

Session Title: *Move 2 Stand*

Session Description:

An energizing youth development training that will encourage students to take a proactive approach to reduce bullying and harassment while creating a more positive school climate. Participants will learn strategies to support students who get bullied and learn healthy coping skills.

SMART Goal(s):

Goal/Objective:

By May 2025, 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 2024, the CSH Coordinator will provide a *Move 2 Stand* train the trainer leadership training for staff at the pre-selected schools that will be implementing the *Move 2 Stand* program.
2. By September 2024, CSH will host a *Move 2 Stand* summit at participating middle/high schools.
3. By October 2024, the CSH Coordinator will recruit *Move 2 Stand* sponsors at the participating schools.
4. By November 15, 2024, each participating school will start *Move 2 Stand* clubs for students and clubs will meet monthly thereafter.
5. By May 2025, each *Move 2 Stand* club will host a minimum of three positive school climate enhancing events.

Presenter(s): Gena Surgener

Session Title: Pathways to Behavioral Health Careers

Session Description:

In a response to the realization of the shortfall of behavioral health professionals, this project, funded through TDMHSAS and as a partnership with UTK and U of M, is an exciting way to introduce high school and middle school students to the vast field of behavioral health. We provide presentation materials that discuss the WHAT, WHY, WHO and HOW of behavioral health career planning as well as follow up materials that help students use introspective skills and engage through social media, podcasts and video interviews. This project has been shown to increase the knowledge, interest and consideration of joining the behavioral health field in the future by up to 73%. Raising awareness of the field, reducing stigma associated with seeking behavioral health support and increasing those who enroll in post-high school education and training in the field are the goals of this project. We hope to have these materials available to all high school students in order to expose them to a field that is so vast but that many simply might not be aware of the option.

SMART Goal(s):

Goal/Objective:

By June 2025, XYZ School District will provide the Pathways to Behavioral Health Careers presentation to all high school (insert preferred grade level here) in the district to increase interest in Behavioral Health careers by 10%, based on data comparisons from the presentation pre- and post-survey.

Action Steps:

1. By August 2024, the CSH coordinator will identify 1-3 staff members, and have them register to attend the Pathways to Behavioral Health Careers training through www.mapmypathway.com.
2. By October 2024, identified staff members will complete Pathways to Behavioral Health Careers training.
3. By November 2024, the CSH coordinator in partnership with the identified staff members, will schedule Pathways to Behavioral Health Careers presentation at each district high school.
4. By May 2025, identified staff will present Pathways to Behavioral Health Careers presentation at each district high school.
5. By June 2025, CSH Coordinator will review pre- and post-survey data.

Presenter(s): Kayla Mumphrey-Oquendo, Caty Davis-Moss, Melissa Bayless, Deanna Armstrong, Corey Thompson, Deanne Parker, Danielle Bennett, Skyler Sane

Session Title: Providing Services and Supports Through the Multi-Tiered System

Session Description:

After participating in the session, you will be able to describe the School-Based Behavioral Health Liaison program (SBBHL), understand the MTSS framework and how it is implemented through the SBBHL program, have awareness of the location and Community Mental Health Centers (CMHC), understand the day-to-day operations and implementation of the SBBHL in the schools across TN.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will increase participation in community and family events by 10%, as compared to the 2023-24 school year participation data, by implementing the School-Based Behavioral Health Liaison program.

Action Steps:

1. By August 2024, the CSH Coordinator will gather participation data from community and family events in the 23-24 school year.

2. By September 2024, the SBBHL will meet with all school administrators and counselors to establish relationships and begin building rapport with school leaders.
3. By October 2024, the SBBHL and school leaders will create a community and family events timeline for the 24-25 school year.
4. By June 2025, the school/district will host various events to promote community and family engagement.
5. By June 2025, the CSH coordinator will gather participation data from school events in the 24-25 school year and compare the data to the previous year.

Presenter(s): Elizabeth Davis, Maria Bruce

Session Title: School Based Models for Promoting Access to Youth Mental Health

Session Description: Project AWARE, a federally funded mental health grant initiative, implements a comprehensive mental health model in seven districts across the state. Within this comprehensive model, community-based mental health partnerships are key to success. Topics of discussion will include the importance of these partnerships, barriers to implementation, and strategies to overcome these barriers.

SMART Goal(s):

Goal/Objective:

By May 15, 2025, XYZ school district will increase student referrals to school based mental health providers and outside providers by 10% from the previous school year as evidenced by a referral pathway system.

Action Steps:

1. By August 1, 2024, the CSH coordinator along with district mental health leaders will create a resource map of available school based mental health providers and community providers to share with district staff and community stakeholders.
2. By August 15, 2024, conduct a thorough examination of the referral pathway data from the previous school year and compare it to the current school year. Identify any barriers or challenges hindering the referral process. Develop targeted strategies to overcome these barriers, ensuring a more efficient and effective system for student referrals to mental health providers.
3. By September 1, the CSH coordinator will provide a professional development for staff to ensure they are well-informed about the referral pathway system, available mental health resources, and the importance of student referrals and

enhance communication channels to promote a collaborative approach among staff, fostering an environment conducive to increased student referrals.

4. By September 15, 2024, the CSH coordinator will ensure that existing MOUs with outside community agencies are updated if needed and will assist in the creation of MOUs with any new partnerships. By December 15, and May 15, 2024, examine and compare referral pathway data from previous school year to current school year to determine effectiveness and make adjustments as needed.

Presenter(s): Jaime Grammer

Session Title: Social Personal Competencies (SPCs)

Session Description:

In this session, participants will learn what SPCs consist of, how skills have a structure of support much like academic skills, and how explicitly integrating SPCs into classroom instruction can impact outcomes for students, teachers, schools and communities.

SMART Goal(s):

Goal/Objective: By May 2025, XYZ school district will incorporate Social Personal Competencies (SPCs) into classroom instruction district-wide, with 75% of educators reporting implementation helped enhance a healthy school environment and culture.

Action Steps:

1. By July 2024, the CSH coordinator will identify how Social and Personal Competence instruction can provide improvement in the identified core competencies of CSH.
2. By October 2024, the CSH coordinator will provide training to schools on SPC modules and will review how to best incorporate into daily classroom instruction.
3. By November 2024, 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 2024, the CSH coordinator and other involved individuals will share the plan with all schools.
5. By January 2025, the plan for incorporating SPCs will be implemented district wide.

Presenter(s): Evangeline Watanabe

Session Title: TN Handle with Care

Session Description:

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

SMART Goal(s):

Goal/Objective:

By January 2025, all participating agencies and schools in the district will be trained and actively participating in the Handle with Care program as measured by the submission of notifications and regular surveys to ensure children with a Handle with Care notice have received services if needed.

Action Steps:

1. By August 2024, schedule stakeholder meeting to include all representatives from all major agencies in county along with school district representatives in partnership with Statewide Coordinator.
2. By September 2024, obtain a list of contacts that will receive notifications.
3. By November 2024, set up a 30-minute virtual training with statewide coordinator for designated contacts.
4. By December 2024, partner with statewide coordinator to ensure all first responder agencies and school staff have received Handle with Care training.
5. by March 2025 schedule a quarterly check in meeting with the appropriate stakeholders.

School Staff Wellness

- [Creating Staff Wellness Rooms](#)
- [Ease Your Mind with Mindfulness](#)
- [Immunization Clinics for School Staff](#)
- [Physical Wellbeing and YOU!](#)
- [Staff Well-Being: Supporting the Body and Mind](#)
- [Staff Wellness Activities](#)

- [Start the New Year off by Providing On-Site Mobile Mammogram Screenings for Staff On-Site](#)
- [The Importance of Investing in School Employee Wellness](#)
- [Utilizing School Nurses for Staff Wellness Campaigns](#)

Presenter(s): Elizabeth Davis, Charlotte Maldonado

Session Title: Creating Staff Wellness Rooms

Session Description:

This session will build and enhance participants' knowledge of staff wellness rooms and the benefits of creating these rooms. Visual examples of wellness rooms from Tennessee schools will be provided as well as items typically found in a wellness room to support administrators and coordinators in their creation.

SMART Goal(s):

Goal/Objective:

By May 15, 2025, the CSH coordinator will create a staff wellness room in which 75% of school staff report that the room was beneficial to their wellbeing based on an internal end of year survey.

Action Steps:

1. By August 1, 2024, the CSH coordinator along with other district staff will determine the allowable budget for creating a staff wellness room.
2. By September 30, the CSH coordinator will meet with school administrators to determine the best location for the staff wellness room as well as the needed items to place within the room.
3. By December 1, the CSH coordinator along with the school administrator(s) will complete the creation of the staff wellness room.
4. By May 15, 2025, the CSH coordinator will administer a survey to determine school staff usage and satisfaction with the wellness room.

Presenter(s): Katie Kecman

Session Title: Ease Your Mind with Mindfulness

Session Description:

Discover how to cultivate more mindfulness into your daily activities. Simple breathing exercises and even taking time to be mindful at meals can ultimately lead to a more meaningful, calm, and productive day.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will actively foster staff wellness by implementing a consistent and diverse mindfulness program, providing monthly mindfulness activities at a minimum of one school in the district. The success of this initiative will be measured through an administrator or Healthy School Team survey, ensuring that 80% of survey takers report a positive impact on staff well-being and a perceived increase in mindfulness during daily activities.

Action Steps:

1. By August 31, 2024, the CSH coordinator will share "Ease Your Mind with Mindfulness" video with all building level administration during a principal's meeting and/or Healthy School Team meeting and provide clear guidance on the importance of mindfulness and its potential impact on staff well-being, as well as resources on creating mindfulness activities.
2. From September 2024 to December 2024, the school(s) will host monthly mindfulness activities.
3. By December 15, 2024, the CSH coordinator will send out a survey to all building level administration or Healthy School Teams for them to report on the school's first semester mindfulness activities and the CSH coordinator will provide additional resources and support based on the results.
4. From January 2025 to April 2025, the school(s) will host monthly mindfulness activity.
5. By May 31, 2025, CSH coordinator will send out a survey to all building level administration or Healthy School Teams for them to report on the school's second semester mindfulness activity.

Presenter(s): Amy Richardson, Tara Farley, Jenny Jones

Session Title: Immunization Clinics for School Staff

Session Description:

This session will be a panel discussion addressing staff immunizations programs within three school districts in the state. We will discuss the planning of these programs, partnering with community agencies to offer the programs, staff sign-up process, the procedures we follow on the day of the clinics, and follow-ups after clinics. Please join us to learn how you can implement immunization clinics in your district.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will increase the number of faculty/staff vaccinations by 10% as compared to previous school year CSH/partner data.

Action Steps:

1. By August 1, 2024, CSH will host a planning meeting with targeted community partner(s).
2. By September 15, 2024, CSH will identify immunization clinic dates/locations and promote these upcoming clinics with email and communication with school nurses.
3. By September 30, 2024, CSH will collect, review, and give the immunization paperwork to the community partner.
4. By October 31, 2024, CSH in partnership with community partner will complete School staff vaccine clinics in at least 3 school/work sites. Additional immunization clinics will be provided in the spring semester if immunizations were offered that are a vaccine series.
5. By May 3, 2025, the CSH Coordinator will review data collected to determine the number of staff receiving immunizations and the type of immunizations received.

Presenter(s): Katie Kecman

Session Title: Physical Wellbeing and YOU!

Session Description:

This session is all about how to care for our physical bodies with kindness and allow ourselves to feel joy and contentment in our own skin.

SMART Goal(s):

Goal/Objective:

By May 18, 2025, the XYZ School District aims to enhance staff well-being by creating and launching a comprehensive Staff Wellness On-Demand Webinar/Video Series, covering the "10 Ways to Tune into Your Body and Connect with Food." The success of this initiative will be measured by achieving a minimum average satisfaction rating of 4.5 out of 5 in post-video/webinar surveys, with survey taker's names entered into a monthly drawing for prizes as an incentive.

Action Steps:

1. By August 1, 2024, the CSH coordinator will collaborate with subject matter experts, wellness professionals, and technology/AV to discuss and create a plan for the development of engaging and informative content for each of the 10 videos.
2. By September 15, 2024, begin the production process for each video/webinar in the series, paying attention to quality, accessibility, and user-friendly formats. Ensure that the content is presented in a way that resonates with the staff audience and effectively conveys the key messages of each topic.
3. By January 1, 2025, launch the Staff Wellness On-Demand Webinar/Video Series for all staff members, integrating post-video/webinar surveys with a link or QR code for participant feedback.
4. By February 1, 2025, implement monthly prize drawings for survey participants, ensuring fairness and transparency. Share winners and success stories to boost ongoing staff engagement.
5. Beginning February 15, and monthly thereafter, evaluate data from the surveys for effectiveness.

Presenter(s): Trey Upchurch, Andrew Martin, Shelia Barker, Janet Frank, Amy West

Session Title: Staff Well-Being: Supporting the Body and Mind

Session Description:

Work-related stress can create alarming psychological and physical health concerns. By fostering a common sense and district-led approach to supporting faculty and staff mental health, districts will see a reduction in behavior referrals, an increase in test scores, and an improvement in teacher attendance, and well-being. Learn the basics of beginning a faculty and staff wellness program that incorporates both mental and physical health and helps foster a sense of community at the school level and competitiveness at the district level.

SMART Goal(s):

Goal/Objective:

By June 2025, the CSH coordinator will develop a faculty and staff Mind and Body initiative and have an average participation rate of 15% of faculty and staff per event.

Action Steps:

1. By August 2024 the CSH coordinator will meet with the nursing coordinator and mental health coordinator to develop a list of mental and physical health options that will be utilized for the district survey.
2. By September 2024, the CSH coordinator will conduct surveys or interviews to understand the specific wellness needs and preferences of teachers and staff and will include questions around physical, mental, and emotional wellness aspects.
3. By October 2024 the CSH coordinator, school nurse, mental health coordinator, and other key stakeholders, will use the survey data to define clear objectives for the wellness program, such as reducing stress, improving work-life balance, promoting healthy habits, and enhancing overall well-being.
4. By November 2024 the CSH coordinator will use the healthy school teams to plan the execution of the wellness objectives for each school. This team should include at least one physical education teacher and the school nurse.
5. By December 15th the CSH coordinator will design a diverse calendar with all wellness activities, workshops, and events throughout the school year.

Presenter(s): Elizabeth Davis, Jaime Grammer

Session Title: Staff Wellness Activities

Session Description: In this interactive session, participants will learn practical strategies to help promote staff wellness.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ school district will increase staff morale and wellbeing at a minimum of one school by creating a comprehensive staff wellness program as

evidenced by 80% of participating staff stating that the program had a positive impact on their morale and wellbeing.

Action Steps:

1. By July 15, 2024, the CSH coordinator will develop a comprehensive plan for staff wellness.
2. By August 31, 2024, the CSH coordinator will share the staff wellness plan which includes Staff Wellness Activities, with all building level administration and Healthy School Teams.
3. Starting September 15, 2024, the participating school(s) will implement the staff wellness plan and the CSH coordinator will provide ongoing support and resources.
4. By December 15, 2025, CSH coordinator will survey all participating staff to determine effectiveness and make necessary adjustments for the second semester and provide additional resources.
5. By May 31, 2025, CSH coordinator will survey participating staff and determine effectiveness of the program.

Presenter(s): Julie Lofland, Melissa Randle, Belinda Allen

Session Title: Start the New Year off by Providing On-Site Mobile Mammogram Screenings for Staff On-Site

Session Description:

Start the New Year off by Providing On-Site Mobile Mammogram Screenings for Staff On-Site

SMART Goal(s):

Goal/Objective:

By March 31, 2025, XYZ school district will provide at least three school staff health screenings, and 80% of staff that participated will indicate that the health screenings were beneficial to their health.

Action Steps:

1. By September 1, 2024, CSH will promote health screening initiatives via emails, flyers, and other forms of communication.

2. By September 30, 2024, CSH will provide blood pressure screenings to staff and provide educational resources.
3. By October 31, 2024, CSH will provide mobile-mammogram screenings to staff and provide educational resources.
4. By December 31, 2024, CSH will provide BMI screenings to staff and provide educational resources.
5. By February 28, 2025, CSH will evaluate the screening initiatives via a participant post-survey and make changes for the 2025-26 school year.

Presenter(s): Richard Hoke

Session Title: The Importance of Investing in School Employee Wellness

Session Description:

Every school employee, no matter the role they play, contributes to a school's mission. School staff can give their best when they feel their best and a school employee wellness program can help. Schools and school districts can provide an employee wellness program for staff that includes healthy eating and physical activity. When staff model these healthy behaviors, they can reinforce them with students. Additionally, supporting school employee wellness programs can improve staff retention and productivity. Decrease employee absenteeism. Decrease employee health care costs.

SMART Goal(s):

Goal/Objective:

By May 15, 2025, XYZ School District will reduce employee absenteeism at a minimum of one school by 5% during the second semester of the 2024-25 school year as compared to the first semester, by implementing a staff wellness evaluation and action plan.

Action Steps:

1. By August 30, 2024, the pre-selected school and the CSH coordinator will host the first Healthy School Team meeting and discuss the staff wellness initiative for the year and create an evaluation tool.
2. By October 1, 2024, the team will provide the evaluation tool to faculty and staff to identify their needs regarding staff wellness activities and their typical reasons for being absent.

3. By December 15, 2024, the Healthy School Team and CSH coordinator will analyze data from the staff wellness evaluation and create and get administrator approval of an action plan to be implemented during the second semester.
4. By January 15, 2025, the Healthy School Team and coordinator will present the plan to staff at a faculty meeting and begin implementation.
5. By May 15, 2025, the coordinator will survey staff to evaluate effectiveness and compare staff absenteeism data.

Presenter(s): Shanna Groom, Jessica Floyd, Kathleen McClellan

Session Title: Utilizing School Nurses for Staff Wellness Campaigns

Session Description:

School Nurses are an excellent resource to come up with staff wellness activities each year. We will review some ideas, benefits, and outcomes of the Rutherford County Staff Wellness Campaign over the past few years.

SMART Goal(s):

Goal/Objective:

By May 30, 2025, XYZ school district will implement a minimum of three staff wellness initiatives in 100% of schools, in partnership with the district and school-level nurses, with the success measured by achieving an 80% satisfaction rate from district staff through post-initiative surveys.

Action Steps:

1. By August 15, 2024, CSH will administer a needs assessment to identify health services wellness initiatives of interest to staff.
2. By September 15, 2024, CSH will meet with the district lead nurse to discuss staff wellness ideas for each school and results of the needs assessment.
3. By September 30, 2024, CSH will work with the district lead nurse to create/purchase any necessary materials (including creating handouts and/or purchasing any needed items and create post-survey questionnaire).
4. By April 30, 2025, school nurses, with assistance from CSH, will complete the staff wellness campaign at x/x schools.
5. By May 15, 2025, all staff will complete post-survey to evaluate usefulness and effectiveness of Staff Wellness Campaign.

Student, Family, and Community Involvement

- [Afternoon Sweet Tea: Increasing Literacy, Student and Family Engagement](#)
- [Beep! Beep! The Wheels on the Bus Go Round and Round to Meet Families Where They Are](#)
- [Benefits of Parent Led Advisory Council & Engagement](#)
- [Building a Multi-Tier Framework for Sustainable Impact on Family Engagement](#)
- [Civic Engagement and Service-Learning in K-12 Schools](#)
- [Creating a Legacy of Learning: The Impact of Early Family Involvement](#)
- [Elevating Initiatives One Community Partner at a Time](#)
- [Everyone Wins! Redefining Family-School Partnerships](#)
- [No More Guessing: Tips & Ideas to Boost Your Parent Involvement](#)
- [Supporting Students & Families in Transition by Meeting Them Where They Are](#)

Presenter(s): Beth Petty, Connie Gray

Session Title: Afternoon Sweet Tea: Increasing Literacy, Student and Family Engagement

Session Description:

Join us to learn how Lebanon Special School District incorporates Southern Charm and humor as we successfully engage students, family and community, with emphasis on afterschool and summer break initiatives. Interact with us as we share examples of how we incorporate multiple departments/funding sources to support literacy, civic service-learning/leadership and engagement goals within our district.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district will develop and implement a family engagement outreach plan, focused on strengthening after school efforts, in which 60% of students actively participating demonstrate improvement/growth in two or more areas of focus (e.g. literacy, social/personal/behavior, literacy).

Action Steps:

1. By August 1, 2024, the FRC Director, After-School Director and LEAPs Grant Coordinator will regularly meet with students to assess current literacy and student and family engagement programs and identify areas for improvement and expansion.

2. By September 1, 2024, the student/staff team will finalize a plan that includes project dates and assignments, target audience and literacy and engagement measurement tools. Students will present the plan to the district school board.
3. By April 30, 2025, the team will implement literacy and engagement projects, with summer programs to be completed by July 2024.
1. By May 15, 2025, the team will use measurement tools to assess the success of the program and develop adjustment/additional strategies for the following year. Students will report literacy and academic and social emotional skills to the district school board.

Presenter(s): Kay Ward, Erika Phillips, Beth Petty, Annie Barger

Session Title: Beep! Beep! The Wheels on the Bus Go Round and Round to Meet Families Where They Are

Session Description:

Family Engagement is essential in ensuring the success of student's wellbeing and academics. Reimagining family engagement to ensure strong partnership and increased academic success may look like opportunities to meet families where they are. During this session, attendees will hear from a panel of district leaders on exemplary best practices and strategies on how they reimagined family engagement by meeting families where they are through repurposed school buses.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ district will reimagine family engagement by launching a mobile Family Resource Center via bus, in which 90% of families receiving services agree they feel more engaged and supported in their child's overall academics and wellbeing on exit survey.

Action Steps:

1. By August 2024, in partnership with district administrators, secure used bus to repurpose, procure services for renovation, and draft bus launch plan.
2. By January 2025, in partnership with district administrators, launch repurposed bus with "bus tour at all schools" and host community connection celebration pop ups at specified area.

3. By May 2025, in partnership with district administrators and school principals, provide engagement outcomes snapshots, determine prioritized focused areas to support in summer/following school year.

Presenter(s): Jo Bruce

Session Title: Benefits of Parent Led Advisory Council & Engagement

Session Description:

Tired of having meeting where those who you need at the table are present? Look no further! During this session, hear exemplary best practices and strategies on how Oak Ridge Schools' Family Resource Center has redefined engagement through parent led advisory councils. Attendees will walk away with key strategies on how to overhaul existing practices and strengthen engagement.

SMART Goal(s):

Goal/Objective:

By May 2024, XYZ district will implement engagement and volunteer activities for families who serve on the district's advisory council, in which 90% families participating will note they feel more engaged and supported in their child's overall academics and wellbeing on end of year survey.

Action Steps:

1. August 2024, XYZ personnel (e.g., CSH coordinator, FRC director, Family Engagement Coordinator) will create an agenda and schedule the first quarterly Parent Advisory Council Meeting to kick off the new school year and welcome new members. Discuss Topics for Parent Engagement Workshops that would be helpful to parents in our communities.
2. October 2024 and quarterly thereafter, hold a meeting to discuss community concerns and needs and provide updated information regarding local resources for families to distribute within their communities. Host Parent Engagement Workshops for Advisory Council members to invite family and friends to attend.
3. May 2025, XYZ personnel (e.g., CSH coordinator, FRC director, Family Engagement Coordinator) will host the end of year Parent Advisory Council ceremony, assess workshop data, and make necessary improvements for the upcoming year.

Presenter(s): Dr. Yolanda Jackson

Session Title: Building a Multi-Tier Framework for Sustainable Impact on Family Engagement

Session Description:

Parents and caregivers are a student's first teacher. Well-designed strategies and resources equip parents and caregivers with the necessary tools to be their student's best teacher in their educational journey. This session will provide strategies for educators, school leaders and community partners to be co-creators alongside families in student success. We will examine 4 domains: communication, family support, decision-making and partnerships. These guiding domains create outcomes that are equitable and accessible for all families centered around the strands of Family & Community Engagement, College & Career Readiness, Health & Wellness, and Social Services and Adult Development adapted from the community school framework. In this session you will review a multi-tier framework to support family engagement, identify school data to measure outcomes, and learn how to maximize community partnerships to create sustainable systems and structures for families and community partners to assess, evaluate, and guide districts and schools on authentic decision-making.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ district will strengthen student and family engagement through the implementation of Family University, in which 90% of families will indicate greater trust in the school and district staff to support their child's student well-being and academic success on exit surveys.

Action Steps:

1. By August 2024, develop online courses with a focus on the four pathways of family engagement and consult with communications and technology on how to add to online platform.
2. Beginning August 2024 and monthly thereafter, collaborate with community partners to facilitate workshops and sessions in the areas of family and community engagement, adult development and social services, college and career readiness, and health and wellness.
3. Each month in the 2024-2025 school year, plan and execute events with school teams, community partners and other district departments providing offerings that support increased attendance and encourage positive behavior and academics for families.

4. Beginning October and quarterly thereafter, in partnership with schools and departments, assess and release outcome and participation data, and make necessary revisions to programmatic efforts as deemed necessary.

Presenter(s): Jim Snell

Session Title: Civic Engagement and Service-Learning in K-12 Schools

Session Description:

This workshop will explore how civic engagement and service-learning can provide opportunities for students to build local partnerships to address school health priorities in a way that connects to the curriculum. Through a guided discussion of service-learning, workshop participants will learn when and how to inject a service-learning activity in the school-based setting.

SMART Goal(s):

Goal/Objective:

By May 2025, the CSH coordinator, in partnership with school leadership at targeted school, will implement one service-learning project, aligned to K-12 Service-Learning Standards for Quality Practice & IPRADE Framework, in which 90% of students indicate at end of year project they better understand needs within their community and how to get involved.

Action Steps:

1. By August 2024, the CSH coordinator, in partnership with leadership will provide resources and strategies on service-learning and support teachers on how to implement a project aligned to current instructional practices. The CSH coordinator will share service-learning resource materials with principals and targeted teacher(s) at one school.
2. By October 2024, pilot teacher(s) will engage students to identify a genuine community need and its root causes.
3. By November 2024, students will identify a realistic and meaningful service project (with clear goals, timeline, roles, and follow-up) to implement for the remainder of the 2024-2025 school year.
4. By May 2025, students will complete an end-of-year project report and will showcase learning and community impact to stakeholders and supporters while making recommendations for sustainability and expansion.

Presenter(s): Charise McDaniel, Kimberly West, Mary Beth Young, Ella Weaver

Session Title: Creating a Legacy of Learning: The Impact of Early Family Involvement

Session Description:

This session will engage participants through the lens of family engagement. Participants will gain an increased knowledge of how family engagement programs intentionally build high quality home/school partnerships. This engaging and informative session aims to empower attendees with practical strategies and insights to enhance early collaboration between schools and families.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district, in partnership with community stakeholders, will improve family engagement opportunities, in which 90% of families demonstrate an increase in knowledge on related topics on post-survey as compared to pre-survey data.

Action Steps:

1. By July 2024, the coordinator will have completed an outline of family engagement opportunities within their school district for the school year.
2. By July 2024, the coordinator will meet with three new community partners to create a partnership for family engagement events in the school district.
3. By October 2024 and quarterly thereafter, the coordinator will host a family engagement event and utilize new community partners to assist with event.
4. By November 2024, the coordinator will review data to determine a continued partnership and necessary adjustment to evolve new program or event.
5. By May 2025, the coordinator will share qualitative and quantitative data from school year's family engagement events with supervisor and TN DOE coordinator.

Presenter(s): Alisha Ricker, Leslie Brasfield, Kathy Atwood

Session Title: Elevating Initiatives One Community Partner at a Time

Session Description:

Are you looking for new best practices and strategies to enhance your stakeholder engagement and partnerships? Look no further! During this session, hear from CSH Coordinators and FRC directors on best practices and strategies on how they build strategic partnerships with their stakeholders to maximize programmatic initiatives.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ district will observe an increase in community stakeholder partners that support (specify initiative) by X% as compared to the previous quarter.

Action Steps:

1. By August 2024, XYZ personnel (e.g., CSH Coordinator, FRC director) in partnership with district administrators, will identify programmatic efforts in need of stakeholder engagement, develop communication strategy that includes update on district website.
2. By September 2024, XYZ personnel (e.g., CSH Coordinator, FRC director) will launch a campaign with community partners to spread awareness that brings awareness and identifies specific ways stakeholders can support.
3. Beginning October 2024, and quarterly thereafter, XYZ personnel (e.g., CSH Coordinator, FRC director) will assess community partner participation and refine practices as necessary to ensure strong engagement.

Presenter(s): Taylor Rayfield

Session Title: Everyone Wins! Redefining Family-School Partnerships

Session Description:

Are you looking for best practices and strategies to support your school district in effective family-school partnerships? Look no further! During this session, participants will learn strategies highlighting innovative practices that redefine family-school partnerships through intentional planning.

SMART Goal(s):

Goal/Objective:

By May 2025, in partnership with district administrators and principals, XYZ School District will improve student, family, and community engagement at targeted schools 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.

Action Steps:

1. By August 30, 2024, 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, 2024, in partnership with district administrators and school principals will evaluate survey data and identify targeted areas of focus.
3. By December 1, 2024, XYZ personnel (e.g., CSH Coordinator, FRC director, family engagement coordinator) will facilitate staff development on strategies responsive to needs that focus on improving student, family, and community engagement to targeted schools.
4. By April 15, 2025, the XYZ personnel (e.g., CSH Coordinator, FRC director, family engagement coordinator) in partnership with district administrators
5. and school principals, will release follow-up survey.

Presenter(s): Julie Lofland

Session Title: No More Guessing: Tips & Ideas to Boost Your Parent Involvement

Session Description:

Multi-tiered supports will be shared on how to increase parent involvement outside the classroom. By working with Kids Connection (Extended Learning) and CSH program we have been able to maximize our resources for our students and families. Athens offers numerous opportunities for parent involvement which include: Building parent, teacher, and student relationships through stronger parent communication, seminars, meetings, and yearly surveys. Providing continuous parent notifications and updates through social media, phone notifications, and newsletters. Planning seminars with a variety of topics including: parenting, discipline, adverse childhood experiences, academics, health, special needs, social emotional learning, bullying, technology, financial literacy, and STEM.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ district will increase family engagement opportunities by implementing a joint family engagement outreach plan, in which X% of families indicate they agree (identify key feedback questions from survey that demonstrate need of improvement – e.g., feeling more engaged, can identify support strategies to support their child's learning) in X% of survey questions as compared to the beginning of the year.

Action Steps:

1. By August 15, 2024, the Family Engagement, CSH, and Kids Connection Coordinator will meet to assess current family engagement outreach strategies and determine overlaps and gaps in areas of improvement.
2. By September 15, 2024, the Family Engagement, CSH, and Kids Connection Coordinator will finalize a family engagement outreach plan which includes a yearly timeline, responsible parties, target audience, and outreach evaluations.
3. By March 15, 2025, the Family Engagement, CSH, and Kids Connection Coordinator will successfully implement a minimum of 50% of strategies from the plan.
4. By April 1, 2025, the Family Engagement, CSH, Kids Connection and school-based family engagement coordinators will successfully provide multiple opportunities for parents/ community feedback to strengthen ACS health/fitness/nutrition programs.
5. By May 1, 2025, the Family Engagement, CSH, and Kids Connection coordinator will successfully implement a minimum of 80% of strategies in the plan.

Presenter(s): Taylor Rayfield, Jaime Grammer

Session Title: Planting the Seeds to Promote Family Centered Support in Students' Mental Health

Session Description:

In this session, participants will build an enhance their knowledge of Positive Childhood Experiences (PCEs), recognize the importance of PCEs to help buffer the effects of Adverse Childhood Experiences (ACEs) and identify strategies for schools and families to increase PCEs.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district will develop and implement strategies to support family-centered mental health as part of the district's family engagement plan, in which 90% of families indicate on survey data they know how to identify and support their child's social and personal wellbeing.

Action Steps:

1. By August 2024, in partnership with district administrators and school principals, complete the initial plan of action on the improvement of family-centered mental health in alignment with school/district improvement plan needs.
2. By October 2024 and quarterly thereafter, XYZ personnel (e.g., CSH coordinator, FRC director, family engagement, district school social worker), will provide professional learning to school personnel on practical strategies that promote and support family-centered mental health.
3. By October 2024, and quarterly thereafter, XYZ personnel (e.g., CSH coordinator, FRC director, family engagement, district school social worker), will review and assess outcome data on family engagement, specifically related to family-centered mental health, disseminate data with school leaders, and make refinements to strategies as necessary.

Presenter(s): Vanessa Waters, April Couch, Jill Bouldin, Dr. Denise Whittenberg

Session Title: Supporting Students & Families in Transition by Meeting Them Where They Are

Session Description:

During this session, hear from leaders in the field as well as TDOE McKinney Vento coordinator on exemplar strategies, best practices, and resources on ways to effectively identify and support student and families in transition by meeting them where they are.

SMART Goal(s):

Goal/Objective:

By May 2025, XYZ school district will demonstrate improvement in identification of early childhood and unaccompanied homeless youth, in which 80% of identified students note they have connected with student support personnel (e.g., school counselor, nurse, FRC director, CSH coordinator, homeless liaison) on a consistent basis and know how to reach out for support when needed.

Action Steps:

1. By August 2024, the district homeless liaison, in partnership with student support personnel and early childhood team, will meet to develop an awareness and outreach plan to ensure strong identification for early childhood and unaccompanied homeless youth.
2. By September 2024, in partnership with the school district communications team, develop and release communications plan focused strengthening awareness on McKinney-Vento and support offered by the district.
3. Beginning October 2024 and quarterly thereafter, assess students in transition data, consult with school liaisons, and district student support personnel to identify potential areas of improvement and make necessary changes as needed.

Infrastructure

- [Grants, Policy & Title IV: How to Utilize Data to Secure Funding & Partnerships](#)
- [Is Your Tennessee School One of America's Healthiest?](#)
- [There is no I in TEAM. School Health Teams](#)

Presenter(s): Jenna Stitzel, Bethany Allen

Session Title: Grants, Policy & Title IV: How to Utilize Data to Secure Funding & Partnerships

Session Description:

We will discuss how we use screening and other types of data to change district policy, apply for grants, and gain buy-in from leadership to obtain ESSA and Title IV funds.

SMART Goal(s):

Goal/Objective:

By May 1, 2025, the CSH Coordinator will increase the amount of Title IV funds allocated to Coordinated School Health for Safe and Healthy Students by 5% as measured by and compared to the district allocation in ePlan from the 2023-2024 school year.

Action Steps:

1. By Aug 1, 2024, the CSH Coordinator will identify the staff member who is over the District Improvement Plan (DIP) and the District Needs Assessment and schedule a meeting to request he/she is added to the team.
2. By Oct 1, 2024, the CSH Coordinator will come up with a district wide goal that supports CSH and fits under the Title IV, Part A umbrella of Well-Rounded Education or Safe and Healthy Students.
3. By Nov 1, 2024, the CSH Coordinator will come up with Performance Measures and Evidence to support the goals they created for the Title IV, Part A funding.
4. By Dec 1, 2024, the CSH Coordinator will come up with a list of all items he or she wants funded through Title IV, Part A and have them ready to include in the DIP and needs assessment.

Presenter(s): Donna Crawford, Donna Moore

Session Title: Is Your Tennessee School One of America's Healthiest?

Session Description:

Schools across Tennessee have been named national America's Healthiest Schools honors from the Alliance for a Healthier Generation for many years. This mini-session will detail the new application process, eligibility requirements, alignment with state assessments, support provided by the HG Program Manager, and the role Coordinators can play. Senior Program Director Donna Crawford welcomes Coordinator Donna Moore of Benton County to share her Top Ten strategies for CSH support for successful applications. Please bring laptops or iPads to this informative session.

SMART Goal(s):

Goal/Objective:

By June 30, 2025, XYZ district will have at least one school apply for the Healthier Generation's America's Healthiest School (AHS) recognition distinction. This will be measured through eligibility reports shared by HG staff; application review consultations with Healthier Generation staff; and a submitted application.

Action Steps:

1. By October 15, 2024, the CSH coordinator will do a presentation and overview of the America's Healthiest Schools program at Healthy School Team meeting(s) for the preselected school(s) and review the previous year's requirements to prepare the schools for what may be required.

2. By January 15, 2025, the CSH coordinator will share the America's Healthiest Schools Award Guide with preselected school(s) that details all evidence needed per award category.
3. By February 15, 2025, the CSH coordinator will attend office hours offered by the Healthier Generation Program Director to review coordinator support roles during award process, eligibility, applications, and evidential documentation needed for each school.
4. Ongoing, the CSH coordinator will support each school with completion of requirements, request progress reports from the school(s), and provide any technical assistance needed.
5. By April 10, 2025, the CSH coordinator will share completed school applications with HG Program Director for final review before submission. Coordinator will ensure that all documentation is complete and correct signatures (school principal) are secured.

Presenter(s): Andrew Martin, Marcia Wade, Marsha Polson

Session Title: There is no I in TEAM. School Health Teams

Session Description:

This will be a collaborative opportunity to develop and strengthen School Health Teams both at the school and the district levels. The panel will engage you with techniques not only to track documentation but to encourage participation from various stakeholders. You will be actively participating in a meeting as a school health team member.

SMART Goal(s):

Goal/Objective:

By May 10, 2025, 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 September 20, 2024, the CSH coordinator will meet with all Healthy School Team leads to discuss the expectations and goals for the school year.
2. By October 1, 2024, the CSH coordinator will have conducted professional development on the School Health Index and the HST best practices with Healthy School Teams.

3. By November 1, 2024, the CSH coordinator will have received all completed School Health Indexes for the year from Healthy School Team leads and will develop effective school health action plans for each school, based on assessment results for promoting health equity.
4. By December 1, 2024, the CSH coordinator will share individual results from the School Health Index with the school health team leader and administrators at the school level as well as develop a plan to integrate the school health action plan activities into existing school improvement strategies.
5. By May 24, 2025, the CSH coordinator will collect and share data results from the School Health Index across the district and recognize the Healthy School Team leaders for their hard work.