

## **RESOURCES AND REFERENCE MATERIALS:**

### **Coordinated School Health:**

Coordinated School Health: A guide to CSH Programs. Frelick, Susan and Marx, Eva and Northrop, Daphne. *Health Is Academic*.(1998)Teacher's College Press.

Building Infrastructure for Coordinated School Health California's Blueprint: The California Department of Education and the Department of Health Services completed this guide of action steps regarding the implementation of Coordinated School Health.

<http://www.cde.ca.gov/ls/he/cs/documents/blueprintfinal.pdf>

*Building Schools that Help Students Succeed*. (2006)Search Institute Press. Roberts, Clay and Scales, Peter and Starkman, Neal. *Great Places to Learn: Creating Asset*

Coordinated School Health Services Description: <http://www.cdc.gov/HealthyYouth/CSHP/>

Overview of Coordinated School Health from School Health Connections and Department of Health Services ([DHS 8 Component Diagram](#))

Coordinated School Health Training Series 2009-2010 ([CSH Training Schedule](#))

The Achievement Gap, School Well-Being and Learning Supports, California Healthy Kids Factsheet 8 Health Advisory ([factsheet8-3successful learners.pdf](#))

### **Coordinated School Health Assessment Tools:**

Center for Disease Control School Health Index - <https://apps.nccd.cdc.gov/shi/default.aspx>

fit for learning™ School [Wellness Assessment](#) - <http://www.fitforlearning.org>

Health Education Curriculum Assessment Tool ~ HECAT

<http://www.cdc.gov/healthyyouth/HECAT/index.htm>

Physical Education Curriculum Assessment Tool ~ PECAT

<http://www.cdc.gov/HealthyYouth/pecat/index.htm>

Youth Risk Behavior Survey (YRBS) - <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Youth Tobacco Survey (YTS) [http://www.cdc.gov/tobacco/data\\_statistics/surveys/yts/index.htm](http://www.cdc.gov/tobacco/data_statistics/surveys/yts/index.htm)

California Healthy Kids Survey - <http://chks.wested.org/>

School Climate Guidebook Part 1 for Survey Administration and School Climate Guidebook Part 2 for Content - [http://cscs.wested.org/training\\_support](http://cscs.wested.org/training_support)

Getting Results Developing Safe and Healthy Kids - <http://www.gettingresults.org/>

### **Physical Education:**

FitnessGram. Meredith, Marilu and Welk, Gregory, *FitnessGram ActivityGram Test Administration Manual*. (2007) Champaign, IL: The Cooper Institute.

Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve, California Department of Education

<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>

Physical Education Framework for California Public Schools Kindergarten through Grade Twelve, California Department of Education

<http://www.cde.ca.gov/ci/cr/cf/documents/2009peframework.pdf>

Physical Education Assessment: California Department of Education-Physical Fitness Test (PFT) This assessment is administered to students in grades five, seven and ninth grades.

FitnessGram, results of the PFT posted on DataQuest

### **Health Services:**

Tools for the School Community: Provides an overview and resource information linked to local wellness policy. ([Tools for the Community Packet.pdf](#))

A self assessment survey focused on physical activity, health education, food service and school leadership and policy.

<http://www.fitforlearning.org/news/07/SWAT.pdf>

[http://www.fitforlearning.org/d\\_wellnesspolicies.asp](http://www.fitforlearning.org/d_wellnesspolicies.asp)

Tools for the School Community: A Guide to Local Wellness Policy

([Tools for the Community Packet.pdf](#))

San Jose Unified Wellness Policy, Presentation by Dr. Elindsen ([Wellness\\_policy.ppt](#))

School Health Index: A self assessment and planning guide for school sites. Identify strengths and areas of weakness of health promotion policies and programs. <https://apps.nccd.cdc.gov/shi/default.aspx>

DrugWatch.com is a comprehensive web site database featuring extensive information about thousands of different medications and drugs currently on the market or previously available worldwide. DrugWatch.com includes up-to-date information about prescription and over-the-counter medications and includes details about associated side effects to aid in the protection of patients and consumers: [www.drugwatch.com](http://www.drugwatch.com)

### **Healthy School Environment:**

Project Cornerstone The goal of Project Cornerstone is to support youth; nurture their experiences, values, and qualities essential to growing up caring and responsible.

<http://www.projectcornerstone.org/index.htm>

Service-Learning is a strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, civic responsibility, and strengthen relationships within the community. <http://www.servicelearning.org>

The California Healthy Kids Resource Center (CHKRC) maintains a comprehensive collection of reviewed health education materials for use by teachers, administrators, university faculty, LEA staff and other professionals who work with preschool through 12th grade students in school settings and after-school programs. These materials are available for loan from the CHKRC library, with free delivery in California.

<http://www.californiahealthykids.org/c/@jycuju9haX.Ww/Pages/about3.html>

The Santa Clara County Office of Education provides resources and support to school districts- including bullying. Resources can be found at: [www.sccoe.org](http://www.sccoe.org) & [www.sccoe.org/csh](http://www.sccoe.org/csh)

### **Health Education:**

Health Education Content Standards for California Public Schools Kindergarten through Grade Twelve, California Department of Education

<http://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf>

Health Framework for California Public Schools Kindergarten through Grade Twelve, California Department of Education <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>

Fit for learning Program, Santa Clara County Office of Education

<http://www.fitforlearning.org>

<http://www.cde.ca.gov/ta/tg/pf/pftresults.asp>

Book: *The FitnessGram ActivityGram Test Administration Manual* book contains information and further resources in preparation for the Physical Fitness Test.

Meredith, Marilu and Welk, Gregory, *FitnessGram ActivityGram Test Administration Manual*. (2007) Champaign, IL: The Cooper Institute.

<http://www.cde.ca.gov/ta/tg/pf/>

Prevention and Health Promotion, Division of Adolescent and School Health.

<http://www.cdc.gov/HealthyYouth/CSHP/>).

### **Nutrition Services:**

SB 12: School Nutrition Standards

<http://www.publichealthadvocacy.org/PDFs/SB12Summary.pdf>

SB 965: Healthy Beverage Bill “Assuring Nutritious Drinks in California Schools”

<http://www.publichealthadvocacy.org/PDFs/SB965Summary.pdf>

California Center for Public Health Advocacy: Bubbling Over

Study of children ages 2-17 focused on soda consumption.

[http://www.publichealthadvocacy.org/printable/CCPHA\\_BubblingOver.pdf](http://www.publichealthadvocacy.org/printable/CCPHA_BubblingOver.pdf)

Kidsdata.org, Nutrition Data Overview: (*Kidsdata-Overview Nutrition*)

Alum Rock District: Breakfast and Salad Bar Offerings: (*Alum Rock Union Elementary District.ppt*)

### **Psychological and Counseling Services:**

Santa Clara County Mental Health Department Suicide and Crisis Services website:

<http://www.sccmhd.org/portal/site/mhd/agencychp?path=%2Fv7%2FMental%20Health%20Services%20%28DEP%29%2FSuicide%20%26%20Crisis%20Services>

Eating Disorders Resource Center (EDRC) The EDRC provides resources and information including in-patient and community based treatment programs in Santa Clara County, as well as facilitating monthly support groups so that sufferers and their families and friends have the opportunity to meet together and learn from each other.

<http://www.eatingdisordersresourcecenter.org>

Outlet is a Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQQ) Youth organization based in Mountain View, California. As the Peninsula's only comprehensive LGBTQQ Youth organization Outlet has provided services to LGBTQQ Youth and adults who work with youth in the Bay Area since 1997. They also provide bilingual Spanish services.

<http://www.projectoutlet.org/>

I Will Thrive: Suicide Prevention Resources. The Suicide Prevention for Schools website is dedicated to educating school district personnel, parents and students on the subject of school suicide prevention.

### **Healthy School Environment:**

Building Healthy Communities: A School Leaders Guide to Collaboration and Community Engagement, California School Boards Association

<http://www.csba.org/EducationIssues/EducationIssues/Wellness/Collaboration.aspx>

The National School Climate Standards present a framework for a positive and sustainable school climate. (*School Climate Standards.pdf*)

Project Cornerstone: The goal of Project Cornerstone is to support youth; nurture their experiences, values, and qualities essential to growing up caring and responsible.

<http://www.projectcornerstone.org/index.htm>

Service-Learning references a strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, civic responsibility, and strengthen relationships within the community. - <http://www.servicelearning.org>

**Parent/Community Involvement:**

The Santa Clara County Office of Education Parent Engagement Initiative  
The Santa Clara County Office of Education will be providing workshops, conferences and trainings focused on Parent Engagement.

<http://www.sccoe.org/depts/cat-specialprojects/parent.asp>

Traffic Safe Communities Network (TSCN) Santa Clara County The Traffic and Safe Communities network was organized to address the county's serious traffic safety problems. The professionals from the Santa Clara County Public Health Department developed the Traffic Safe Communities Network (TSCN) in Santa Clara County project in 1998.

<http://www.nhtsa.gov/people/outreach/safedige/spring2000/spr00-5.html>

**OTHER RESOURCES:**

**California Department of Education Tobacco-Use Prevention Education:**

Program Questions: John Lagomarsino, e-mail: [jlagomarsino@cde.ca.gov](mailto:jlagomarsino@cde.ca.gov), tel. 916-323-1540

<http://www.cde.ca.gov/ls/he/at/tudefunding.asp>

**Title IV:**

Title IV Part A Safe and Drug Free Schools and Communities Act (SDFSCA)

Overview from the California Department of Education

<http://www.cde.ca.gov/fg/fo/profile.asp?id=768>

*Title IV, Part A - Safe and Drug-Free Schools and Communities Act Fact Sheet*

<http://www.cde.ca.gov/ls/he/at/safedrugfree.asp>

**HIV/STD:**

Requirements from CDE

<http://www.cde.ca.gov/ls/he/se/hivaidsprevention.asp>

**Student Oral Health Reporting:**

Student Oral Health Assessment System SCHOR AB 1433 Website: <http://www.ab1433.org>

Student Oral Health Assessment Form ([Student Oral Health Assessment System AB 1433.docx](#))