



**Coordinated School Health: Policy, Implementation, Evaluation, and Sustainability
Summary Evaluation Report
August 2016**

Six schools in the South Heartland District participated in the Coordinated School Health: Policy, Implementation, Evaluation, and Sustainability (PIES) project:

- Harvard School
- Hastings Middle School
- Hastings St. Cecilia
- Lincoln Elementary
- Hawthorne
- Morton

Infrastructure for School Health

- All six schools school participated in the Coordinated School Health Institutes offered by the Nebraska Department of Education and SHDHD during 2013-2014.
- All six schools have a Health Advisory Council or School Health Team.
 - The number of members on the team ranged from 5 to 10.
- All six schools have completed the School Health Index (SHI).
 - Harvard, Lincoln, Hawthorne, and Morton completed the SHI at the elementary level.
 - Hastings Middle School completed the SHI at the secondary level.
 - Hastings St. Cecilia has completed the SHI at both elementary and secondary levels.

Priority Health Goals

School	Priority Health Goals
Harvard School	<ol style="list-style-type: none"> 1. Increasing nutrition among students 2. Increase physical activity opportunities for students 3. Host morning activities for kids 4. Decrease drug use among students
Hastings Middle School	<ol style="list-style-type: none"> 1. Addressing Staff Wellness 2. Continue with staff wellness (Tone up Tuesday) 3. Wellness Team meetings 4. National walk day 5. Catch Kids
Hastings St Cecilia	<ol style="list-style-type: none"> 1. Revision of Wellness Policy 2. Development of a Faculty/Staff Wellness Survey 3. Increase Staff Wellness 4. Continue to find ways to increase physical activity opportunities for students
Lincoln Elementary	<ol style="list-style-type: none"> 1. Evaluation 2. Physical activity before school and afterschool 3. Staff buy-in 4. Building a trail around playground for physical activity before and outside 5. Providing morning fitness time 6. Regular staff meetings
Hawthorne	<ol style="list-style-type: none"> 1. Increasing nutrition among students 2. Increase physical activity opportunities for students 3. Provide a room for Kids to be physically active
Morton	<ol style="list-style-type: none"> 1. Addressing “mothers” room 2. Get Parents more involved 3. Increase staff wellness 4. Decrease sugary drink consumption among staff 5. Host School Wide Wellness days 6. Provide Nutrition information in 4th and 5th grade classrooms 7. After school Nutrition Club. –led by parent

Activities

Goals of Policy, System, and/or Environmental Changes

School	Goals of Policy, System, and/or Environmental Changes
Harvard School	<ol style="list-style-type: none"> 1. Better health for staff 2. Better health for students-nutrition and physical activity 3. Decrease drug use among students
Hastings Middle School	<ol style="list-style-type: none"> 1. Better health for staff 2. Better health for students-nutrition and physical activity 3. Better trained staff to help address health issues at school
Hastings Catholic Elementary	<ol style="list-style-type: none"> 1. Better health for staff 2. Better health for students – nutrition and physical activity 3. Decrease alcohol and drug use among students
Lincoln Elementary	<ol style="list-style-type: none"> 1. Better health for staff and students. 2. Organized and regular meetings with wellness team
Hawthorne	<ol style="list-style-type: none"> 1. Better health for students-nutrition and physical activity 2. Student awareness that being physically active can be fun
Morton	<ol style="list-style-type: none"> 1. Better health for staff 2. Better health for students-nutrition and physical activity 3. More parents involved in their child’s nutrition and physical activity

Programs or Events Conducted with School Health Mini-Grant Funding

School	Programs or Events Conducted with School Health Mini-Grant Funding
Harvard School	<ul style="list-style-type: none"> • Morning physical activity “catch kids” program
Hastings Middle School	<ul style="list-style-type: none"> • Morning physical activity “catch kids” program • Staff Wellness Initiative
Hastings St. Cecilia	<ul style="list-style-type: none"> • Navy Seals attendance – increased awareness related to sleep, nutrition and ATOD use • Speaker Chuck Elly – increased awareness of the need to wear seatbelts and risks of distracted driving • Physical Activity Equipment
Lincoln Elementary	<ul style="list-style-type: none"> • Before school activity programming “catch kids”
Hawthorn	<ul style="list-style-type: none"> • Physical activity speaker • Completion of PA room
Morton	<ul style="list-style-type: none"> • Speaker for wellness day • Teach Healthy Choices curriculum • Hydration stations

Policy, System, or Environmental Changes Conducted by Schools

School	Policy, System, or Environmental Changes Conducted by Schools
Harvard School	<ul style="list-style-type: none"> • Implement morning catch program
Hastings Middle School	<ul style="list-style-type: none"> • Water Filtration System • National Walk Day • Wellness Policy • Distributed Equipment to all teams to use for physical activity purposes during the school day
Hastings St. Cecilia	<ul style="list-style-type: none"> • Implementation of Noon Activities • Smart Snack Cart • CPR Training for Staff • Integration of Team Nutrition Materials • E-cigarette Policy • Update of School Wellness Policy • Food Allergy Policy • Milk Expression Policy
Lincoln Elementary	<ul style="list-style-type: none"> • Faculty and Staff Wellness/Worksite Wellness Program • Update Physical Activity Policy-See Activity Section #1 for full description • Anti-Bullying and Safety policy • Smart Snack Guidelines Policy • Breakfast in the Classroom Pilot Program • Before and After school programming • Physical Activity NOT used or withheld as punishment; recess walking ticket • Recess before Lunch
Hawthorne	<ul style="list-style-type: none"> • Implementation of Great Body Shop
Morton	<ul style="list-style-type: none"> • Water stations • Nutrition curriculum • After school nutrition club

Outcomes

School	Major Outcomes of School's Activities Conducted with Coordinated School Health Funding
Harvard School	<ul style="list-style-type: none"> • Creating a morning school program that will target the elementary students. This will run two days a week, (Tuesday & Friday) from 7:15am-7:40am. There will be various activities such as 4-square, basketball, scooter soccer, etc., that the students will get to choose from. Activities will be switch accordingly.
Hastings Middle School	<ul style="list-style-type: none"> • More students are reaching the physical activity guidelines. • Students are consuming more water and less sugary drinks-antidotal observation from staff.
Hastings St. Cecilia	<ul style="list-style-type: none"> • Have a snack cart that is self-sustainable • Have a middle school lunch activity that students enjoy

	<ul style="list-style-type: none"> • More students are aware of the effects of alcohol and drugs on their sports performance • More students are aware of the effects of texting and driving and not wearing a seatbelt • Younger students are more knowledgeable about nutrition and have more physical activity equipment • More staff are trained in CPR and First Aid
Lincoln Elementary	<ul style="list-style-type: none"> • Increased staff wellness education and awareness for physical activity, Healthy Snack Choices and for being a healthy role model • Increased student and staff physical activity throughout the school day • Increased awareness of healthy snack choices by staff, students and families • Snacks served to students meet federal guidelines (NO soda served at school) • Healthy snack choices served to staff in the lounge with staff appreciation
Hawthorne	<ul style="list-style-type: none"> • A room specific to providing a space for kids to be physically active • Morning Walking program • Healthy Snack Cart • Increased about of health education occurring in classrooms • Annual School Wellness Days
Morton	<ul style="list-style-type: none"> • Walk and Talk in the Morning • Hot and Cold filtered water for staff • Nutrition Curriculum • Water bottles for staff • Encourage Healthy Choices for staff • Guest Speaker on Relaxation Techniques • Stress mgt. for staff (back massagers & sound machines) • Healthy rewards for students • Smoothie makers for staff • Healthy tips for parents

Training

Harvard School completed the PIES training, staff education on physical activity in the classroom and nutrition kits, drug awareness training and the Catch Kids training.

Hastings Middle School staff attended the Catch Kids training, in addition to the PIES training.

Hastings St. Cecilia participated in CPR and First Aid training, PIES training, a Navy Seals coaches clinic, and received staff education on physical activity in the classroom and nutrition kits.

Lincoln Elementary representatives attended the PIES training as well as a PE teacher conference.

Hawthorne completed the PIES, Great Body Shop, and Catch Kids trainings.

Morton staff participated in the PIES training and were also educated on physical activity in the classroom and Nutrition Kits.

Funding Leveraged

Funding Leveraged

School	Description of Additional Funding for Health Activities	Amount
Harvard School	HUSSK	Not provided
Hastings Middle School	None	NA
Hastings St. Cecilia	HUSSC (did not receive \$) - \$500 Physical Activity Grant (SHDHD) (Spring 2014) - \$500 Funding for CSH and PIES - \$3582 Mini-grant through SHDHD (Spring 2014) - \$2500	\$7082
Lincoln Elementary	SHDHD – Projector and screen used in gym - \$2000 CHI Speaker – Used for bike helmets - \$100	\$2100
Hawthorne	Principal Donation	\$50
Morton	None	NA

Community/Family Partnerships

Partnerships

School	Partners Engaged in Creating Healthy School Environment
Harvard School	<ul style="list-style-type: none"> • ELL Coordinator- Ita Mendoza – Catch Kids • Travis King – Pastor/Coach
Hastings Middle School	<ul style="list-style-type: none"> • Steph Creech – Wellness Committee
Hastings St. Cecilia	<ul style="list-style-type: none"> • SHDHD • Mary Lanning • American Heart Association • Central Community College • ASAAP • Creighton School of Nursing • Chuck Elley – Nebraska State Patrol
Lincoln Elementary	<ul style="list-style-type: none"> • South Heartland District Health Department • Mary Lanning Healthcare • Central Community College-Dental School • Hastings Fire Department

	<ul style="list-style-type: none"> • Hastings Police Department • Mary Lanning Healthcare • YMCA • Prairie Loft • UNL Extension Office • Tri-City Safe Kids • Creighton Nursing School • Lunchtime Solutions • EHA/Educator’s Health Alliance
Hawthorne	<ul style="list-style-type: none"> • Brian Ratigan • Grace United Methodist Church
Morton	<ul style="list-style-type: none"> • Laurie Loftquist – Parent who ran after school Nutrition Club • Deb Unterseher - Organizer of class nutrition

Satisfaction

- All six schools reported having adequate support from SHDHD.
- Five of the six schools reported having adequate funding amounts from SHDHD to support activities, while the fifth reported they did not utilize SHDHD funds.