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INITIATIVE

Making the Connection Between Healthy Students
and Academic Achievement

June 11, 2015

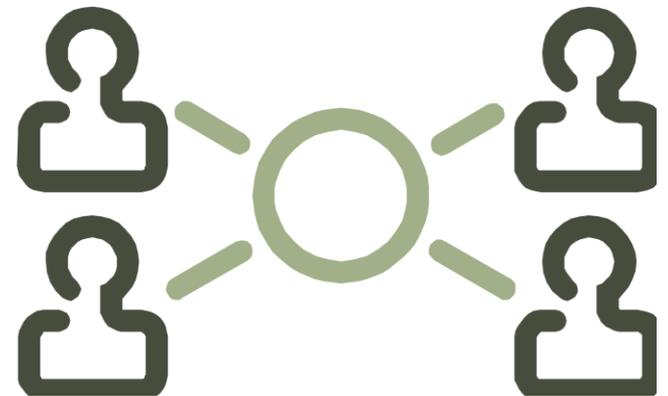
Session Overview

-  Welcome and introductions
-  Research and data connecting healthy students and academic achievement
-  Lessons from the field – the story of Manitou Springs School District
-  Closing



Who's in the room?

 Stand up when a statement applies to you!



The Importance of Health and Wellness in Schools

The Issue:

- Colorado ranks **24th** in the nation for children getting at least 20 minutes of vigorous physical activity at least four days per week.
- Almost **27%** of Colorado children ages 1 through 14 are overweight or obese.



-Colorado Health Institute analysis of National Child Health Survey data, 2011-2012
-Colorado Child Health Survey 2013



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The Importance of Health and Wellness in Schools

The Issue:

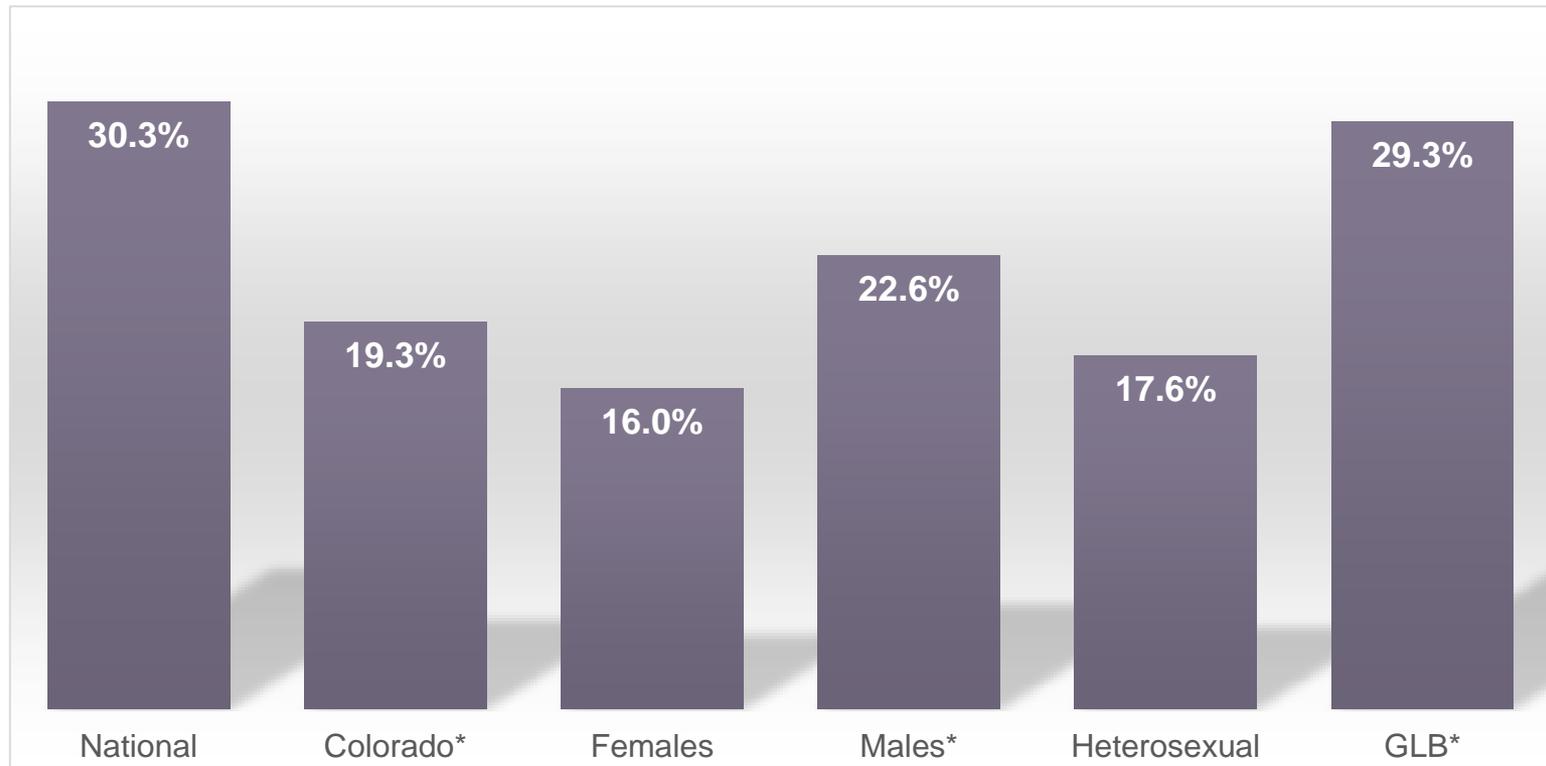
- **Nearly a quarter** of Colorado high school students reported that they felt sad or hopeless every day for at least 2 weeks within the past 12 months.
 - This differed between females (32%) and males (17%) and for students who reported being gay, lesbian, or bisexual (59%).
- Nearly **20%** of Colorado high school students felt they did not have someone to go to if they had a serious problem.

-Healthy Kids Colorado Survey 2013

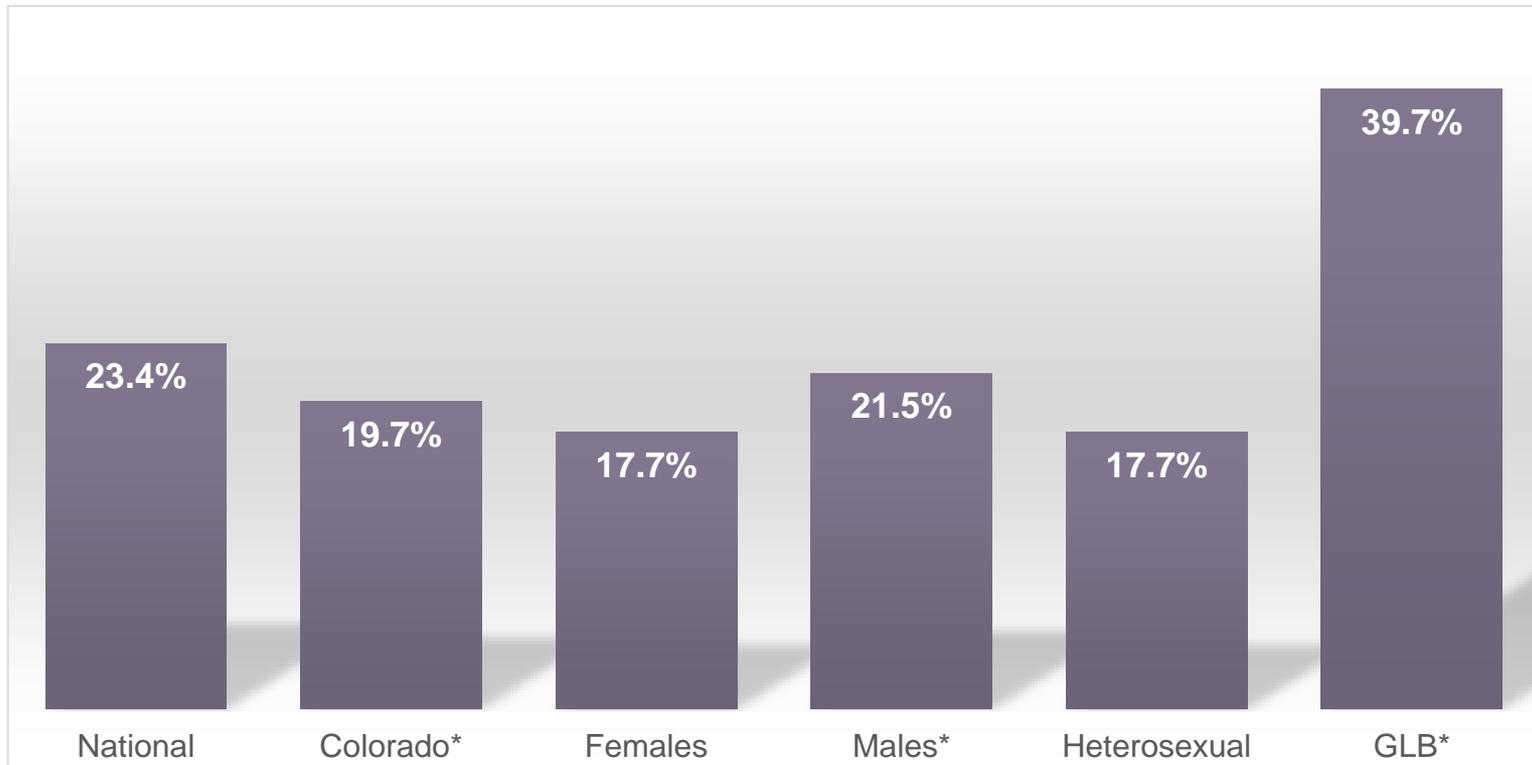


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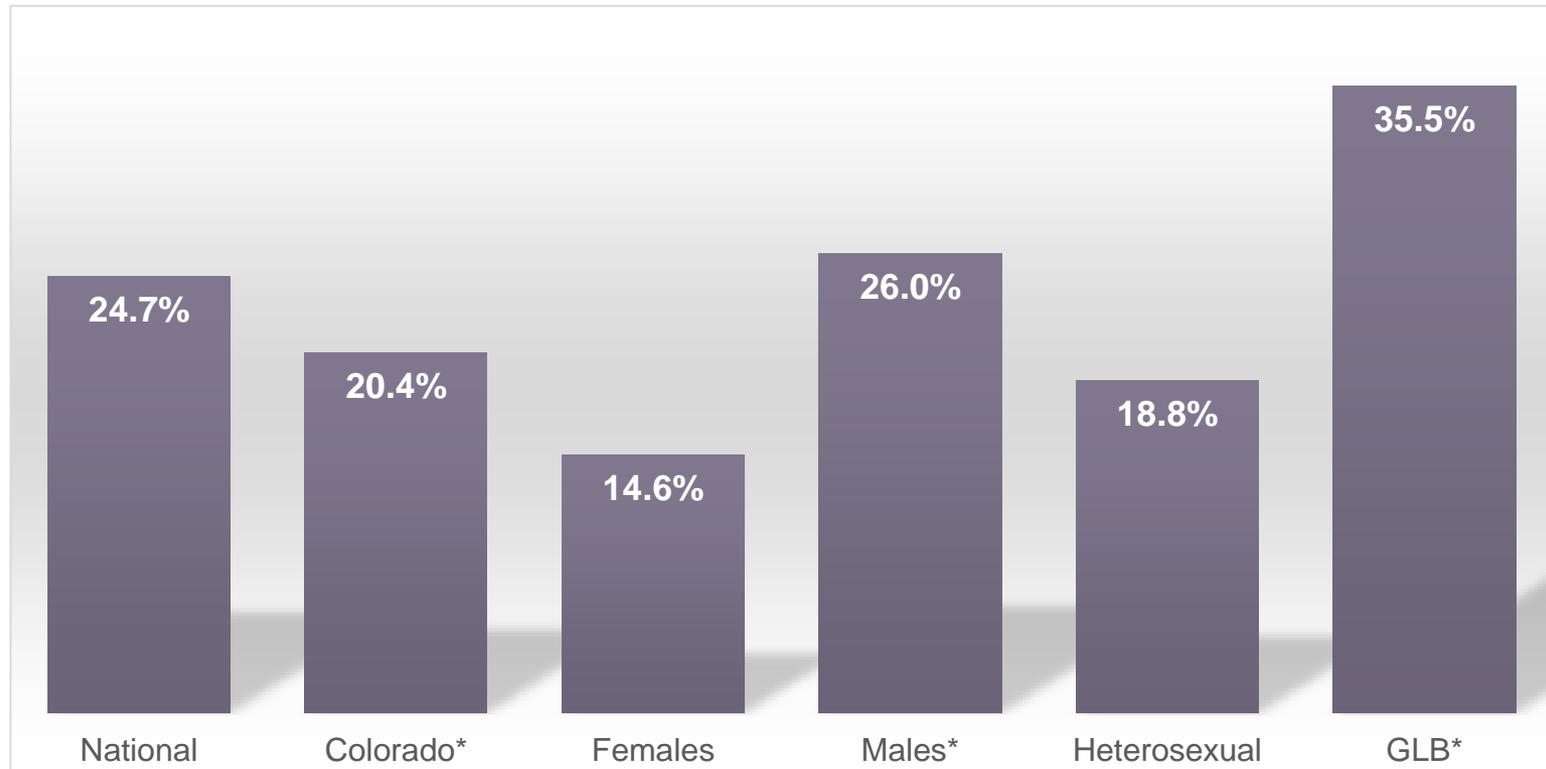
Percent of high school students who were obese or overweight, 2013



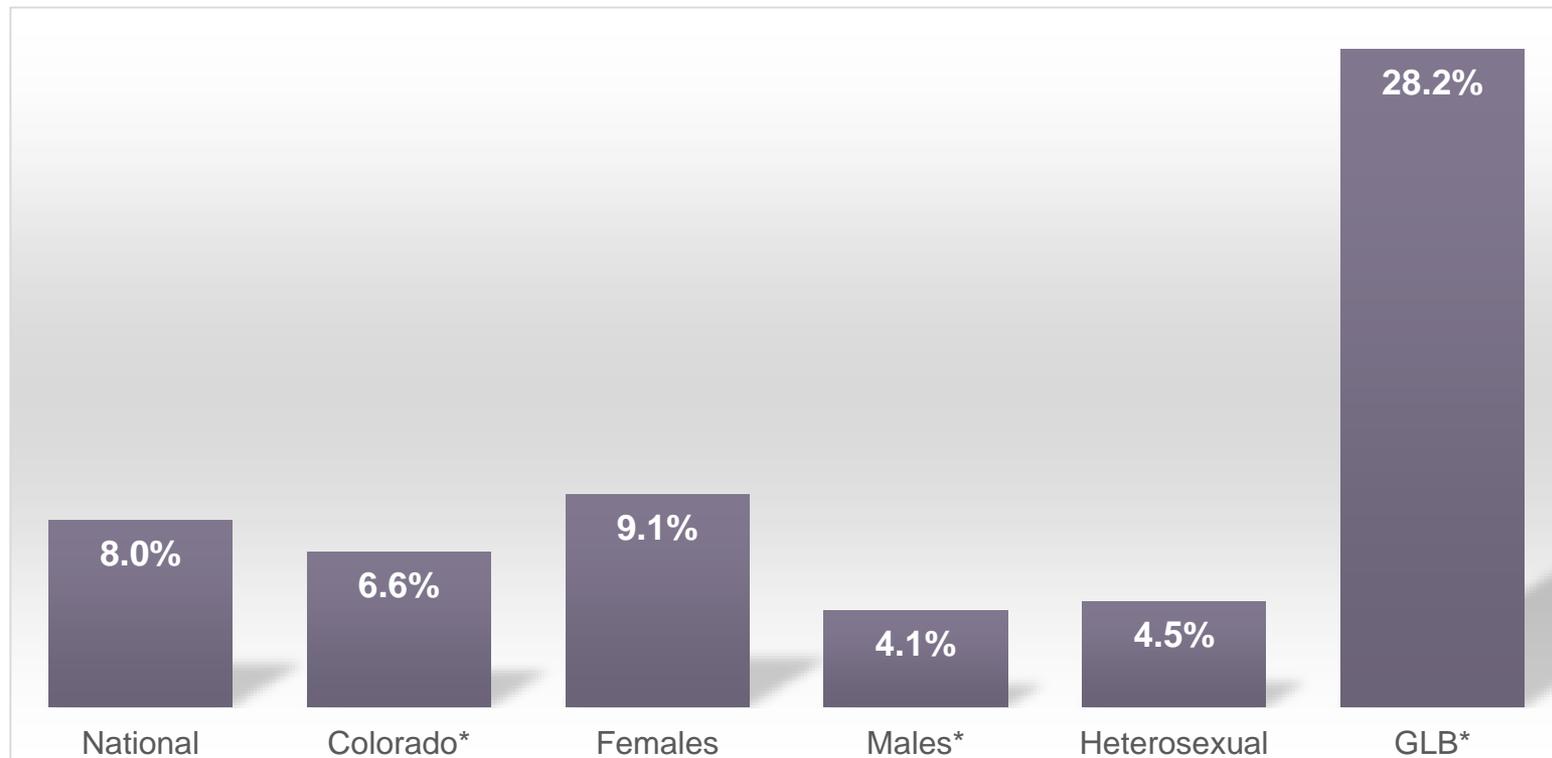
Percent of high school students who used marijuana in past 30 days, 2013



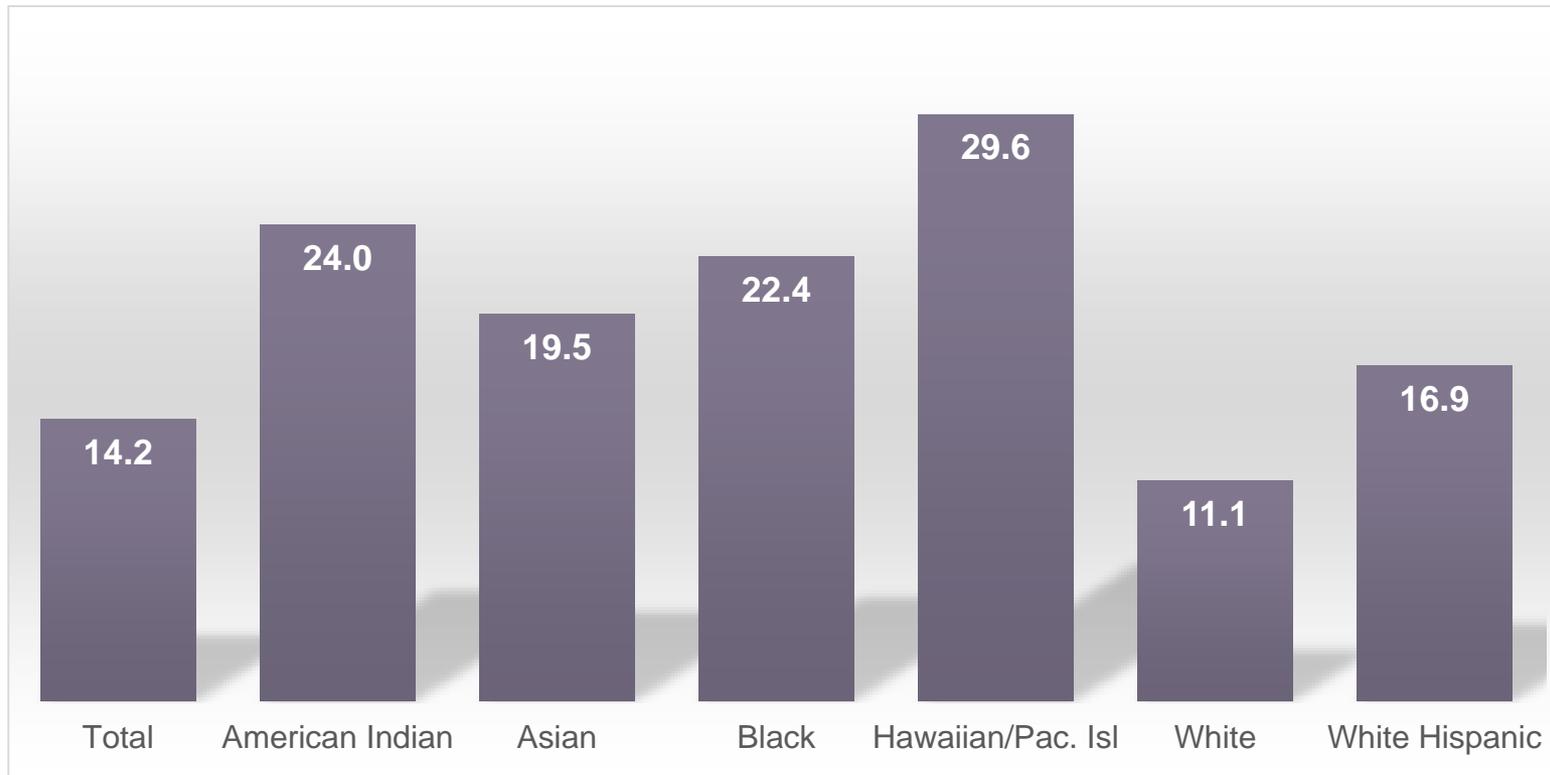
Percent of high school students who have been in a fight in past 12 months, 2013



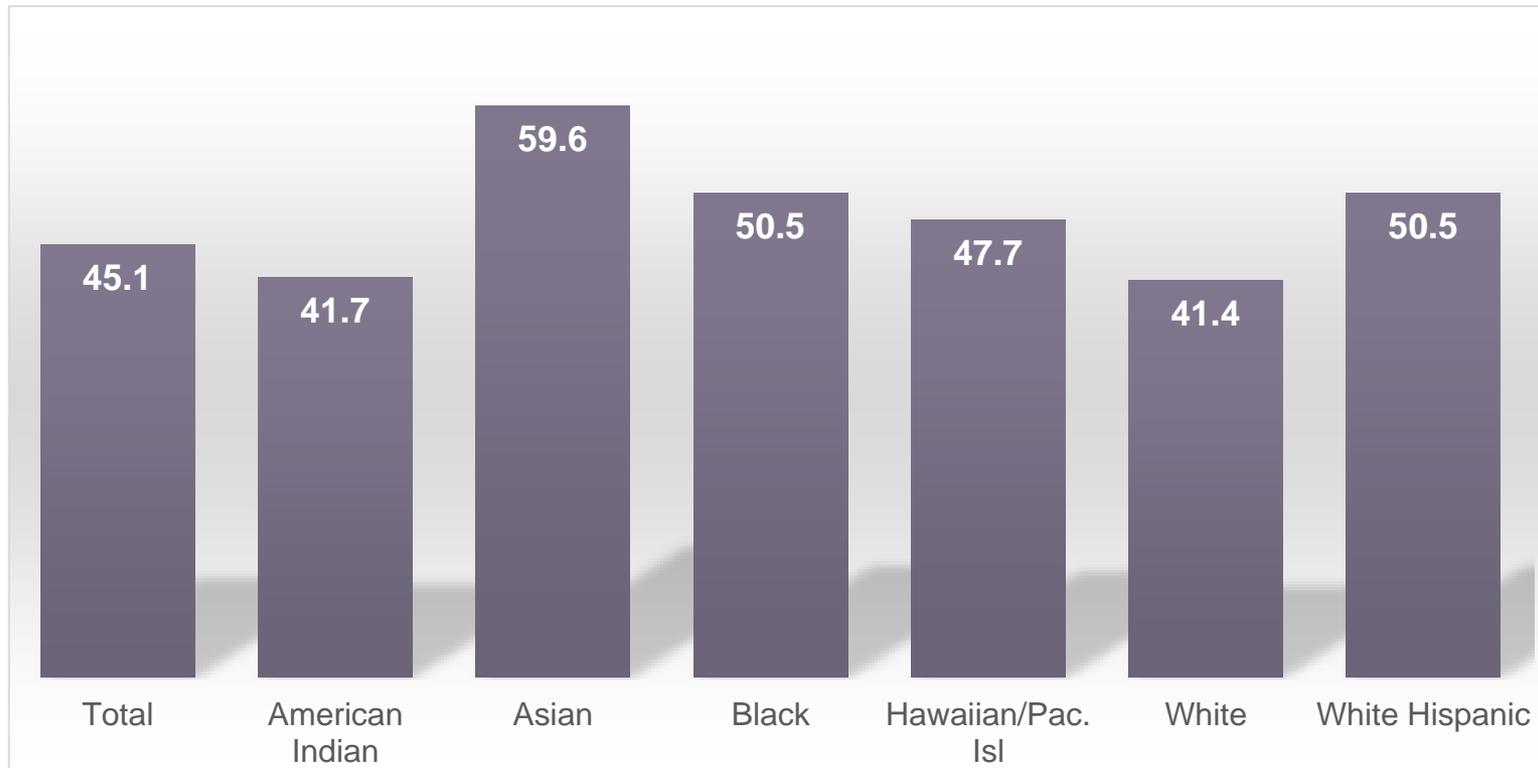
Percent of high school students who attempted suicide in past 12 months, 2013



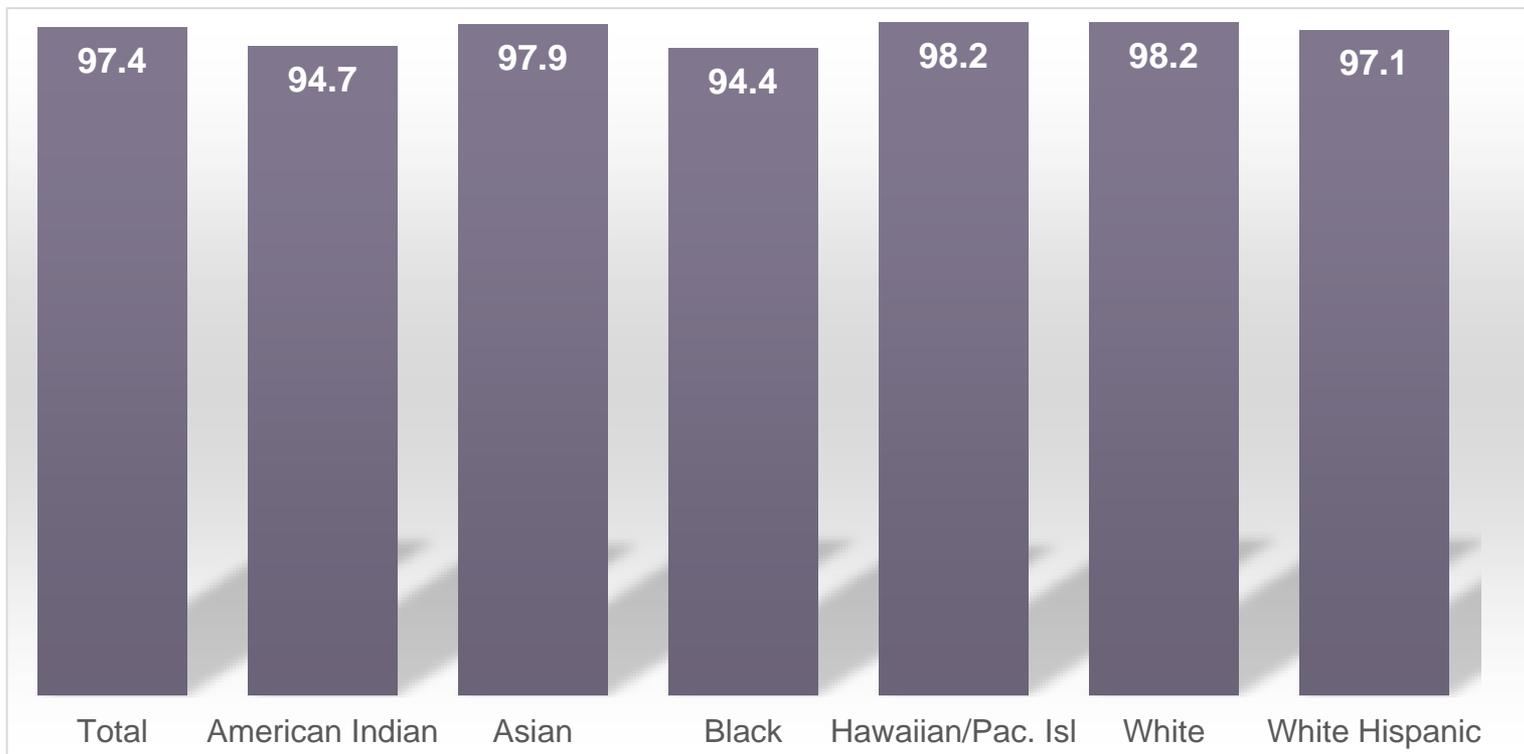
Percent of high school students who went hungry sometimes, most of the time or always because of lack of food at home, 2013



Percent of high school students who felt what they were learning in school is going to be important later in life, 2013



Percent of high school students who thought it was important to finish high school, 2013



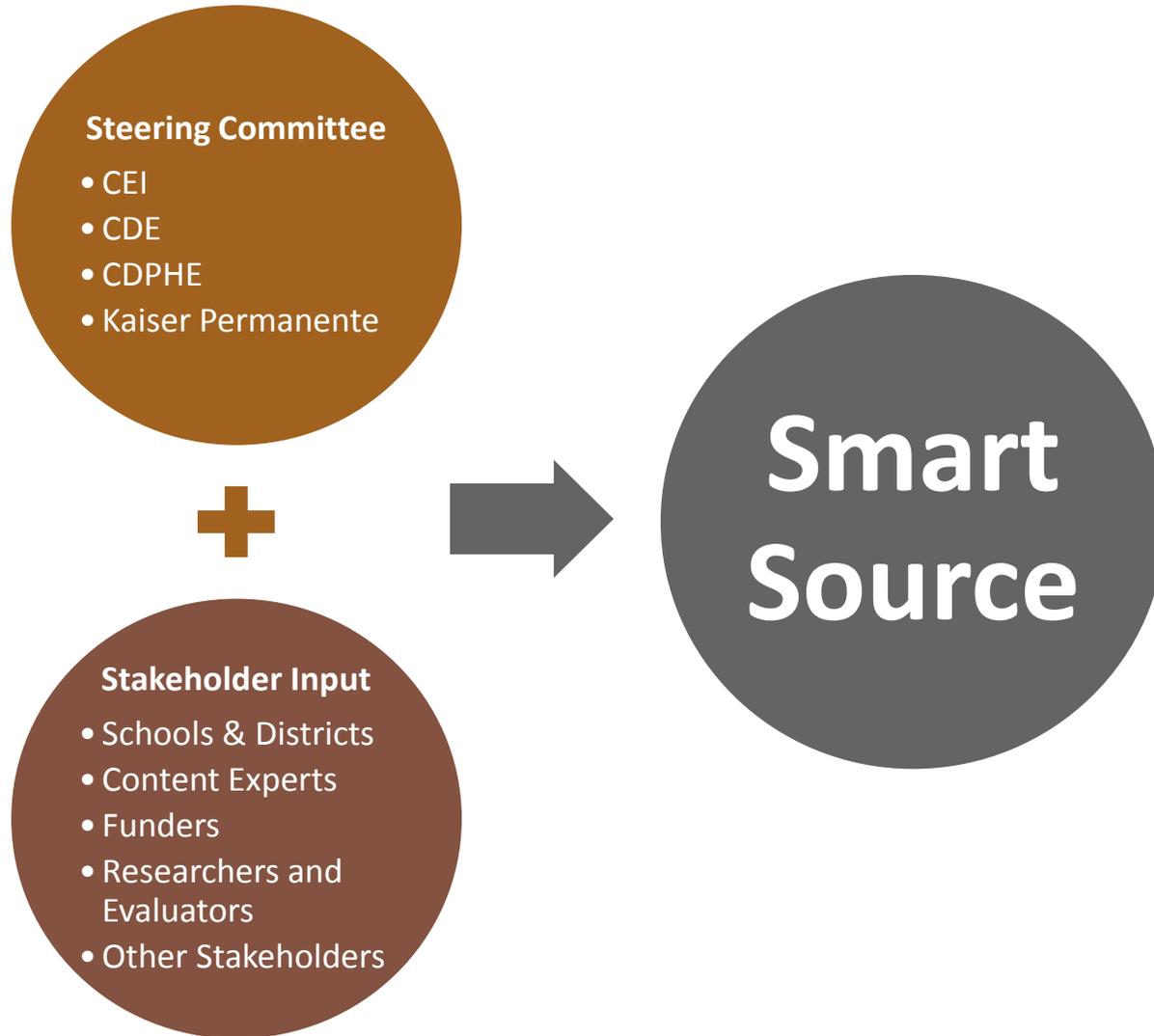
SMART SOURCE OVERVIEW: PURPOSE

1) Improve school policy and practice data collected.

2) Streamline systems and efforts to reduce the burden on schools.

3) Increase the number of schools assessing policy and practice.

PARTNERSHIPS



SMART SOURCE OVERVIEW: CONTENT AREAS

Nutrition

Health Education

**Physical Activity
& Education**

**Counseling,
Psychological, &
Social Services**

**Family,
Community, &
Student
Involvement**

**Health
Promotion for
Staff**

Health Services

**Healthy & Safe
School
Environment**

**General Health
& Wellness**

SMART SOURCE OVERVIEW: TIMELINE

Year 1 (2013):
Planning

- Conduct scan of current data collection tools
- Identify key outcomes that Smart Source will measure
- Compile potential indicators aligned with key outcomes

Years 2 & 3
(2014-2015):
Piloting

- Develop pilot tool and data collection platform
- Conduct pilots using online data collection platform
- Analyze initial results and modify tool based on participant feedback

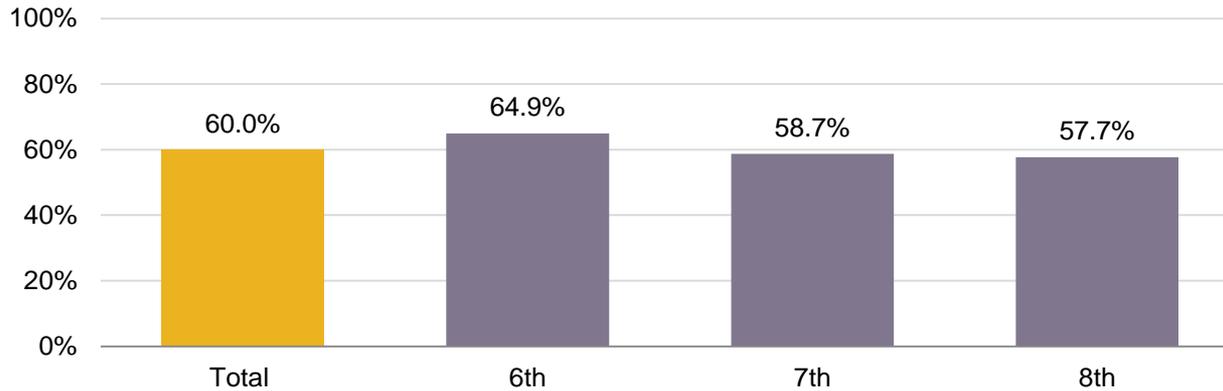
Years 4 & 5
(2016-2017):
Expanding

- Launch Smart Source statewide
- Leverage results to promote and sustain healthy school programming
- Evaluate impact of Smart Source

PHYSICAL EDUCATION DATA

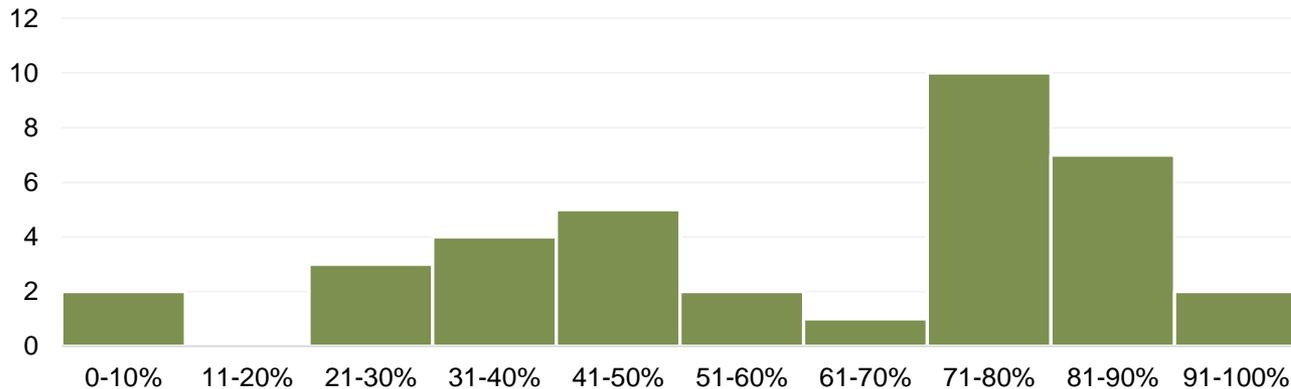
Percentage of Middle School Students Who Attended PE Classes on One or More Days in an Average Week When in School

HKCS



Percentage of PE Time Secondary Schools Report that Students are Engaged in Moderate to Vigorous Physical Activity

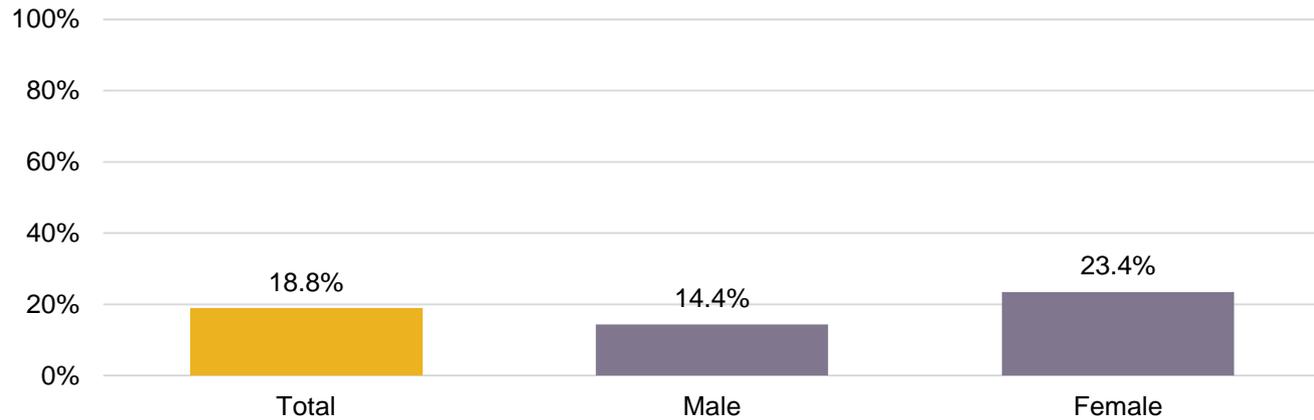
Smart Source



BEHAVIORAL HEALTH DATA

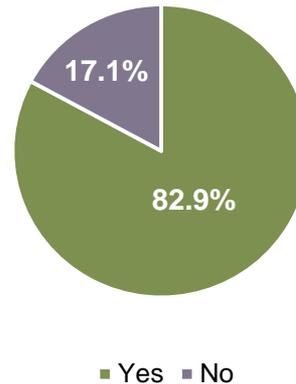
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Percentage of Middle School Students Who Ever Seriously Thought about Killing Themselves



Smart Source

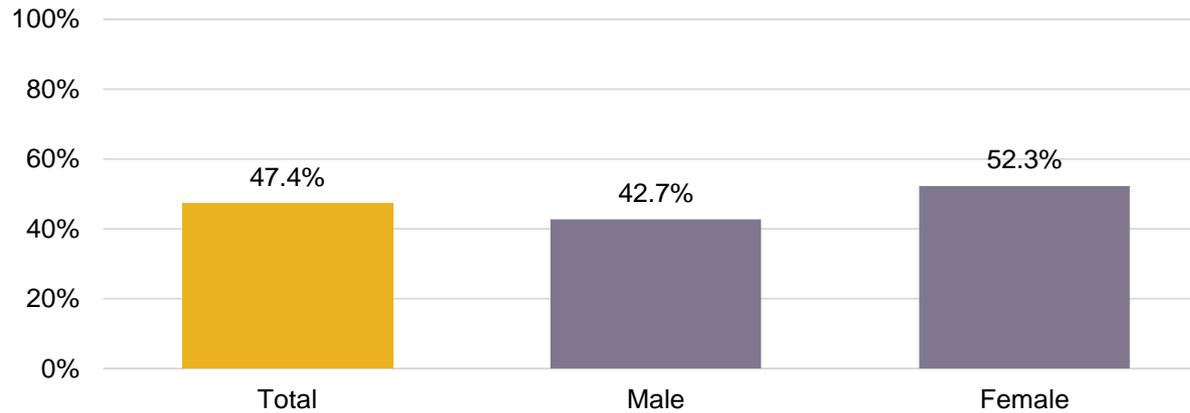
Percentage of Secondary Schools Teaching Suicide Prevention through Health Education



BULLYING DATA

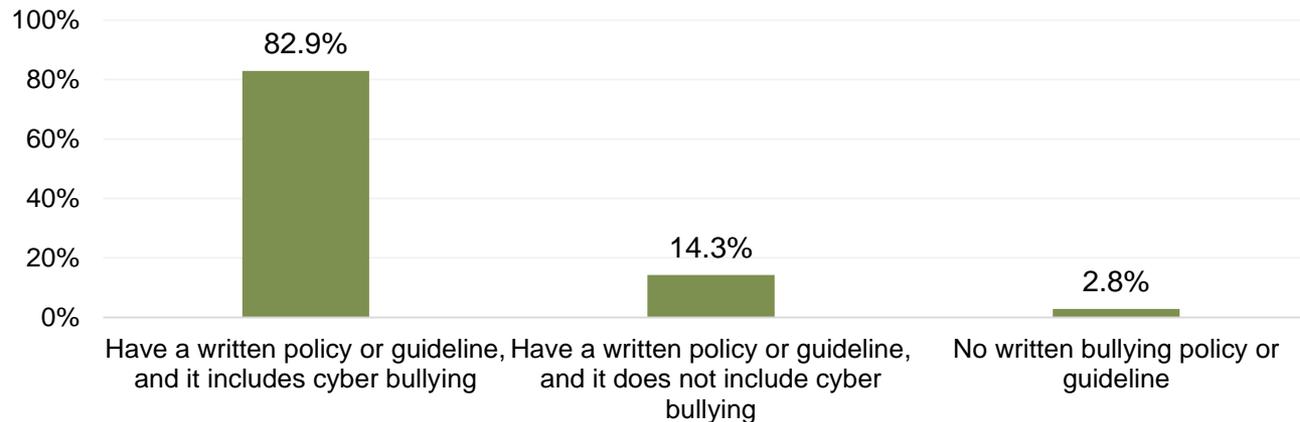
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Percentage of Middle Schools Students Who Had Ever Been Bullied on School Property



Smart Source

Percentage of Secondary Schools with Written Bullying Policy or Guideline



Why Schools?

- Healthy Students are Better Learners!
- “No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress and closing the achievement gap will be profoundly limited if students are not motivated and able to learn.”

– Charles Basch, Richard March Hoe Professor at Columbia Teacher’s University



Why does it matter?

- These outcomes include but are not limited to:
 - Increased learning readiness
 - Increased school engagement
 - Increased academic performance
 - Decreased absenteeism
 - Decreased behavior issues
 - Decreased truancy



ACTIVITY



PHYSICAL ACTIVITY



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Physical Activity and Academics

- Moderate to vigorous physical activity is **positively associated with test scores** and grades
- Several studies show that reassigning educational time for school-based physical activity has **no negative impact** on achievement.



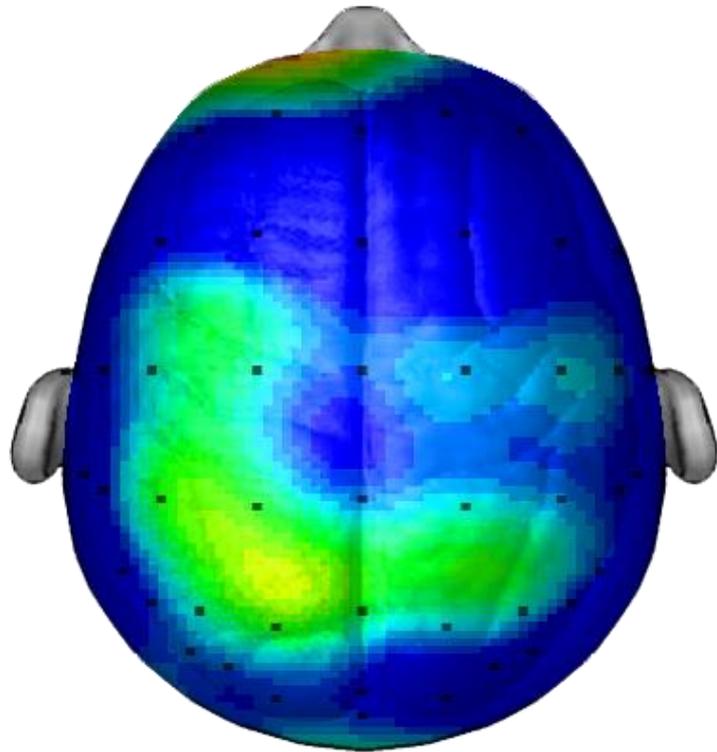
■Centers for Disease Control 2010
-Carlson (2008), Reed (2010), Nansel (2010)



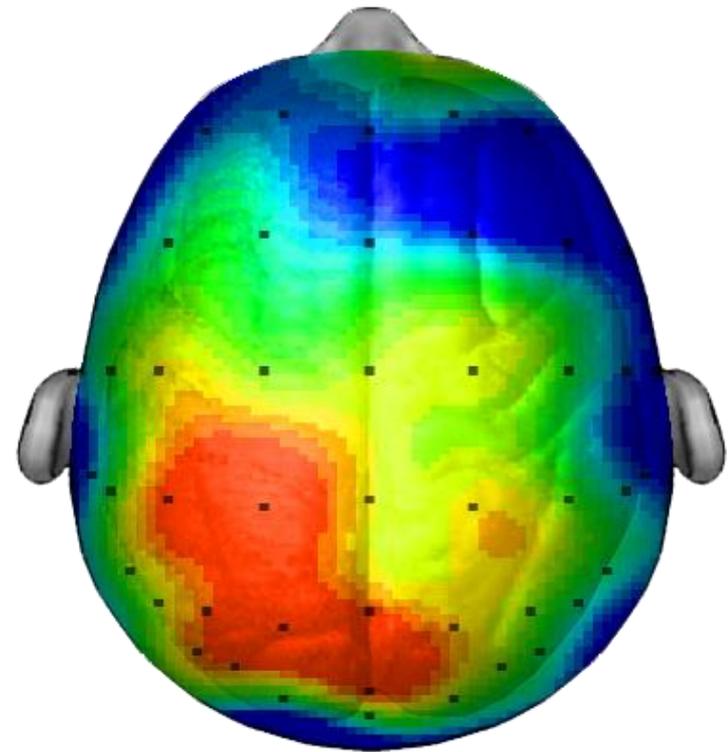
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Physical Activity Turns on the Brain

Average composite of 20 students brains taking the same test



Brain after sitting quietly



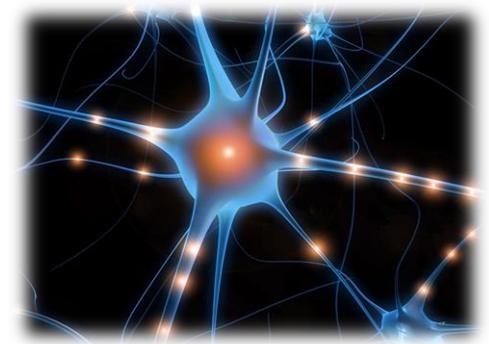
Brain after 20 minute walk



Physical Activity

€ Make physical activity (PA) a priority and begin to integrate into all aspects of the school day:

- Brain Boosters in the Classroom
- Active Recess
- School-wide Breaks
- Before and After School PA
- PE Class



Physical Activity Best Practice

Brain Booster

- 1-2 minute mental and physical activities performed to stimulate the brain.
- Not a **BREAK** as it is a **REFUELING** of the brain.
- Performing the activity increases blood flow to the brain.

RE-energize

RE-engage

RETAIN



NUTRITION



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Nutrition and Academics



- Students with low nutrient intake were more likely to be absent, **experience behavioral trouble in school**, and get poorer grades compared to their nutritionally adequate peers.
- However, 6 months after implementation of a universal school breakfast program, **absenteeism decreased**, **GPA's improved** and student and parent-reported hunger decreased.

-Kleinman RE, Hall S, Green H, et al. (2002).



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Nutrition

Make nutrition a priority and include food offered throughout the school day:

- School Breakfast
 - In the classroom, grab 'n go, etc.
- Snacks and Rewards
- Classroom Parties and Celebrations
- Fundraisers
- School Lunch



Nutrition Best Practice

Nutritional, Daily Breakfast

- In the Classroom
- Grab 'n Go
- Universal
- Summer Programs

Literally

FEEDING

Your Brain!



SCHOOL HEALTH SERVICES



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Health Issues and Academics

- Tooth decay is the single most common childhood chronic disease and the most **common cause of absenteeism**.
- More than **51 million hours** of school time are lost each year to dental disease.
- Approximately **1:5 students** in Colorado have untreated dental decay.
- Dental issues prevent children from being able to **focus in class**, and in severe cases, can lead to chronic absenteeism.



-US Department of Health and Human Services. (2000)
-The Pew Center on the States. (2010)
-Jackson SL, Vann WF, Kotch JB, Pahel BT, Lee JY (2011)

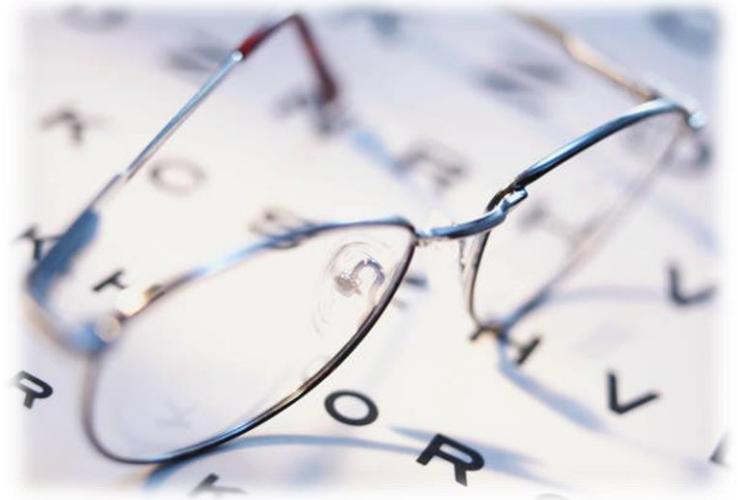


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School Health Services

Make school health services a priority and begin to invest in and create partnerships:

- Screenings
- Referral Process
- Staff trainings
- Identify underlying causes for chronic absences
- Qualified professionals available



School Health Services Best Practice

Screen and Track

- Vision
- Hearing
- Oral Health
- Medical Insurance
- Attendance Records



BEHAVIORAL HEALTH



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Behavioral Health and Academics



- Nearly one in 10 youth aged 12 to 17 in the US had a major depressive episode in the past year, with **60%** not receiving any treatment.
- Students who experience symptoms of depression, anxiety or substance abuse are more likely to report **trouble concentrating in class and completing homework.**
- Conversely, students who receive social and emotional learning (SEL) instruction have academic achievement scores an average of **11 percentage** points higher than students who did not participate in SEL programs.

-Substance Abuse and Mental Health Association (2011)

-Joe S, Joe E, Rowley LL. (2009)

-Durlak J, Weissberg R, Dymnicki A, Schellinger K. (2011 January/February)



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Behavioral Health and Academics

- Students with diagnosed behavioral health issues miss **three times** as many school days as those without behavioral health challenges.
- Additionally, students who perceive school to be physically or emotionally unsafe often choose to **avoid school** altogether.
- Research shows two factors that predict school attendance accurately are the student's perception that they **trust the teacher** and that the **teacher cares about them**.



-Srabstein J, Piazza T (2008)



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Behavioral Health and Academics

- Approximately **50%** of students age 14 and older who are living with a mental illness dropout of high school.
 - This is the highest dropout rate of any disability group.
- In Colorado, students who felt they had **someone who they could go to for help** with a serious problem were also less likely to have a depressive episode and had **significantly lower rates** of:
 - Marijuana use
 - Tobacco use
 - Alcohol use and binge drinking



-U.S. Department of Education, 2001.
-2013 Healthy Kids Colorado Survey



Behavioral Health Services

€ Make behavioral health (including social, emotional and mental health) a priority and begin to invest in and create partnerships:

- Student Perception/Climate Surveys
- Universal Screening
- Professional development for all staff
- Qualified professionals available



Behavioral Health Best Practice

Screen, Refer, Track!

- Conduct a universal screening to determine needs
- Complete an assessment for students referred based on needs
- Monitor progress of students identified with needs



Resources

FREE resources to help!

- [CEI's *Connecting Health and Learning*](#)
- [CEI's *Framework for School Behavioral Health*](#)
- [CEI's *Best Practice Guide*](#)
- [OTHER Health and Wellness Resources](#)





Manitou Springs School District 14

“Life at Its Peak!”

Manitou Springs School District 14

District Overview



- * MSSD 14 sits at the foot of Pikes Peak and serves the communities of Manitou Springs, Green Mountain Falls, Cascade and Chipita Park. 42% of our students choice into the school district from surrounding districts. We place great emphasis on serving the needs of the “whole, new child” by empowering teachers to make innovative decisions about teaching and, more importantly, learning!

- * MSSD 14 has 202 employees
We have 1,525 students in 4 schools: Manitou Springs High School
Manitou Springs Middle School
Manitou Springs Elementary School
Ute Pass Elementary School
- * Local attractions: Pikes Peak, The North Pole, Garden of the Gods, The Cog Railway, Historic Manitou Springs, Manitou Incline

A “Partnership” was born!

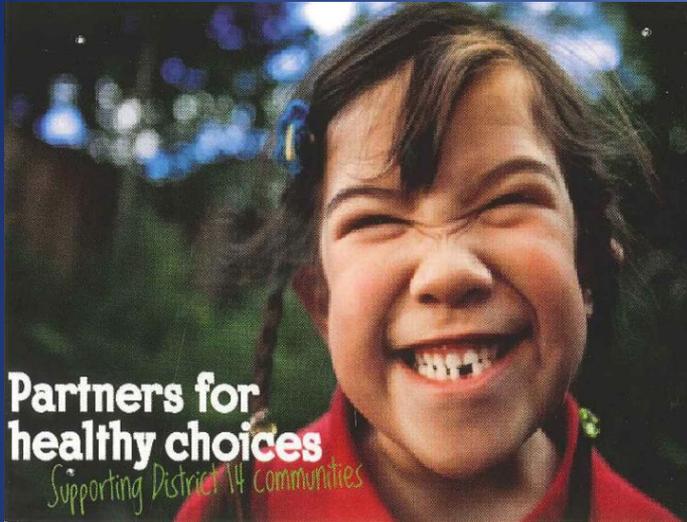


In 2008, the school district formed an initiative called “Partners For Healthy Choices” (PHC). This initiative was created to bring multiple agencies together for the sole purpose of providing students with support to make healthy decisions as they grow and develop. Essentially, the community was concerned with the levels of drug and alcohol use by teens and was seeking answers from the school community. The school community was also growing weary of bearing the entire burden for the “answer” to underage drinking and drug use. Thus, multiple partnerships were formed to go to work on providing healthy choices for students...inside and outside of the classroom.

In 2010, the school district employed a Director and a Student Liaison for PHC.



PHC



Partners For Healthy Choices:

- * Directs all School Health Improvement Programs (S.H.I.P)
 - * Writes and coordinates all health grants
 - * Coordinates family initiatives and support programs: i.e. Family Connection Dinners, Clothing/Food Centers, Holiday Help, counseling support
-
- * Coordinates all community partnerships and acts as the district's representative in collaborative meetings
 - * Manages grants, works with principals/superintendent to implement prevention programming such as BrainWise (executive functioning curriculum), Cliffhangers, Girls on the Run, N.O.T. programming (tobacco prevention program), serves on regional boards to access community services at low or no cost
 - * Directs the expelled student program: mind, body, service focused on individualized/personalized family plan to reintegrate student back on educational and life plan

PHC: Partnerships

Manitou Springs City Council
Manitou Springs Restorative Justice Council
Manitou Springs Public Library
Manitou Springs Pool and Fitness Center
H.B. 1451
Manitou Springs Chamber of Commerce
Manitou Springs Education Foundation
Concrete Couch
Green Mountain Falls Board of Trustees
TESSA
AspenPointe
Kaiser Permanente
Manitou Springs Women's Club
Manitou Springs First Congregational
Church
Care and Share
Peak Living Project
Manitou Yoga
Smokebrush Center
Manitou Springs Arts Academy
Cool Science

Suicide Prevention Partnership
Drive Smart
Manitou Art Center
Souls Church, Pastor Christopher Nason
Parenting Education: Becoming a Love
and Logic Parent, Facilitator-
Alice Barnett
Manitou Springs Arts Council
Rocky Mountain Field Institute
Manitou Springs Fire Department
Kiwanis of Manitou Springs
Manifest
El Paso County Health Department
Julie Reid-Omni Institute, regional
prevention consultant
City Rock
Manitou Springs Police Department
Manitou Springs Municipal Court
Manitou Springs Community
Collaborative

District Initiatives: Physical Activity



- Physical activity beyond normal recess, sports programs, and PE classes
- Yoga and pool offerings added to MSHS schedule to increase diversity of choice and address divergent interests
- Staff offerings **daily** include: yoga (3 different types), zumba, bike group, tennis group, X-Fit, basketball, Cliffhangers-rock climbing group. Also, punch card for use of Manitou Springs Municipal Pool and Fitness Center for staff, (offerings 7 days/week)
- Many of these offerings are open to students in grades 6-12, and younger if accompanied by a parent/guardian
- Walking School Bus--every week at both elementary schools
- Fitness challenges at middle school level, such as virtual marathons undertaken by entire grade levels.



District Initiatives:

Nutrition

- * A-to-Z salad bar program: on select days, the food service department provides “A” to “Z” salad bars for children to try fresh fruits and vegetables from every letter of the alphabet.
- * Adams Mountain Café: Free cooking classes offered by one of our local Manitou Springs excellent restaurants for staff and significant others
- * Healthy vending machines have been placed in high school and middle school
- * Family Connection Dinners: increase the number one protective factor (eating with your family) and strengthen relationships by having families meet and form “alliances.” Guest speakers present on nutrition (former NFL wide receiver Justin Armour), physical fitness, parenting etc.
- * Cold frame gardens at every school maintained by students to produce fresh vegetables for lunch program



District Initiatives: Health Services



Health Services

- 1 nurse for all buildings: coordinates higher needs services with PHC
- Basic Needs: food bank, clothing bank, McKinney Vento coordination, town emergency liaison (flood/fire), Holiday Help, Operation School Bell, Aspen Pointe (mental health services coordination for families and staff)
- Brain Wise integrates cutting-edge cognitive research on how the brain works into an approach that combines positive self-development, life skills training, social and emotional learning, and critical thinking skills. The program is structured to help students learn how to control impulsive behavior, accurately identify choices, assess the consequences of actions, and make responsible decisions.



Manitou Elementary School

S.H.I.P. Team (“Mustang Might!”)

Mustang Might Accomplishments:

- * “Run to the Zoo:” Students run the equivalent of running to the Cheyenne Mountain Zoo to earn free passes to go to the zoo with family members
- * Family Connection Dinners: Students and parents attend grade level dinners at school to form relationships with other families and to learn lessons from keynote speakers.
- * “Food Reps” program: select students in every grade visited community gardens, planted in school owned cold frames, and participated in “food tastings” from the school kitchen
- * Students participated in the “Walking School Bus” program every Friday.
- * Female students participated in the “Girls On the Run” club
- * MSES Physical Fitness Day: Students take the entire day of school and participate in 20-30 different stations centered on physical fitness and nutrition.
- * “Earth” room created for outdoor learning experiences
- * Healthy School Champions 4 out of past 5 years!



Ute Pass Elementary School

S.H.I.P. Team (“Heart”)

UPES Heart Team Accomplishments:

- * The “Pony Fun Run:” Students, staff, and community members participated in the 17th annual “Pony Fun Run” 1 mile for the little ones, 3 miles for the more adventurous.
- * UPES Physical Fitness Day: Students take the entire day of school and participate in 20-30 different stations centered on physical fitness and nutrition
- * Family Connection Dinners: Students and parents attend grade level dinners at school to form relationships with other families and to learn lessons from keynote speakers.
- * “Lantern Parade:” Students create lanterns around various themes and then parade through down-town Manitou Springs at night.
- * Physical Fitness and Nutrition Breakfast Celebration
- * Healthy School Champions Award Winner (4 of past 5 years!)
- * Female students participated in the “Girls On the Run” club



Manitou Middle School

S.H.I.P. Team (The “Healthstangs”)



Here’s what your Healthstangs team accomplished this year at MSMS:

- * “Spring Fitness Day:” Students and staff take an entire school day to participate in a variety of life-fitness activities (skiing, hiking, rock climbing, bowling and much more!)
- * MSMS staff participated in the “Take 5 in the Garden” 5K race
- * MSMS students ran mini 5K races around the campus
- * Free monthly breakfast “tastings” for all students and staff
- * Healthy School Champions for 2013-14.



Manitou High School

S.H.I.P. Team: “Mustang Wellness”

Mustang Wellness Accomplishments:

- * “Campaign for Kindness” club started to spread acts of kindness through school—create a culture of support rather than dissent
- * “BreadHeads” club created to cook food (bread at first) from local organic sources—made bread for entire school community
- * “W.O.R.R.R.M.S” club (waste obliterated reducing, reusing, recycling, Manitou Springs) planted spinach and kale, harvested it and used it in school lunch program
- * SMARTE Design class engineered and built a new bridge between middle and high school to prevent erosion from flooding
- * Day of Service: MSHS students spent a day assisting the town of Manitou Springs clean up after the devastating floods in 2013.
- * “M-Term” created to afford students with experiential learning opportunities at end of school year (classes included: high water rescue, forest restoration, trail building, and cooking healthy meals)



Q&A



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Thank you!

Amy Dyett, MAT
Director, Health and Wellness
720-502-4716
adyett@coloradoedinitiative.org



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Andrea Pulskamp, MPA
Director, Health and Wellness
720-502-4713
apulskamp@coloradoedinitiative.org

Ed Longfield
Superintendent
Manitou Springs School District
elongfield@mssd14.org

