

The Board recognizes the relationship of good health to the total educational program and endorses a coordinated school health program as set forth by the American School Health Association and Centers for Disease Control. This comprehensive program promotes the maximum physical, social, emotional and educational growth of children and staff. The coordinated program follows an eight-component model that requires collaboration between school staff, family and community partners. Implementation of the program involves direct and wrap-around services so that students and staff may be successful learners and workers. The eight interactive components/descriptions are:

1. Health Services

These direct care activities are aimed at student/staff appraisal, protection, and promotion of health. Specifically, school nurses and other school health staff provide:

- ❖ Personal Health Services - includes assessment, intervention, referral and follow-up for illnesses, communicable disease, injuries, emergencies and other health conditions
- ❖ Health Counseling and Referral
- ❖ Health Screenings - vision, hearing, dental, and other health screening, referral and follow-up (as indicated)
- ❖ Health Promotion and Education - puberty education
- ❖ Treatments and Procedures
- ❖ Medication Administration and Monitoring
- ❖ Case Management for Children with Chronic Health Conditions

2. Comprehensive Health Education

This multidimensional process is associated with health activities designed to favorably influence the health knowledge, attitudes, and behaviors of individuals in school settings. The curriculum and other activities are designed to assist students and staff in maintaining/improving their health, preventing disease, and reducing health-related risk behaviors now and in the future.

3. Healthy School Environment

Environment influences the health, habits, attitudes, comfort, safety and working efficiency of both students and staff. Creating and maintaining a safe and healthy environment requires involvement by all school personnel and students. Assessment, planning and implementation of activities aimed at creating a safe and healthy environment must incorporate not only daily activities, but also potentially hazardous, unplanned events.

4. Physical Education

The physical education program stresses regular and frequent fitness activities that promote the development of lifelong fitness habits. Students learn to assess their fitness status, set goals, and design personal activities.

5. School Counseling/Psychological and Social Services

Counselors, psychologists and social workers provide individual or group assessments, interventions and referrals related to health as well as social and developmental concerns.

6. Nutrition Services

School food services provide healthy, nutritious, and varied meals and snacks that reinforce the message students receive through health instruction.

7. Health Promotion for Staff

Opportunities for school staff to improve their health status through activities such as health assessments, health education and health promotion activities. Involvement in a variety of health and wellness activities encourages staff in becoming positive role models, reinforcing the overall program, and increasing job satisfaction.

8. Family and Community Involvement in Schools

The success of the school health program depends upon the support of the community. OCS endorses an integrated school, family, and community approach for enhancing the health and well-being of students. School health advisory councils (SHAC), coalitions, and broadly based constituencies for school health are tapped to build support for school health program efforts. Involvement of parents, health professionals, and a cross-section of the community partners is encouraged in developing local school health policy and programs. A variety of people must be involved in the planning, implementation and evaluation stages of a successful coordinated school health program. The OCS board encourages the involvement of the following people:

- ❖ School and local health department administrators
- ❖ Health educators
- ❖ Physical educators
- ❖ Teachers and teacher assistants
- ❖ School and public health nurses
- ❖ Environmental health workers
- ❖ Physicians, dentists and registered dental hygienists
- ❖ Social workers, guidance counselors and psychologists
- ❖ Audiologists, physical therapists, rehabilitation & occupational therapists
- ❖ Parents and students
- ❖ Other business and religious community members