

Investing in innovation in public schools



The Colorado Legacy Foundation's Strategies to Support Your District's Health and Wellness Policies

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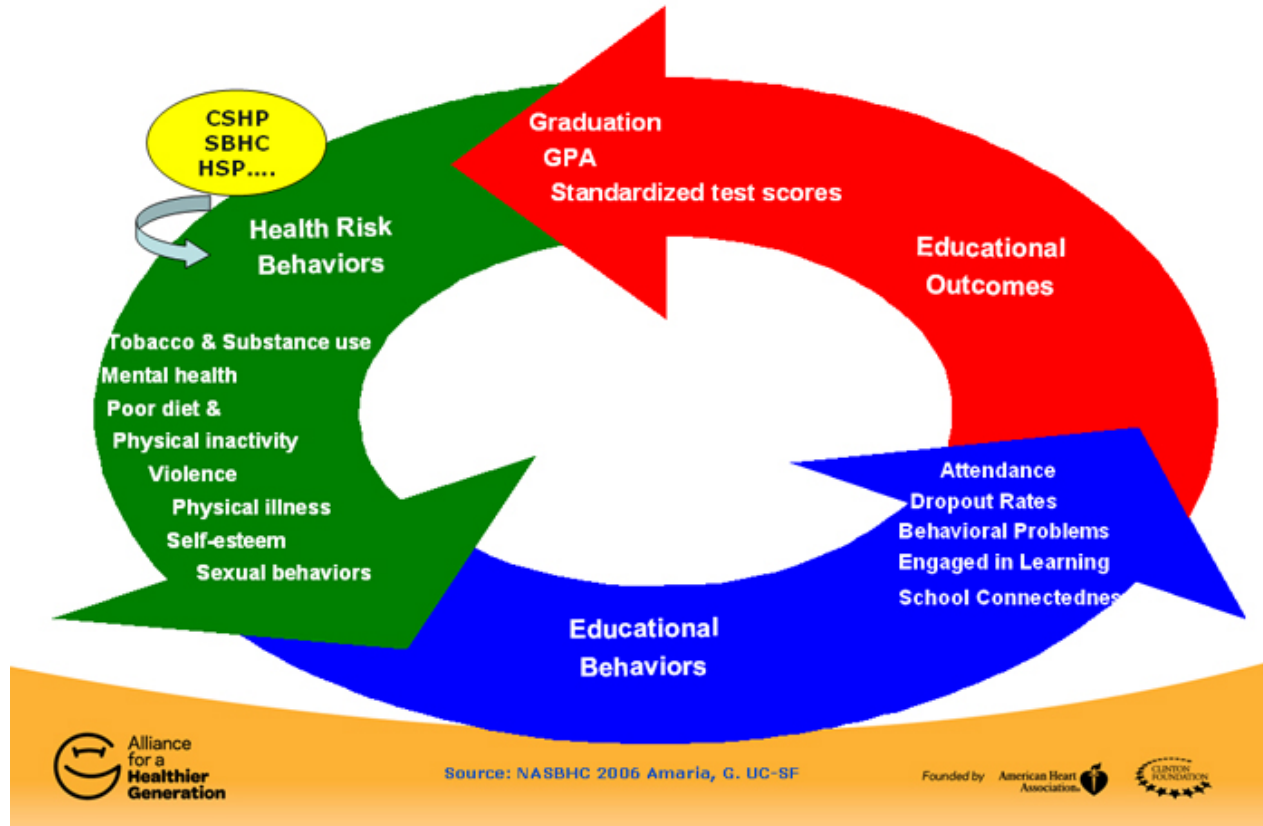
Colorado Legacy Foundation

- Established in 2007 as a 501(c)(3) nonprofit
- Governed by an independent board of trustees
- Advances the Colorado Department of Education's reform agenda
- Invests in promising strategies to improve public education
- Translates policy into practical tools for local implementation



Why Health and Wellness?

What We Know: The health-academic outcomes connection



Growing Body of Evidence

- **Good Nutrition** is linked to: **↑Student Behavior, ↓ Absenteeism, ↓Tardiness**
- **Eating Breakfast at School** is linked to: **↑Standardized Test Scores and Math Grades**
- **Physical Fitness Levels** predict: **↑Math Performance**
- **Participation in Physical Activity** relates to: **↓Anxiety and Stress, ↑Concentration, ↑Memory and ↑Positive Classroom Behaviors**
- **Severely Overweight** students miss **4x** as much school as Normal Weight students



How Colorado Legacy Foundation Supports Health and Wellness

- Best Practice Guide for Colorado School Districts
 - www.colegacy.org
 - Health Services
 - Health Education
 - Physical Activity
 - Nutrition
 - Staff Wellness
 - Bullying Prevention



Examples of Best Practices

- Health Services
 - Every school in SD provides health services by a licensed school nurse or a trained health services employee who is supervised by a school nurse, maintaining a school nurse-to-student ratio of one nurse per 750 students.
- Health Education
 - SD offers a sequential health education curriculum that is consistent with [state standards](#), which school boards must adopt by December 2011.



Examples of Best Practices

- Physical Activity
 - SD offers 150 minutes of physical education weekly or 30 minutes a day at the elementary school level, and 225 minutes weekly or 45 minutes a day at the middle school and high school levels.
- Nutrition
 - SD eliminates a la carte food offerings in the school cafeteria.
- Staff Wellness
 - SD manages a districtwide employee wellness program that is informed by an employee wellness needs assessment and is integrated into coordinated school health programs.



2010 Health and Wellness Policy Innovation Grants

Awarded to \$10,000 to 10 School Districts

(At Least ½ Include Rural Communities)

- Bethune
- D-11 Colorado Springs
- Greeley-Weld RE-6
- Thompson
- Boulder Valley
- Durango
- Monte Vista
- Campo
- East Grand
- Elizabeth



2011 Release of New Competitive Grants

- Grant Announcement in April 2011
- Grant Deadline of no later than May 1, 2011
- Grants Awarded June 2011
- Total of \$140,000 to be awarded over the next two years



East Grand SD

- Nutrition
 - ↑ Fresh Fruits and Vegetables Offered by 50%
 - ↑ Breakfast Participation at Elementary School by 25%
- Staff Wellness
 - At least 50% of staff participate in staff wellness



Meetings and Convening

- 2009 and 2010 Summits
 - Attended by more than 300 educators this year
 - National Speakers
 - Commissioner and Healthy Schools Score Card Awards. Examples:
 - Fraser Valley Elementary
 - \$1,000
 - ↑ Lunch Program
 - East Grand Middle School
 - \$5,000
 - Staff Wellness Center



Meeting and Convening, cont.

- Regional Meetings
 - BOCES, CASB, Trainings, Focus Groups
 - Gather input through surveys
 - December 15th Focus Group on Health Schools Handbook for Rural School District
 - June 9-10th Healthy School District Leadership Meeting in Keystone, CO



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