

# 2009 Coordinated School Health Conference

Building School Capacity to  
Achieve Health and Learning

Salt Fork Resort and Conference Center  
Cambridge, Ohio  
June 15-17, 2009

Deer Creek Resort and Conference Center  
Mt. Sterling, Ohio  
June 23-25, 2009

## Application Packet



The State Planning Committee  
for Health Education in Ohio



Dear School Health Partner:

It is with great pleasure that the State Planning Committee for Health Education in Ohio (SPCHEO) invites you to register for the 2009 Annual Ohio Coordinated School Health Conference, ***Building School Capacity to Achieve Health and Learning***. This year's health conference is supported by SPCHEO and the Ohio Department of Education (ODE) through the state's cooperative agreement with the Division of Adolescent and School Health (DASH) at the Centers for Disease Control and Prevention.

Now in its 20<sup>th</sup> year, the Coordinated School Health Conference provides quality professional development in a forum where school faculty, staff, administrators and community partners are able to exchange ideas on the health issues in their districts. The conference sessions and workshops are designed to assist districts to assess, plan and implement health policies and practices that are relevant to the needs of their student populations and complement overall achievement.

An increasing number of educators and school board members are making the link between student wellness and student achievement. As in previous Coordinated School Health Conferences, the goal of this working retreat is to challenge schools and districts to look comprehensively at their health and wellness initiatives and understand how to coordinate these efforts system-wide to best support the whole child.

In order to design a high quality conference that runs smoothly and benefits all teams, guidelines for attendance have been established. Please review this packet for complete application instructions for the 2009 Coordinated School Health Conference. The application deadline is Friday, May 1, 2009 by the close of business. Completed application forms should be submitted via e-mail to [craig.wethington@ode.state.oh.us](mailto:craig.wethington@ode.state.oh.us). Due to an increased interest in attending the conference, we recommend that schools submit their application packet early. Schools that submit applications after the deadline will be placed on a waiting list.

We hope a team from your district will submit an application. A decision to apply for participation in the conference can have far-reaching benefits for your school system.

Build a winning team by utilizing the following people: administrators, teachers, counselors, parents, school nurses, food service directors, board members and community leaders. We look forward to seeing you in June.

With warm regards,

Conference Co-Chairs

Jane Snider  
SPCHEO Executive Director  
(740) 743-2696  
[jjsnider99@yahoo.com](mailto:jjsnider99@yahoo.com)

Craig Wethington, MPH  
Ohio Department of Education  
(614) 466-6837  
[craig.wethington@ode.state.oh.us](mailto:craig.wethington@ode.state.oh.us)

# Join Us

## CONFERENCE GOAL

The goal of the 2009 Coordinated School Health Conference is to provide high quality professional development to increase knowledge and skills needed to implement effective school health policies, programs, and practices. The conference focuses on addressing key youth risk behaviors by building sustainable coordinated school health programs. Effective coordinated school health programs have proper governance and leadership, focus on systems change, and use data to drive decision making.

## CONFERENCE OBJECTIVES

- To create a better understanding of the Coordinated School Health Model.
- To assist participants in building sustainable district/school health teams by integrating health strategies into the school's administrative, operational and academic infrastructures.
- To help participants in assessing their school health programs and policies, as well as, the students' risk-behaviors.
- To provide current information and practical, proven methods to address at risk childhood issues and other student health behaviors.
- To guide district/school health teams in developing a School Health Action Plan that includes appropriate intervention strategies ranging from prevention to early or intensive intervention.

## WHO SHOULD ATTEND

The achievement of a quality Coordinated School Health program requires the involvement of many different people from the school and from the community. A district-wide approach, including the following individuals, is important for successful planning and implementation of a Coordinated School Health Program. Commitment and involvement of school administrators is crucial to the team's progress. Membership on a district/school health team might include:

Administrator	Dietitian	School Board Member
Curriculum Coordinator	Food Service Director	Medical Staff
Health Education Teacher	Other Food Service Staff	Law Enforcement
Physical Education Teacher	Custodian	Public Health Agency
Elementary Teacher	Bus Driver	Health Association
School Nurse	Clerical Staff	Business Leader
Counselor	Student	Community Leader
Psychologist	Parent	Faith-Based Leader

## RETURN ON INVESTMENT

As a result of attending the 2009 Coordinated School Health Conference teams will receive:

- An assessment of your school health environment
- Information from Ohio's leading school health experts
- Continuing education
- Guidance on creating a realistic and attainable school health action plan
- Year round technical assistance
- Free resources and materials
- Opportunity for grant funding
- Improved school success

# Program In-Brief

## Day 1

11:00 am – 3:00 pm	Registration – Lunch on you own
1:00 pm – 3:00 pm	Pre-Conference Session / Orientation*
3:30 pm – 3:45 pm	Welcome
3:45 pm – 4:45 pm	Keynote – The School Environment and Adolescent Well-Being: Beyond Academics
4:45 pm – 5:30 pm	Room check-in and Personal Time & Wellness
5:30 pm – 6:30 pm	Dinner
6:45 pm – 8:00 pm	Interactive Audience Surveying and Team Building Exercises

## Day 2

6:30 am – 7:30 am	Wellness/Exercise Opportunity
7:30 am – 8:30 am	Breakfast
8:45 am – 9:15 am	Overview of Conference Agenda, Format, and Expected Outcomes
9:15 am – 10:45 am	Fulfilling the Promise for Student Success: A Comprehensive System of Learning Supports
10:45 am – 11:00 am	Break
11:00 am – 12:15 pm	Plenary I – “Coordinated” Is a Verb: Building School Capacity to Achieve Health and Learning Outcomes
12:15 pm – 1:15 pm	Lunch and Team Meeting
1:15 pm – 1:30 pm	Break
1:30 pm – 4:30 pm	Concurrent Sessions <ol style="list-style-type: none"><li>1. Creating a Climate for Learning: The Role of Policy</li><li>2. Skills-based Instruction for Universal Health Promotion</li><li>3. Intervention Strategies for at Risk Issues for School Success</li></ol>
4:45 pm – 5:45 pm	Wellness/Exercise Opportunity
6:00 pm – 7:15 pm	Dinner
7:15 pm – 8:15 pm	Team meeting and action planning
8:15 pm	Scheduled Entertainment

## Day 3

6:30 am – 7:30 am	Wellness/Exercise Opportunity
7:30 am – 9:00 am	Breakfast and check-out
9:00 am – 11:45 am	Plenary II – Charting the Course: How Do You Evaluate School Health Success?
11:45 am – 12:00 pm	Conference Wrap-up and Evaluation

# Conference Sessions

## \*PRE-CONFERENCE SESSION / ORIENTATION

This session is designed for both new and returning district/school health teams as an overview of the conference goals, objectives, expectations, and outcomes for participation in the Coordinated School Health Conference. This session will provide:

- An introduction to the Coordinated School Health Model
- An overview of purpose and anticipated participant outcomes
- An overview and instructions for team action planning
- An opportunity to meet conference staff and network with other teams

## KEYNOTE PRESENTATION

**The School Environment and Adolescent Well-Being: Beyond Academics** - Adolescents spend a large proportion of their day in school or pursuing school-related activities. While the primary purpose of school is the academic development of students, its effects on adolescents are far broader, also encompassing their physical and mental health, safety, civic engagement, and social development. Research has repeatedly demonstrated the interconnectedness of the pieces, with safety and health affecting the academic environment, academics affecting health and social development, and so on. This presentation will challenge participants to look at their schools more comprehensively as an environment affecting multiple aspects of adolescent development and encourage focus on health and wellness as a particularly important aspect of school function through its' policy and activities.

## PLENARY SESSIONS

- I. **Fulfilling the Promise for Student Success: A Comprehensive System of Learning Supports** – Helping students achieve academically requires the effective coordination of many services and programs designed to meet their physical, emotional and social health needs. These coordinated programs and services must be directed toward the documented needs of students and their families, and reflective of the values of the local community. These principles are consistent with the **Comprehensive System of Learning Supports (CSLS)** recently adopted by the Ohio State Board of Education. A CSLS refers to the collection of resources, strategies and practices – as well as environmental and cultural factors extending beyond the classroom – that together, provide the physical, cognitive, social and emotional support that every student needs to succeed in school and in life (State of California, SB 288; Adelman and Taylor, 2006; Ohio Department of Education [ODE] CSLS Guidelines, 2007). This session will introduce the **CSLS** recently adopted by the Ohio State Board of Education and discuss the relation between the Coordinated School Health Model and principles of the CSLS Guidelines. To learn more about the CSLS go to [www.ode.state.oh.us](http://www.ode.state.oh.us) and search 'Learning Supports'.
- II. **“Coordinated” Is a Verb: Building School Capacity to Achieve Health and Learning Outcomes** – The Institute of Medicine's report titled Schools and Health: Our Nation's Investment describes coordinated school health programs (CSHP) as: *"An integrated set of planned, sequential, school-affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students. The program involves and is supportive of families and is determined by the local community, based on community needs, resources, standards, and requirements. It is coordinated by a multidisciplinary team and accountable to the community for program quality and effectiveness."* The plenary will highlight the elements necessary to build a stable coordinated school health infrastructure and the systematic processes that leads to effective coordination.
- III. **Charting the Course: How Do You Evaluate School Health Success?** - Data-based decision making (DBDM) has been defined as the "process of collecting, analyzing, reporting, and using data for school improvement" (Dahlkemper, 2002, p. 1). This session will discuss the rationale for implementing DBDM to help clarify school health issues.

- What data do we need to look at? How do we determine if we have an issue that needs to be addressed?
- What factors contribute to the problem and which of those can be addressed in the school and which will need to be addressed at home or in the community?
- What strategies have been effective in addressing this issue?
- Once we have decided on the appropriate plan, how will we know it's being implemented as intended (fidelity)?
- How will we know if our program strategies are working to achieve the desired outcomes?

## CONCURRENT SESSIONS

Three concurrent skill-building sessions (3 hours) will focus on:

- Creating Policies and Climates for Learning
- Skill-based Instruction for Health Promotion
- Intervention Strategies for Students at Risk

During the first 1.5 hours participants will learn from experts on the select topic through interactive, didactic sessions followed by 1.5 hours of **guided planning** helping team members work to apply what they have just heard to their own district plan. The following is a brief synopsis of each concurrent session:

**Creating a Climate for Learning: The Role of Policy** - During this session participants will learn more about the dimensions that shape school environment and climate:

- Establishing effective policies to help students achieve their academic potential and adopt lifelong healthy habits
- Safety (harassment, bullying)
- Environment (the school's physical environment)
- Confidentiality (FERPA/HIPAA interface)

**Skill-based Instruction for Universal Health Promotion** – The focus of this session is skills-based instruction that will help students adopt or strengthen healthy behaviors. During this session participants will learn about:

- Standards-based instruction
- Theoretical foundation of skill-based instruction
- Criteria for selecting evidence-based curricula
- Rationale for data collection and process evaluation
- Available resources

**Intervention Strategies for at Risk Issues** – It is generally assumed that at least 20% of the students will need additional support and services in order to succeed in school. Of those, 5% are likely to need referral to community providers who can offer more intensive help. In this session participants will learn about:

- Referral Protocols
- Criteria for selecting evidence-based intervention strategies
- Rationale for Memoranda of Understanding (MOUs)
- Family Engagement strategies

## TEAM ACTION PLANNING

A key component to the CSH Conference is the team planning process. Teams will participate in a guided planning process which will include writing 3-5 year goals, SMART objectives, process evaluation measures and outcome indicators. SPCHEO will provide technical assistance and follow-up support for developing and implementing the school health action plan during the conference and throughout the school year.

# Conference Details

## CONFERENCE LOCATIONS AND REGISTRATION FEE

Two conferences will be held in Ohio in June. Conference locations and dates are listed below. The conference fee is \$145.00 per person and registration fees **do not** include resort accommodations.

**Salt Fork Resort and Conference Center**  
**June 15-17, 2009**  
Route 22 East, PO Box 7  
Cambridge, Ohio 43725  
[www.saltforkresort.com](http://www.saltforkresort.com)

**Deer Creek Resort and Conference Center**  
**June 22-24, 2009**  
20635 Waterloo Rd.  
Mt. Sterling, Ohio 43143  
[www.visitdeercreek.com](http://www.visitdeercreek.com)

## CONTINUING EDUCATION

**University:** Conference participants can earn one semester of credit from Ashland University with participation in the entire conference, the submission of an action plan, and \$166 payable by check or credit card. A representative from Ashland will be on hand at the beginning of the conference to register interested individuals.

**Counselor, Social Worker and Marriage and Family Therapist:** State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board application for continuing education is pending approval.

## PRE-APPLICATION

The planning committee for the Coordinated School Health Conference will hold a pre-application phone conference to which all prospective applicants are invited. The planning committee members will make brief presentations that review the goals and objectives for the conference, answer questions from the attendees, and schedule technical assistance with schools requesting further help on its' application. The dates, times and dial-in information are:

Dates: February 18, March 10, March 24  
Time: 3:00 p.m. – 3:30 p. m.  
Toll-Free Access Number: 1-866-551-1530  
Participant PIN: 3734215#

## APPLICATION CHECK LIST

In order to design a high quality conference that runs smoothly and benefits all teams, guidelines for attendance have been instituted. Teams are required to submit a **Complete Application Packet. The application deadline is Friday, May 1, 2009 by the close of business. Completed application forms should be submitted via e-mail to [craig.wethington@ode.state.oh.us](mailto:craig.wethington@ode.state.oh.us).** Incomplete packets will be returned immediately for completion and must be resubmitted by the deadline date. Due to an increased interest in attending the conference, we recommend that schools submit their application packet early. Schools that submit applications after the deadline will be placed on a waiting list. To guarantee that all applications are submitted correctly be sure to review and follow the checklist to ensure that your packet is complete.

- ✓ Establish a team to complete application requirements.
- ✓ New teams complete at least one type of school health or student health assessment. Returning teams complete two assessments (one school health and one student health). The assessment must have been completed within the last two years (2007-2009). Complete a summary of the assessment results (500 words max).
- ✓ Identify an issue that your team will be addressing at the conference and provide a rationale (200 words max).
- ✓ Identify 6-10 health team members to attend the conference who can effectively impact change in the health priority area you identified through your data.
- ✓ Submit a letter of support from the District Superintendent or designated Administrator
- ✓ Participate in a pre-conference application phone conference.

**Returning Teams:**

- Complete and submit documentation of two assessments (One school health & one student health)
- Send at least one new team member who has not participated in a previous conference.
- Must submit a summary of results/outcomes of the 2008-2009 action plan (350 words max).

**New Teams:**

- Complete and submit documentation of one assessment (One school health or one student health)
- Must submit a summary of your expectation for the conference that briefly states intended outcomes for your 2009-2010 team health plan (350 words max).

**LODGING**

When you receive notification from SPCHEO that your conference application has been accepted you will be asked to call the Ohio State Park reservation line to book your lodging. At-A-Park is the central reservations service for Ohio State Park Resorts & Conference Centers and the reservation center is open from 9:00 a.m. to 8:00 p.m. daily (1.800.282.7275). Purchase orders are not accepted for lodge checkout. In order to receive tax exempt status, you cannot pay for lodging with a personal credit card. Overnight accommodations are **LIMITED**. School health team members are encouraged to share rooms.

**Salt Fork Resort and Conference Center**

Lodge Room - \$99.00/night - up to 5 persons/room  
Hillside Cottage - \$159.00/night - up to 6 persons/cottage

**Deer Creek Resort and Conference Center**

Guest Room - \$102.00/night - up to 4 persons/room)

# Venue Highlights

## SALT FORK RESORT & CONFERENCE CENTER



Salt Fork Resort & Conference Center is tucked away in the rolling hills of southeastern Ohio, in Ohio's largest state park. The lush wooded surroundings contain miles of hiking and horseback riding trails, large and healthy populations of deer, turkey, flowers, song and water birds all with a view of Ohio's largest state park lake.

Conveniently located close to the intersection of Interstates 70 and 77, Salt Fork Resort boasts 148 guestrooms, 54 cottages and eight meeting and conference rooms with a professional sales and catering staff. The lodge features indoor/outdoor pools, a Jacuzzi, game room, fitness center, gift shop, lounge, full service restaurant, basketball, volleyball, tennis, and family and children's activities. Cottages sleep six and include their own kitchen, fully stocked with cookware and utensils, bath, living space, screened-in porch and breathtaking views of Salt Fork Lake.

Attractions of the park include an 18-hole championship golf course, nature center, two marinas which offer a wide variety of watercraft rentals, the Kennedy Stone House, Hosak's Cave, seasonal hunting and fishing, seven boat launches with ratings for unlimited horsepower and numerous picnic areas.

[www.saltforkresort.com](http://www.saltforkresort.com)  
740.439.2751

## DEER CREEK RESORT & CONFERENCE CENTER



Take time to escape to the natural beauty of Deer Creek Resort and Conference Center. Let the serenity of nature be the setting for a memorable getaway, get-together or business event. Experience relaxation on more than 3100 gorgeous acres, including Deer Creek's 1,277-acre lake is famous for its early spring saugeye fishing below the dam. Excellent catches of catfish, largemouth bass and crappie also lure fisherman to Deer Creek.

[www.visitdeercreek.com](http://www.visitdeercreek.com)  
877.678.DEER

# Conference Application

As your district/school-community health team is preparing to attend the 2009 Coordinated School Health Conference, the following information must be completed prior to registering for the conference.

Please check the conference that your team will be attending:

\_\_\_\_\_ Salt Fork Resort & Conference Center, Cambridge, Ohio: June 15-17, 2009

\_\_\_\_\_ Deer Creek Resort & Conference Center, Mr. Sterling, Ohio: June 23-25, 2009

School District: \_\_\_\_\_ IDN: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

School Health Team Leader Contact Information:

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

*In order to ensure that district/school health teams attending the conference will be productive and successful, the following requirements must be accomplished to participate in the 2009 Coordinated School Health Conference.*

1. New teams complete at least one type of school health or student health assessment. Returning teams complete two assessments (one school health and one student health). The assessment must have been completed within the last two years (2007-2009). Check the appropriate assessments.

School Health Assessment	Student Health Assessment
<input type="checkbox"/> School Health Index - <a href="https://apps.nccd.cdc.gov/shi/Default.apx">https://apps.nccd.cdc.gov/shi/Default.apx</a>	<input type="checkbox"/> Youth Risk Behavior Survey - <a href="http://www.cdc.gov/HealthyYouth/yrbs/index.htm">www.cdc.gov/HealthyYouth/yrbs/index.htm</a>
<input type="checkbox"/> Healthy School Report Card - <a href="http://www.healthyschoolcommunities.org">www.healthyschoolcommunities.org</a>	<input type="checkbox"/> Search Institute: Behaviors and Attitudes - <a href="http://www.search-institute.org/new-attitudes-behaviors">www.search-institute.org/new-attitudes-behaviors</a>
<input type="checkbox"/> School Climate Survey - <a href="http://goal.learningpt.org/winss/scs/">http://goal.learningpt.org/winss/scs/</a>	<input type="checkbox"/> Pride Survey - <a href="http://www.pridesurveys.com">www.pridesurveys.com</a>
<input type="checkbox"/> Other(s):	<input type="checkbox"/> Other(s):

2. Complete a summary of the assessment results (500 words max).
3. Identify an issue that your team will be addressing at the conference and provide a rationale (250 words max).
4. Identify 6-10 health team members to attend the conference who can effectively impact change in the key health priority area you identified through your data.
  - One administrator (i.e. superintendent, principal, director, supervisor)
  - One professional service representative related to the health priority area identified as focus for concern (i.e. school nurse, counselor, dietitian, social worker, psychologist)
  - Three teachers (elementary, middle or high school teachers that include at least one health education or physical education instructor)
  - One support staff person related to the health priority area identified as focus for concern (i.e. food service, custodian, bus driver, clerical)
  - One community member or parent (i.e. PTA, law enforcement, health association)

**District/School Building Health Team Roster**

Teams must have a minimum of 6 members attending the conference, including at least one administrator (or administrators' official designee with a letter of support from the administrator)

**Team Leader/Lead Contact Person**

Name: \_\_\_\_\_  
Title/Position: \_\_\_\_\_  
School/Agency: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Name: \_\_\_\_\_  
Title/Position: \_\_\_\_\_  
School/Agency: \_\_\_\_\_  
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Name: \_\_\_\_\_  
Title/Position: \_\_\_\_\_  
School/Agency: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

5. Returning Teams:

- Send at least one new team member who has not participated in a previous conference
- Must submit a summary of results/outcomes of the 2008-2009 team health plan (250 words max).

New Teams:

- Must submit a summary of their expectation for the conference and briefly states intended outcomes for their 2009-2010 team health plan (250 words max).

6. All teams will:

- Commit to participating in one of the pre-conference phone conferences on February 18<sup>th</sup>, March 10<sup>th</sup> or 24<sup>th</sup> from 3:00 p.m. – 3:30 p.m. Toll-Free Access Number: 1-866-551-1530. Participant PIN: 3734215#
- Assure each team member actively participates in the full health conference.
- Complete project assignments during the conference and implement plan.

7. Submit a letter of support - Each district/school health team will submit a letter of support with their completed conference application:

- From the district superintendant stating that he/she will support the school's wellness program and the 2009-2010 health goals and objectives determined by the district/school health team.

Or

- From an additional administrator, if the district superintendent is unable to attend the conference. This letter of support should clearly state that he/she will assume an active role as liaison between the district/school health team and the school administrative team to assure health goals and objectives are communicated and supported across the district.

8. The application deadline is Friday, May 1, 2009 by the close of business. Completed application forms should be submitted via e-mail to [craig.wethington@ode.state.oh.us](mailto:craig.wethington@ode.state.oh.us).

9. All district/school health teams who submit an application will receive notification from SPCHEO that your conference application has been accepted. Notification letters will be sent out no later than one week from the date the application was submitted. Once a notification has been received teams will be asked to:

- Call the Ohio State Park reservation line to book lodging at 1.800.282.7275 between 9:00 a.m. to 8:00 p.m. daily. Overnight accommodations are **LIMITED**. School health team members are encouraged to share rooms.
- Submit conference registration payment in the amount of \$145.00 per person to SPCHEO. Deadline for payment is Wednesday, June 3, 2009. Payments (made payable to SPCHEO) will be mailed to Julie Drumheller, SPCHEO Treasurer, 5845 S. Wheelock Rd, West Milton, OH 45383 or fax purchase order to 937.698.4329. Registration-related questions; [jdrumheller@woh.rr.com](mailto:jdrumheller@woh.rr.com) or 937.698.6735.

Cancellations and refund requests should be sent to the address above not later than Wednesday, June 10, 2009. A \$25.00 fee will be charged for all refund requests. No refunds after **Wednesday, June 10, 2009**.

Teams that choose to participate in the 2009 School Health Conference will:

- Have the opportunity to participate in capacity building and skill development workshops lead by respected leaders in health education and school health policy to build broad-based, sustainable health infrastructure/systems in their local districts.
- Receive the technical assistance needed to draft effective school health plans that are relevant to the health needs of their students and staff.
- Be eligible for ongoing technical assistance from SPCHEO and ODE to implement and support their health objectives throughout the school year.
- Be considered for mini-grant awards to fund programmatic efforts to support specific health objectives.

For additional information about completing the application contact:

**Jane Snider**  
SPCHEO Executive Director  
740.743.2696  
[jjsnider99@yahoo.com](mailto:jjsnider99@yahoo.com)

**Craig Wethington**  
Ohio Department of Education  
614.466.6837  
[craig.wethington@ode.state.oh.us](mailto:craig.wethington@ode.state.oh.us)