

## SPECIAL POINTS OF INTEREST:

- Twin Rivers USD Healthcare Referral Protocol
- Brain Breaks in the Classroom
- School Health E-Learning

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# Prevention First School Health Team

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## Promoting Nutrition and Physical Activity in the Classroom

Did you know that schools can play a critical role in helping students develop healthy dietary and physical activity routines? By creating and implementing strong student wellness policies and teaching health practices, schools and teachers can create an environment that supports student adoption of healthy eating and physical activity behaviors.

Following are some tips teachers can employ to successfully promote healthy eating and physical activity in the classroom:

**1) Allow access to drinking water.** Water is a healthy alternative to sugary beverages which are often full of caffeine as well as sugar.

**2) Use rewards that support health.** Do not use food or beverages to reward student achievement or good behavior. Likewise do not withhold food, beverages, or physical activity time to discipline students engaging in inappropriate classroom behavior. Instead, recognize students by giving them ribbons, stickers, or pencils.

**3) Make celebrations and fundraisers healthy.** If food is served, encourage parents to provide healthy foods and beverages for birthday and classroom parties.

**4) Include healthy eating and physical activity topics in health education.** Teach



students about healthy eating and physical activity recommendations. Encourage students to consider their own health-related behaviors and to set personal goals for improvement.

**5) Stay alert regarding student weight concerns and stigma.** Address and intervene on all types of bullying, including weight discrimination and teasing about body shape or size. Refer students with signs of eating disorders, binge eating, or

other weight concerns to appropriate school staff.

**6) Be a healthy role model.** Exemplify healthy behaviors to students by remaining active and consuming healthy foods and beverages.

More information about healthy eating and physical activity is available at: [Centers for Disease Control and Prevention](http://www.cdc.gov/dnpp/).

### Nutrition/PA

State Superintendent of Public Instruction Tom Torlakson has initiated [Team California for Healthy Kids](http://www.sos.ca.gov/TeamCaliforniaforHealthyKids/) to promote healthy foods and physical activity throughout the day, every day, in these venues: schools, before and after school programs, early childhood programs, and in communities.

Health is critical to academic success. Active and well nourished children/youth have better attendance, stay in school, and are more ready to learn.

## Medi-Cal Expansion—ALL IN for Health Campaign

### 5 Things to Know About [Medi-Cal Expansion](#)

1. California leaders have expanded full-scope Medi-Cal to cover all lower-income children under 19 years of age, regardless of immigration status.
2. [Undocumented children](#) who are enrolled in restricted-scope Medi-Cal will automatically receive full-scope Medi-Cal when the program becomes **available in May 2016**.
3. Families can enroll their children in Medi-Cal now so that their children will have access to services as soon as possible.
4. Full-scope Medi-Cal includes access to free preventive services—like annual checkups—and peace of mind for California families.
5. Families can enroll their children through their local county human services office or a local clinic. Get help finding a clinic at [www.californiahealthplus.com](http://www.californiahealthplus.com) or by calling toll-free 1-855-899-7587.

To meet the requirements of [AB 2706](#), the legislation tied to the above Medi-Cal expansion, download and print the [ALL IN for Health's](#) Family Flyer and include it in your student enrollment packets. Promoting health insurance options and enrollment assistance is easy now that the staff at ALL IN for Health have created ready-made newsletter articles, email blasts, and robo call scripts for use by schools. Just copy, paste, and send the gift of health to your school community.

### Twin Rivers USD: Developing Referral Processes that Make a Difference in Student Health

The Prevention First Team partners with selected school districts throughout California. In Sacramento, we are proud to work with Bonita Mallory, MA, BSN, RN, Coordinator of Student Health, Wellness & Prevention, and the exceptional nurses and staff at Twin Rivers Unified School District (TRUSD). Twin Rivers Student Services health and attendance staff utilize an effective referral system for students who need health care services. Families are referred to their primary care medical provider or to a nearby federally qualified health care center via the process described below.

#### 5 Steps to Refer Students to Local Clinics or their Primary Care Providers

1. Teachers, school nurses, or other concerned school personnel identify and document student health concerns or symptoms.
2. The school nurse discusses any findings with parents or guardians and refers them to their primary care medical provider. Nurses, licensed vocational nurses (LVNs), or health assistants may assist parents/guardians in making an appointment.
3. Families may be given the [TRUSD Family Resource Guide](#), which describes services available in the local geographical area.
4. If parents do not have health insurance, nurses or ancillary health services staff give the parent/guardian the "ALL IN for Health Family Flyer" referencing Covered CA or Medi-Cal. Health services staff or student services intervention services assistants (SSIA)s may assist families in this process.
5. School nurses, LVNs, health assistants, or SSIA's follow-up with parents/guardians after their appointment(s).

# School Nurses: Better Health. Better Learning

National School Nurse Day, May 11, 2016, is a time to celebrate the specialty practice of school nursing and applaud the contributions school nurses make every day to improve the safety, health, and academic success of all students.

This year's theme – *School Nurses: Better Health. Better Learning* – continues to portray the significant roles school nurses fulfill regarding health care in their school communities, in tandem with their modeling of healthy behaviors. In the United States, more than 73,000 school nurses help students meet new and existing challenges while supporting education and the advancement of student health.



National School Nurse Day  
Wednesday, May 11, 2016  
*School Nurses: Better Health. Better Learning™*

## Learning on Your Feet

Elementary school students in California's San Bernardino City Unified School District (SBCUSD) are fortunate - they get both traditional physical education AND classroom brain breaks!

For years these SBCUSD students have enjoyed an already stellar physical education program. Yet the district wanted to further increase opportunities for physical activity by integrating physical activity elements into academic class sessions.

Enter *Learning on Your Feet*! This construct represents a group of organized, fun exercises that engage students in physical activity inside the classroom. The teacher and/or students can choose what exercises to perform, such as jumping jacks, squats, and jogging in place. To im-

plement *Learning on Your Feet*, teachers draw from physical activity examples found online from sources like GoNoodle ([www.gonoodle.com](http://www.gonoodle.com)) and JAMmin' Minute ([www.jamschoolprogram.com](http://www.jamschoolprogram.com)).



So far, half of the district's 50 elementary school staff have received training to implement *Learning on Your Feet* elements. These activities require minimal

preparation time and resources. Each teacher incorporates *Learning on Your Feet* brain breaks into his or her lesson plans.

Amy Gazzaniga, physical education resource teacher at SBCUSD and a 22-year veteran, says these brain breaks help kids stay focused, reduce behavior problems, and help improve student concentration. District elementary school principals who received a *Learning on Your Feet* orientation have become enthusiastic supporters of this classroom activity. They even visit classrooms to see their students in action.

To learn more about *Learning on Your Feet*, contact Ms. Gazzaniga by email at [amy.gazzaniga@sbcusd.com](mailto:amy.gazzaniga@sbcusd.com).

# School Health E-Learning

## Prevention First School Health E-Learning Training Series

Leading national health organizations recognize the close relationship between student health and academic achievement as exhibited by improved test scores, greater attention span, faster cognitive processing speed, and improved brain function. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. School health programs can reduce the practice of health-compromising behaviors among young people and strengthen their academic performance.

Although staff professional development is essential for building knowledge and supporting student success, staff time is limited. That's why the **Prevention First School Health Team offers a series of concise, on-demand e-learning school health trainings (approximately 45 minutes each)** to assist school administrators and staff who want to help students adopt healthy behaviors related to asthma, nutrition, food allergies, physical activity, and Safe Routes to School.

Please visit the [Prevention First School Health Training and Professional Development](#) page to access these on-demand trainings when it's convenient for you.

## Starting a Safe Routes to School Program

If you are thinking about developing a Safe Routes to School (SRTS) program for your school community, there are numerous [resources](#) available to help you get started! [Creating a SRTS program](#) is an opportunity to make biking, walking, and rolling to school safer and more accessible for children, including those with disabilities. More broadly, SRTS programs can enhance children's health and well-being, ease traffic near schools, improve air quality, and enhance community members' overall quality of life. The first step is to bring together the right people:

**1) Form a coalition with a diverse group.** Consider if the group

wants to plan for SRTS in a single school or district-wide. Look for existing groups where SRTS is a natural fit. Involve the students and, most importantly, find a program champion to keep things moving!

**2) Hold a kick-off meeting** to create vision and develop next steps.

**3) Gather information and identify needs.** This may include performing a walking audit by [observing](#) or mapping school routes.

**4) Identify solutions** to issues or

needs identified by the group.

**5) Make a plan.** The SRTS plan should include major strategies, a timeline for each strategy, a map of the area covered by the plan, and steps for evaluating the plan. Strategies completed early on in the process will help the group feel successful and will build momentum and support for addressing long-term activities.

**6) Fund the plan.** Though SRTS includes cost elements, many items, like signs or fresh paint, require minimal financial support.

**7) Act on the plan.** Hold a fun-filled kick off event (e.g., [walking school bus](#)) and invite the media.



## Contact Information and Emphasis

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