



Nebraska

HEALTHY SCHOOLS PROGRAM



Healthy School Environment

- Created School Health Advisory Councils (District Level)
- Created School Health Teams (Building Level)
- Conducted School Health Assessment: School Health Index and WellSAT
- Implemented policies to prohibit use of physical activity as punishment or withholding of physical education as punishment
- Implemented School Wellness policies
- Implemented Tobacco policies
- Implemented Bullying policies
- Implemented Dating Violence policies
- Held workshops on health-enhancing topics: stress reduction, nutrition, asthma, staff health screenings
- Provided quality drinking water
- PSA announcements by Superintendents/ Principals
- Student leaders promoting healthy behaviors and practices.

Physical Education/Physical Activity

- Utilized Physical Education Curriculum Analysis Tool (PECAT)
- Aligned curriculum to state standards
- Created curriculum scope and sequence
- Adopted evidence-based PE curriculum
- Provide 150 minutes of PE for elementary students (30 minutes/day)
- Provide 225 minutes of PE for middle school and high school (45 minutes /daily)
- Created student walking clubs/before and after school activity programs
- Conducted physical activity breaks in the classroom
- Scheduled recess before lunch
- Implemented "walk to school programs" (Safe Routes)
- Implemented daily recess period
- Implemented staff fitness programs
- Implemented policy which prohibits the use of physical activity for punishment
- Implemented policy which prohibits withholding physical education or physical activity/recess as punishment
- periodic evaluation, updating, and improvement

Health Education

- Collaborated with health departments for sharing resources and expertise on health related topics
- A documented, planned, and sequential program of health instruction for students in grades kindergarten through twelve;
- Adopted evidence-based health education curriculum
- Utilized Health Education Curriculum Analysis Tool (HECAT)
- Aligned curriculum to National/State Standards
- Activities assisting young people to develop the skills needed to avoid tobacco use; dietary patterns that contribute to disease; sedentary lifestyle; sexual behaviors that result in HIV infection, other STDs and unintended pregnancy; alcohol and other drug use; and behaviors that result in unintentional and intentional injuries
- instruction from teachers who are trained to teach the subject
- periodic evaluation, updating, and improvement
- Collaborated with cafeterias for student taste testing opportunities
- involvement of parents, health professionals, and other concerned community members

Health Services

- Collaborated with health departments and community agencies for dental screenings
- Collaborated with community agencies for vision screenings
- Created pandemic health clinics with support from community health care providers
- Conducted BMI surveillance
- Conducted asthma, CPR, Bloodborne Pathogens updates
- Collaborated with health department to sponsor immunization campaigns for students and staff
- Implemented emergency response plans
- Track student visits to the health office
- Connection to absenteeism and attention seeking behavior



NEBRASKA
DEPARTMENT OF EDUCATION

School Meals & Nutrition

- Eliminated soda campus wide
- Limited hours vending machines are turned on
- Provided breakfast on the bus
- School breakfast programs
- USDA Fresh Fruit and Vegetable Program
- Milk vending machines
- Healthy mid-morning snacks
- Negotiated contracts that encourage healthy eating
- Prohibited the use of food as a reward or punishment
- Ensured fund-raising activities are supportive of healthy eating
- Implemented policy that promotes the use of healthy or non-food items for: fund raising, classroom activities and school parties
- Limited the sale of foods to students considered to be of low or minimal nutritional value during the school day
- Farm to school programs allow students access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.

Employee Wellness

- Participate in your schools Health Insurance sponsored staff wellness program.
- Offered presentations on stress reduction
- Offered presentations on nutrition education
- Offered presentations on asthma education
- Provided access to fitness facility before/after school
- Allowed teachers exercise time during planning periods
- Conducted "Biggest Loser" contest for staff
- Provided reduced rates at YMCA, community fitness facilities
- Collaborated with health department to provide immunizations for staff

Parent/Community Partnerships

- Parent/Community members included on School Health Advisory Councils (District Level)
- Parent/Community members included on School Health Teams (Building Level)
- Opened facilities to public during non-school hours
- Parent/community members assisted in teaching health classes
- Involved parents/community members in healthy fundraising activities
- Conducted health fairs
- Parents/community members assisted with meal planning
- Parents/community members assisted in teaching physical education classes
- Health care facilities provide CNA certification to students through health science classes
- Parent/community members advocated for healthy school environments
- Conducted parent surveys regarding healthy school environments (i.e. school breakfast/ lunch programs, physical activity, etc.)

Counseling, Psychological, and Mental Health Services

- Conducted suicide awareness presentations to staff
- Provided counseling, instruction, and referrals to professionals for students and families when appropriate
- Helped teachers and students with strategies to minimize classroom disruptions
- Conducted problem solving sessions with students, families, and teachers
- Identified and referred students with eating disorders
- Assisted educators in teaching about dating violence
- Created and sponsored peer education programs for positive youth development

