



2008 Winners Awards for Excellence in Texas School Health

The Awards for Excellence in Texas School Health program recognizes and promotes effective school health programs and initiatives that strive to improve the lifelong health of students, staff and the greater school community.



Texas Department of State Health Services - School Health Program
www.dshs.state.tx.us/schoolhealth





2008 Awards for Excellence in Texas School Health



Awards Ceremony

January 30, 2009
Austin Airport Hilton Hotel

Presentation Of 2008 Awards

Opening Remarks

Adolfo Valadez, M.D., M.P.H.

Presentation of Texas Health Institute Awards

Camille Miller, President and CEO, Texas Health Institute

Excellence Awards

“Practically On My Own”

Ronny Crownover Middle School

“CATCH – Coordinated Approach to Children’s Health”

Meyer Elementary School

“First Aid Fridays”

Pflugerville Middle School

Outstanding Award

“Super Stars Fitness Program”

Spring Valley Elementary School

Vanguard Awards

“BEST Boot Camp”

Haude Elementary School

“Mission Possible: Uniting for Health”

Little Cypress-Mauriceville Consolidated Independent School District

Presentation of Texas Pediatric Society Foundation Awards

Linda Roulier-Rogers, Chairman of the Board, Texas Pediatric Society Foundation

Awards of Achievement

“G. W. Carver Academy Health and Wellness Committee”

G. W. Carver Academy Middle School

“CATCH – Coordinated Approach to Children’s Health”

Meyer Elementary School

“Hike & Bike”

Silver Lake Elementary School





2008 Awards for Excellence in Texas School Health

The following programs are winners of a 2008 Award for Excellence in Texas School Health. The Awards for Excellence in Texas School Health program is funded by the Texas Health Institute and the Texas Pediatric Society Foundation and is sponsored by the School Health Program of the Texas Department of State Health Services.

G. W. Carver Academy Middle School – “G. W. Carver Academy Health and Wellness Committee”

Brenda Renfro-King, R.N., – Program Contact

Pamela Correa, Principal

Dr. Roland Hernandez, Superintendent, Waco I.S.D.

ESC Region 12

This program was developed out of a concern for the growing epidemic of obesity among school age children. A survey conducted among the school population found that many students had diabetes and made poor food choices when not in school. These health issues could affect student’s emotional and social health as well. The desire for a healthy student population prompted the development of the Health and Wellness Committee which is made up of health professionals, community members, students, parents and teachers. The committee develops and implements wellness policies and programs that promote better health practices, nutrition, healthy eating habits and exercise for staff, students and parents.

Projects directed to the physical, mental and social-emotional health needs of all concerned were developed.

- A quarterly newsletter was created and is disseminated to parents, students and staff members. It contains articles on diet, fitness and prevention of the spread of diseases such as staph and MRSA.
- Collaboration with community partners led to presentations (targeting health issues) that were provided to the entire student body.
- Dental issues were addressed through access to low or no-cost services.
- Health fairs targeting the total person were conducted,
- A “punch-card” walking program was initiated and a
- Staff wellness program remains successful today.

“This is their health. This is their life. We are trying to teach them to make the most of it.” – Pamela Correa

All activities are evaluated and improvement is continual. The success of the program is directly related to the ongoing support and enthusiasm of the Health and Wellness Committee.

Ronny Crowover Middle School – “Practically On My Own”

Jonita Widmer, R.N., School Nurse – Program Contact

Dianne Blair, Principal

Ray Braswell, Superintendent, Denton I.S.D.

ESC Region 11

This program was designed to meet basic health instruction needs and provide students with the knowledge and skills to be safe while at home alone. The program was developed for students in Crowover’s social adjustment class (a self-contained special education classroom for students with emotional or behavioral issues). Classroom teachers provide science and health instruction according to the TEKS guidelines but this program was designed to specifically meet the needs of these students. Instruction included:

- Body systems, health, basic first aid and CPR, personal hygiene, nutrition and social norms,
- CPR training that included how and when to call 911, and
- How to care for pets including a visit by a local veterinarian.

“We don’t have the opportunity to change a situation when a child is left alone at home; but, we can provide them with skills to deal with situations more safely and responsibly.” – Dianne Blair

Collaboration with additional community partners brought added dimension and “real-life” situations to the program. Weekly lessons were taught or coordinated by the school nurse and consisted of lectures, role playing, videos, interactive games, workbooks and classroom instruction. The program was evaluated through student pre and post-tests and was offered as a “best practice” seminar for other secondary nurses in the district.



2008 Awards for Excellence in Texas School Health



Haude Elementary School – “BEST Boot Camp”

Leigh Ann Downey, R.N., School Nurse – Program Contact

Kay Estes, Principal

Dr. Jim Cain, Superintendent, Klein I.S.D.

ESC Region 4

Emergency situations occur in everyday life. It is critical that school age children learn basic lifesaving skills that could potentially benefit themselves, their family and community. BEST Boot Camp focuses on **Basic Emergency Skills Training** and targets 5th grade students as they begin to broaden their world view and prepare for middle school. Students are taught to use critical thinking skills in the performance of lifesaving techniques in the event of an emergency during a two-hour session. Instruction included:

- CPR skills, basic first-aid, and safety procedures,
- Mock emergencies and hands-on training to help the students know what to do in a crisis situation, and
- How to use protective barriers such as gloves and masks when delivering first aid in order to protect against exposure to disease.

“Our school district offers support in all areas to do this program. We are very fortunate to have such a supportive system in place.” – Leigh Ann Downey

BEST Boot Camp received year-round support from parents, PTO, local emergency services, Red Cross and many other community organizations. Students gained the confidence and knowledge necessary in order to handle emergency situations. Camp attendees received a certificate upon completion and saw this as an honor before leaving to go to the intermediate grade level.

Meyer Elementary School – “CATCH (Coordinated Approach to Children’s Health)”

Carolyn Gifford, K-5th Grade P.E. Teacher – Program Contact

Lenny Hardoin, Principal

Dr. Ralph Draper, Superintendent, Spring I.S.D.

ESC Region 4

The school nurse conducted a risk factor assessment with the students at Meyer Elementary and the assessment found that:

- 25% of the children were at risk for developing diabetes,
- 69% of those children were overweight,
- 40% already had high blood pressure and because
- 81% of overweight children become obese adults, it was important to include the staff.

“We owe it to these children to do everything we can to turn their futures around.” – Carolyn Gifford

Up until this past year, the district did not have a mandated health curriculum in place for elementary school-aged children. In order to provide a coordinated approach to school health, Spring I.S.D. implemented the **CATCH** program with it’s main objective to get everyone in the school and the community involved in teaching children about a healthy lifestyle. This involved coordinating the efforts of teachers, students, parents, child nutritionists, nurses, counselors, administrators, community members and outside organizations in monthly **CATCH** meetings. Activities that were implemented included:

- Facilitating **CATCH** training workshops for school staff,
- Creating a Staff Wellness Bulletin Board,
- Creating after-school programs and a physical fitness assessment for students in grades 3-5,
- Devising contest incentives – poster contests to win new bikes, a wellness week, a food label wall, **CATCH** bingo, and
- Sponsoring a student/parent mile run, a health fair, and a school Olympics.

The district SHAC and many community partners helped to make the program a success. Spring I.S.D. was awarded “**Outstanding District**” in the 2007-2008 school year. Eighty-one percent of the Meyer Elementary staff accepted the program and implemented it into their classrooms. Teachers were given equipment and materials to provide incentives for children and to incorporate **CATCH** skills into their daily lessons.



2008 Awards for Excellence in Texas School Health



Little Cypress-Mauriceville C.I.S.D. – “Mission Possible: Uniting for Health”

Susan Bayliss, R.N., M.S.N., Director of Health Services – Program Contact

Dr. Pauline Hargrove, Superintendent

ESC Region 5

Due to an increase in overall student weights and chronic illness in both students and staff, Little Cypress-Mauriceville C.I.S.D. (LCMCISD) campus nurses identified specific health needs for both students and employees. *The Mission Possible: Uniting for Health* goal is to encourage better overall health habits such as good nutrition, increased exercise and maintenance of good general physical health among students and district employees at the primary and secondary levels. This program is an expansion of last year’s LCMCISD Awards for Excellence winning program. This year, the goal was broadened to include students and employees on all six LCMCISD campuses, community organizations, the local community college, and five other school districts in southeast Texas.

“Education is the way to change behavior. By sharing educational information and activities with as many people as possible, it is more likely that lifestyle changes will occur.” – Susan Bayliss

Ideas were shared between the institutions and the county extension office. Activities included:

- *Fruit and Veggie Tasting Parties*, and *Walk Your Child to School Day*,
- Classroom education tip sheets, a district Web page, family health screenings, summer cooking classes, and
- Planning summer meetings to help grow the *Uniting for Health* program.

Exercise efforts increased and overall safety habits improved. A change in eating habits and exercise enjoyment in elementary students has been notable. Measurements of weight and BMI will be recorded over the next two years to assess student progress.

Pflugerville Middle School – “First Aid Fridays”

Wendy Mackey, R.N., N.C.S.N., School Nurse – Program Contact

Mary Kimmins, Principal

Charles Dupre, Superintendent, Pflugerville I.S.D.

ESC Region 13

First Aid Fridays is a health program presented every week through the morning video announcements to students at Pflugerville Middle School. Students enrolled in the video technology class have played actors, filmed, and edited 19 video presentations scripted by the school nurse.

Concern over the increased numbers of students visiting the nurse’s office on Monday morning seeking treatment for injuries occurring over the weekend prompted the idea for the program. When students expressed the fact that they didn’t know what to do when these injuries occurred, it became quite apparent that students needed some basic first aid education. Topics for the series were selected from the student’s most common first aid complaints and those where treatment was delayed or inappropriately treated.

“The ramifications of this program extend not only to the school day, but also to after school, into the home and community.” –Wendy Mackey

Video presentations have included:

- “Sprains, Strains and Injuries Requiring Ice”
- “More on Sports Injuries”
- “Cuts, Scratches and Scrapes”
- “Nosebleeds”
- “Medication Safety”
- “MRSA”
- “Asthma”

The program expanded in the 2007-2008 school year to include more first aid topics such as stomachaches, headaches, sore throats, hygiene, rashes, pink eye, burns and puncture wounds. As a result of the program, students are more aware of basic first aid, recognize the information in real-life situations, and have begun to verbalize not just their symptoms, but often suggesting their treatment.





2008 Awards for Excellence in Texas School Health



Silver Lake Elementary School – “Hike & Bike”

Dianne Gorrie, R.N.C., B.S.N., School Nurse – Program Contact

Lisa Dunn, Principal

Dr. Kay Waggoner, Superintendent, Grapevine-Colleyville I.S.D.

ESC Region 11

The *Hike & Bike* program was created as a response to the current obesity epidemic in school age children as well as the increased incidence of diabetes and other related health problems. Silver Lake Elementary, located in the suburb of Grapevine, has a population with the following health issues: 11.4% of it's residents have been diagnosed with diabetes and 32.7% have been diagnosed with elevated blood pressure.

The program encourages family participation and reinforces an all-over lifestyle rather than just school activities.” – Dianne Gorrie

In 2007, only 1.7% of the population walked or biked to work. A one-day school survey showed that out of 500 students, 38 students walked to school, 15 rode bicycles, 2 rode scooters, 54 children were bused to school and 260 cars transported children to school even though 82% of the Silver Lake students live within walking or biking distance to school. Studies show that if students are physically active and healthy they perform better academically, are better educated and health conscious.

The *Hike & Bike* program's objectives included:

1. Encourage students, families and staff to be more physically active by participating in after school organized sports and hiking and biking to school on a regular basis.
2. Integrate the physical activity program with academics so students would be stimulated academically while participating in physical activity.

The activities implemented included:

- Bicycle safety clinics, a stunt bike team school assembly, and *Hike or Bike to School Day*,
- Incorporating geography and math skills by providing student incentives to track miles or minutes of daily biking or hiking,
- Bicycle give-a-ways, year-end parties, incentive field trips, student recognition, and
- Daily motivational announcements.

Program participation increased from its first year in 2006, to the following levels:

- Monthly **Hike & Bike** activity participants went from 100 to 150.
- Miles traveled (by the end of the school year) increased from 3,396 to 6,536.
- Overall participation increased with students up from 200 to 247 and staff members up from 6 to 18.

Because of its successes and community partnerships, Silver Lake Elementary School was awarded \$88,713 in construction funds for sidewalks, pedestrian signals and flashing school zone signs by the Texas Transportation Commission's Safe Routes to School Program.



2008 Awards for Excellence in Texas School Health



Spring Valley Elementary School – “Super Stars Fitness Program”

Sherry Freeland, R.N., B.S.N., School Nurse – Program Contact

Keith Forte, Principal

David Simmons, Superintendent, Richardson I.S.D.

ESC Region 1

Elementary school nurses are required to screen all 1st, 3rd and 5th grade students for Acanthosis Nigricans (AN). This skin marker on the back of the neck can indicate a child’s predisposition to developing Type 2 Diabetes. The *Super Stars Fitness Program* now in its fourth year was developed as a proactive way of educating students and their parents about Type 2 Diabetes and how a healthy lifestyle can help prevent this disease. The program specifically targets the children and families of children with the AN marker. When a student was found to have the marker, their height, weight, BMI and two blood pressures were checked by the school nurse. A referral letter would be sent home asking the parents to have the child evaluated by a doctor.

Parents and students identified with the AN marker were invited to attend the *Super Stars Fitness Program* which included:

- Education regarding diabetes and its prevention,
- Instruction about healthy food choices and exercise provided by a dietician and the school physical education teacher,
- Games and dance demonstrating that exercise can be fun, and
- The preparation and sampling of healthy snacks.

“This program is successful because it focuses on the parent-child team practicing successful diet and exercise strategies together.”

– Sherry Freeland

At the end of the school year, the children took home a specially prepared “*Super Stars Fitness Folder*” and were encouraged to track their daily exercise throughout the summer. Parents would sign the exercise tracking forms to validate them. Sports safety tips were also included in the take home packet. At the end of the summer, those who had exercised successfully were invited to a celebration party. This school year, 96% of the students returned their folder and participated in the exercise program.

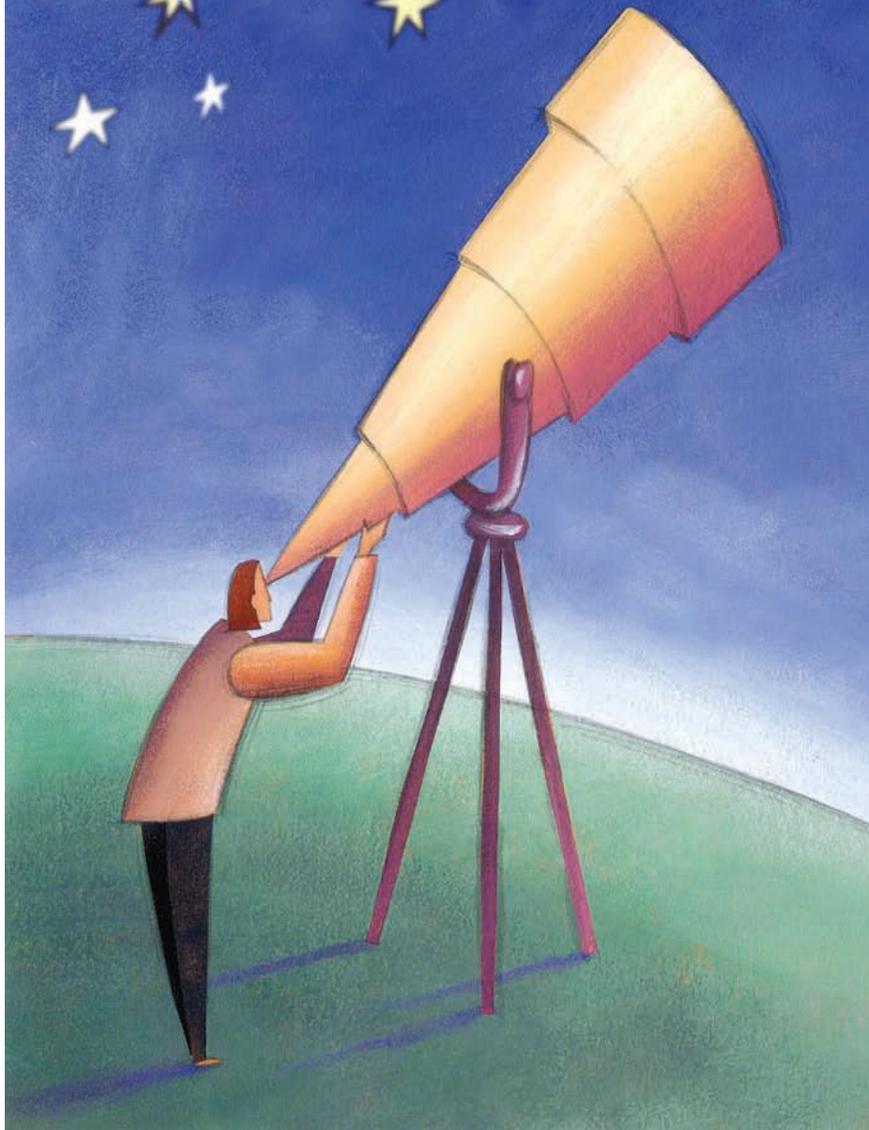


For more information about the Awards for Excellence program or, if you would like to contact any of the program coordinators identified in this publication about their award winning program, email Ellen Smith at ellen.smith@dshs.state.tx.us or call 512-458-7111, Ext. 2140.

Discover

Awards for Excellence in Texas School Health

all over again!



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Reaching For Excellence Award

Money to begin a new program

\$1,200 each (four available)

Discovery Award

Recognition of current
school health programs

\$1,500 each (three available)

Vanguard Award

Recognition of a previous
Awards for Excellence winner

\$1,000 (one available)

Award Of Achievement

Recognition of current
middle school health programs

\$1,000 each (three available)

2009 Applications Available
April 1, 2009

Deadline for Applications
October 2, 2009

Winners Notified
October 16, 2009

Awards Banquet
January 29, 2010



To find out more, go to
www.dshs.state.tx.us/schoolhealth/awards.shtm