Linking Health and Learning: Supports for Student Wellness

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Higher academic achievement is associated with higher levels of fitness in grades 5, 7, 9\(^1\)
Aerobic exercise in youth improves focus, concentration, memory, mood and self-confidence\(^2\)

1 California Department of Education, 2001
2 [www.johnratey.com](http://www.johnratey.com) SPARK: The Revolutionary New Science of Exercise and the Brain
Nutrition and Academic Achievement

- Undernourishment impacts the behavior of children, their school performance, and their ability to concentrate and perform complex tasks

- Participation in a school breakfast program increases composite math and reading scores, improves student behavior, reduces morning trips to the nurse, and increases student attendance and test scores

- Teens experiencing hunger are more likely to have been suspended from school, have difficulty getting along with other children, and have no friends

1 [www.californiaprojectlearn.org](http://www.californiaprojectlearn.org) Nutrition, Physical Activity and Academic Achievement
2 [www.afhk.org](http://www.afhk.org) Nutrition, Physical Activity and Academic Achievement
3 [www.frac.org](http://www.frac.org) Child Nutrition Fact Sheet - Breakfast for Learning
Coordinated School Health

Curriculum and Instruction
- Promoting learning and adopting healthy behaviors

School Environment
- Creating positive learning environments

Physical Activity
- Modeling and encouraging the achievement of lifelong physical fitness

Family and Community
- Connecting school, parents, and community

Staff and Faculty Wellness
- Promoting faculty and staff wellness

Nutrition and Food Service
- Encouraging healthful nutrition

Children and Youth
- Acquiring healthy decision-making

Health Services
- Enhancing school health services

Guidance and Counseling
- Supporting social and emotional well-being

Youth Programs
- Developing and supporting programs for children and Youth

Leadership & Coordination

Commitment

Funding

Evaluation

Communication
School Wellness Policy
Resources

- Vermont Nutrition and Fitness Policy Guidelines (updated October, ‘08)
- Vermont Healthy Schools Resource
- Vermont Youth Risk Behavior Survey
- Fit and Healthy Kids School Wellness Award
General School Health Resources

- Department of Education’s “Linking Health and Learning” monthly e-bulletin includes:
  - News and general announcements
  - Grant and funding opportunities
  - Professional development opportunities

To sign up e-mail lindsay.simpson@state.vt.us
General School Health Resources

- Health Education Resource Center: library of HE, PE and PA materials
- Riverdeep Learning Village: Web database of curricular resources aligned with VT GEs
- Technical assistance and professional development for HE, PE, PA, school food service
- CDC tools: SHI, PECAT and HECAT
Grants

- Heart Rate Monitor Grants for High School Physical Education: Summer ’09 - $30,000
- Farm-to-School Grants: Fall ’09 - $85,000
- Food Service Equipment Grants: due June 1, ‘09
- Fresh Fruit & Vegetable Grants: due May 8, ‘09
Partner Organizations Vermont

- VT Association for Health, Physical Education, Recreation and Dance (VTAHPERD)
- VT School Nutrition Association
- VT Action for Healthy Kids (AFHK)
- VT Food Education Every Day (FEED)
- VT Education Health Initiative (VEHI)
- Center for Health and Learning
Partner Organizations National

- CDC – Division of Adolescent and School Health
- USDA – Team Nutrition
- ASCD – The Whole Child
- NASBE – Center for Safe and Healthy Schools
- NSBA – School Health Programs
- NASPE – PA and PE
- Alliance for a Healthier Generation
- Food Research & Action Center
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- How is your school working to improve the nutrition and physical activity environment?