



TOOLS FOR SCHOOLS

SECOND EDITION



Health and Wellness in School

- Major Areas of Concern
 - Childhood Obesity Epidemic
 - Mental Health
 - Substance Use
- Multi-faceted Issues Need Multi-dimensional Approaches
 - Physical Health and Wellness
 - Nutrition and Healthy Habits
 - Behavioral Health and Pro-Social Decision-making

Student Wellness is Critical to Student
Achievement

TOOLS FOR SCHOOLS



TOOLS FOR SCHOOLS



Live Well San Diego:
Partnering with Schools to Reduce
Childhood Obesity and Improve Student Wellness



August 2017
Second Edition



Get the Most out of Tools for Schools

Live Well San Diego is partnering with schools to reduce childhood obesity and improve student wellness. We hope you find the Tools for Schools toolkit a valuable resource in your journey to supporting healthy schools and families.

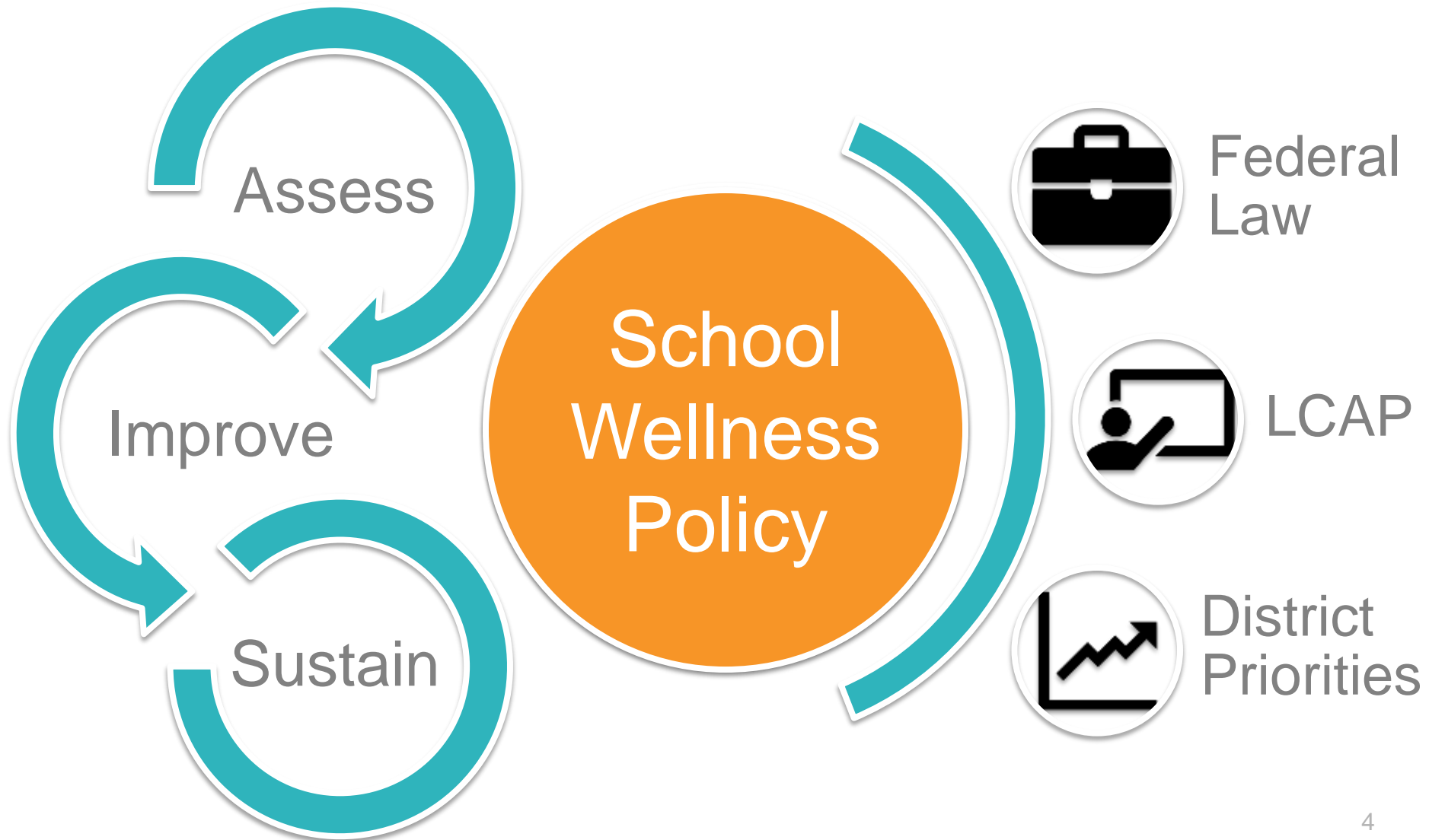
**School administrators, staff and other community members
can navigate the Table of Contents to:**

**Learn strategies to
improve wellness in your
school community**

**Search for existing resources
in the community to meet
specific student needs**

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ROLE OF POLICY



PARTNERSHIPS



Partnerships to Promote Health & Wellness

Ideas for Health and Wellness Partnerships



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SAN DIEGO COUNTY
OFFICE OF EDUCATION



SAN DIEGO COUNTY
CHILDHOOD
OBESITY
INITIATIVE

Working Together to Shape a Healthier Future
Facilitating Community Health Improvement Partners



First 5
San Diego



Student and School Programs

- Two Major Dimensions
 - Nutrition and Physical Activity
 - Behavioral Health
- Multiple Levels of Resources
 - Ideas, Models, and Success Stories
 - Resource Guides and Consult Providers
 - Ready-to-implement and Ready-to-Partner Programs

Consider the target audience: Student, Class, School,

District

LET'S GET STARTED



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Addressing Concerns and Overcoming Barriers:

- “Kids don’t want fruits and vegetables”
- “We don’t have money to do that”
- “There isn’t enough time in the curriculum”
- **“That isn’t our responsibility”**



Implementation Examples:

Nutritional Promotion -
PE and Physical Activity -
Nutritional Environment -
Drinking Water -

WEB RESOURCES



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<http://www.livewellsd.org/content/livewell/home/partners/best-practices-for-schools.html>



Search 

HEALTHY, SAFE AND THRIVING COMMUNITIES IN SAN DIEGO COUNTY

ABOUT | NEWS & EVENTS | PARTNERS | LIVE WELL EVERY DAY | COMMUNITY | DATA & RESULTS | CONTACT

HOME | PARTNERS | BEST PRACTICES FOR SCHOOLS

BEST PRACTICES FOR SCHOOLS

Live Well San Diego strives to connect organizations of every kind—cities and governments, businesses, healthcare organizations, schools, and community- and faith-based organizations—through a shared purpose. School district partners have the potential to reach children and families throughout San Diego County. Working together, partner school districts are sharing best practices and advancing policies and programs that support healthy, safe and thriving students, teachers and families through updated wellness programs, farm-to-cafeteria programs, school gardens, safe routes to schools, disaster preparedness and environmentally conscious buildings.

[Healthy Schools](#) initiatives and tools improve the health of students across the region, and [driver education programs](#) help keep new high school drivers safe. Best practice toolkits provide resources for schools to implement programs and policies that address student health, safety and well-being.

What is available online?

- Live Well Schools best practices resources
- Latest Tools for Schools revision in PDF

Why use both online and print?

- Caters to users' needs and preferences
- Quickly incorporates new information
- Strives towards comprehensiveness ⁸

Live Well Schools Website



www.livewellsd.org/content/livewell/home/partners/best-practices-for-schools.html

SCHOOLS TOOLKIT

The Tools for Schools toolkit equips school districts and individual schools with the tools and best practices to implement programs aimed at reducing childhood obesity and create healthier school environments for all students. It highlights innovative and practical programs for school policy makers and other key stakeholders to adopt and tailor to meet the needs of their unique student population and community. Superintendents throughout the county and their key staff provided input on policies, programs and partnerships most important to them, which are included in the toolkit.

Download the Tools for Schools Toolkit

Download Tools For Schools Appendix 3 for Up-To-Date Links

BMI TOOLKIT

Chula Vista Elementary School District revamped its school wellness policies in 2007 to provide more nutritious school lunches and increase physical activity. They began monitoring and tracking progress in 2010 by measuring Body Mass Index (BMI), a metric for obesity, of more than 24,000 K-sixth grade students. They measured again in 2012 and 2014 and found a 5% reduction in unhealthy weight and a 5% increase into the normal weight range over the four-year period.

Developed in 2013, the BMI Toolkit includes measurement tools and worksheets to help create healthier school environments.

Download the BMI Toolkit