



Dallas
Independent
School
District

Coordinated School Health MVP Showcase Newsletter

May 2013

Our CSH Mission:
To coordinate, educate and support district and community efforts that will promote the physical, social and emotional well-being of students, staff and families.



CATCH "I Like to Move It" bulletin board at DESA MS



Family Fitness Night at Spence MS



CATCH M.V.P. Wall at Martinez EL



Character Counts wall at Rosemont EL

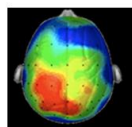
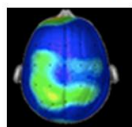
A Successful Year of Implementing CSH!

During the 2012-2013 school year, Dallas ISD schools have been busy implementing Coordinated School Health (CSH). So, what exactly is Coordinated School Health again? It is the *intentional* coordination of nine components: health education, physical education, child nutrition, parent and community involvement, health services, counseling and mental health services, healthy and safe school environment, staff wellness, and student involvement. Due to the growing obesity epidemic, state mandates require that all schools in Texas must implement a Coordinated School Health Program.

As more and more research shows the link between healthier students and academic success, the District Coordinated School Health Initiative strives to help schools reach Destination 2020. All principals and members of School Leadership received a copy of "SPARK- The Revolutionary New Science of Exercise and the Brain".

Average composite of twenty students' brains while taking the same test

Brain after sitting quietly Brain after 20 minute walk



MVP's in the District!

We had many MVP schools submit their Coordinated School Health Team meeting agendas each six weeks to be entered in a drawing for prizes that included health related posters, water bottles, and more!

The schools that were randomly selected each six weeks were: **Rosemont, Silberstein, Titche, Kleberg, Dunbar, Saldivar** Elementary and **DESA, Long, Atwell, Garcia** Middle Schools.

Additionally, **Martinez, J. Stone, and Reinhardt** Elementary won for submitting their "Healthy Holiday Party" ideas, and **Gaston** Middle School won for submitting their "Thirsty Thursday" pictures for the fourth six weeks.

To help "intentionally coordinate all nine components of CSH, the District has a robust "CSH Calendar" and "CSH Theme Days" which incorporate Developmental Assets, National Observances, Dallas-Based Events, and the CATCH (Coordinated Approach To Child Health) Program.



The CATCH Program serves as the district's foundation with a coordination toolkit, curriculum, and consistent language which helps create a common thread through a school environment.

As part of the CATCH Program, Dallas ISD schools are also striving to be MVP's where we – **Move and Stay Active, Value Healthy Eating, and Practice Healthy Habits**. All schools are encourage to be more physically active, eat more GO foods and less SLOW or WHOA foods, and practice healthy habits to be physically, emotionally, and mentally healthy!

The goal is for Dallas ISD to be the healthiest district in the nation! We are so proud of all of our schools and departments this year. Thank you for all that you do and for sharing your success stories this year!!

These MVP "team efforts" have been exemplified by the CSH Teams who intentionally plan each six weeks to integrate in the CSH Calendar events, CSH Theme Days, and CATCH Theme.

Other schools who submitted their CSH Team agendas for the drawings were: **Truett, Jack Lowe, Pleasant Grove, Withers, DeZavla, Silberstein, Allen, and McShan** Elementary Schools and **Edison, Lang, Marsh, Medrano** Middle Schools. Thanks for being MVP schools!!!





"Got Milk" Wall at Marsh MS



"Estimation Station" of GO-SLOW-WHOA Foods at Medrano EL



Staff Pedometer Challenge at Young EL



AgriLife Parent Nutrition class at Reinhardt EL



CATCH Healthy Commitment Pledge Wall at Gaston MS

CATCH What's Happening at the Middle Schools!



As a result of a grant from the University of Texas, School of Public Health, **34 middle schools** received support to further implement and sustain the CATCH Program on their campus.

Schools received multiple trainings, equipment, curriculum, funds to host a family wellness event, and facilitation assistance. Additionally, schools received faculty and student t-shirts. **Garcia** Middle school started a "CATCH Club" where students earned their t-shirts for participation in this new club.

All middle schools were eligible to apply for the CATCH Award of Excellence mini-grant, which provided additional funds for the schools to sustain their CSH efforts.

The 2012-2013 winners were: **Cary, DESA, Gaston, Greiner, Hood, Medrano, Seagoville, and Tasby.** **DESA and Hood** took top honors with the \$2,000 grand prize!



Seagoville MS Family Health Night

Grants, Gardens, and Great Accomplishments!

Eight schools received National recognition with the Alliance for a Healthier Generation Healthy Schools Program. The Alliance will celebrate the school's accomplishments at an annual recognition event in Little Rock, AR. The Bronze recognized schools were: **Titche, Kennedy, Dorsey, Polk, Winnetka** Elementary, and **DESA, Hill, and Browne** Middle School. The Silver recognized school was **Bowie** Elementary!

Seven schools were awarded a grant from Real School Gardens. **Cabell, Gooch, Hall, Henderson, Barbara Jordan, "Hope" Medrano, and Starks** Elementary received a three year partnership to help build and sustain learning gardens.

Two schools received a grant from Fuel Up To Play 60. **Bowie** Elementary and **South Oak Cliff** High School received funding from this nationwide program to help jumpstart and sustain healthy nutrition and physical activity initiatives.

Special kudos go to **Sharon Foster** at **Bowie** Elementary for being recognized as the 2013-2014 Fuel Up to Play 60 Touchdown School, as well as receiving numerous other grants for her campus!

Four schools received the Grow, Eat, Go grant to implement Junior Master Gardeners and Walk Across Texas. The schools who received the grant this year were: **Dunbar, Bowie, Arcadia Park, and Mark Twain** Elementary.

Nutrition Education Program Winners!

As part of the **Food and Child Nutrition Services'** Explore a World of Flavor, the Student Chef "GO Recipe" District Winners and Finalists were: First Place Winner - **Rosemont** Elementary; Second Place Winner - **Cary** Middle School; Third Place Winner - **Tom C. Gooch** Elementary School. Additional finalists were from **Irma Rangel**.

Additional kudos go to the School Lunch Advertisement Contest Winners from **Reinhardt** Elementary, **DESA** Middle School, and **Skyline** High School.

Fifteen schools kicked off Dallas ISD's Chefs Move to Schools program. Local top chefs worked with the following schools: **Arcadia Park, Bush, Henderson, and Knight** Elementary; **Florence, Garcia, Long, and Spence** Middle School; **Townview, Conrad, Molina, and Jefferson** High School.

Lastly, **Anne Frank, Anson Jones, Ireland, and McShan** Elementary School and **Garcia** Middle School all received the Action for Healthy Kids School Health Grant. Schools worked with FCNS and Chef/Registered Dietitian volunteers to implement the grant.

Coordinated School Health MVP *Showcase Newsletter*

CSH Connector Workshops

The District held a series of Coordinated School Health “Connector” Workshops this year. A special thanks goes out to all the schools, departments, and community partners who were highlighted at these workshops:

- ❖ “How to Write for Healthy Grants” – **Lipscomb** Elementary, Fuel Up To Play 60, Real School Gardens, and United Way/Healthy Zone
- ❖ “How to Increase Parent Nutrition Education” – **Spence** Middle School, Dallas YMCA, A&M Agrilife Extension, and the North Texas Food Bank
- ❖ “How to Improve Staff and Student Mental Health” – **R.E. Lee** Elementary, Human Capitol Management Department, and Physiological and Social Services Department
- ❖ “How to Be an MVP Campus” – **Stevens Park** Elementary, Health and Physical Education Department

Karen Scott from **Reinhardt** also took the “Perfect Attendance” award for making all CSH Connector Workshops! Many schools sent CSH Champions or CSH Team members to take advantage of the FREE resources shared at the CSH Connector Workshops. All handouts and materials are housed on Curriculum Central under the Resources tab, as well.

Coordinating with Community Partners

Numerous schools participated in Dallas-based events referenced on the CSH Calendar such as the Mayor’s Race, Get Kidz Fit Festival, and the MyFi Program.

The **Mayor’s Race** 3 Months to 3 Miles kick off was hosted at **DeZavala** Elementary. Over 5,000 students and staff participated in the Dallas Mayor’s Race. Through generous donations of Mayor’s Race sponsors, ALL Dallas ISD student and staff registrations are FREE, as well as bus transportation.

The schools that had top participation at the Mayor’s Race were: **Medrano, Kahn, and Ben Milam** Elementary School; **Franklin, Stockard, and Rusk** Middle School; **Gilliam Collegiate Academy, Trinidad Garza, and Townview** High School.

Kudos to all the schools who took advantage of this wonderful event!



Mayor’s Race Kick Off at **DeZavala**

Approximately 4,000 students and family members attended the Get Kidz Fit Festival presented by the **Dallas Area Coalition to Prevent Childhood Obesity** in conjunction with the **MyFi Mayor’s Youth Fitness Initiative**. This FREE event offers a variety of information stations, cooking demonstrations, student performances, and more!



Bowie Elementary at Get Kidz Fit

Six schools also received MyFi grants of approximately \$4,500 for recognition of their Coordinated School Health initiative on their campus. The schools were: **Bowie, Highland Meadows, Stevens Park, Callejo, Bethune, and Titche** Elementary.



MyFi students at Get Kidz Fit



GO-SLOW-WHOA wall at **Peabody EL**



Garden installation at **Mark Twain EL**



Health lesson at **Saldivar EL**



Tiger Health Tips at **Titche EL**



Healthy Texas Week Pledges at **Truett EL**

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THANK YOU to all of our MVP Community Supporters!

We have so many fabulous community organizations that support Dallas ISD schools. A huge thank you goes out to the organizations that serve on our **School Health Advisory Committee (SHAC)**: UT School of Public Health, UT Southwestern, UNT Health Science Center, A&M Agrilife Extension, Alliance for a Healthier Generation, Dallas YMCA, Parkland, Rainbow Days, Dallas City Council, Dallas County Health and Human Services, On-cor, Dallas Park & Recreation/MyFi, Baylor Diabetes Institute, Children At Risk,

Natural Grocers, American Diabetes Association, The Family Place, United Way, and the Dallas ISD Trinity Council of PTA.

Additionally, we want to thank all the parents who serve on the SHAC. Family and community engagement is important to developing lifelong healthy habits!

Thank you to *all* other community partners – we truly appreciate all the support you provide for Dallas ISD schools!

Family Wellness Events

What is a FWE? A “Family Wellness Event” can look and feel different on every campus. From a full scale “health fair” to a paired down “family fitness night”, our schools are truly embracing the Parent and Community Involvement component of Coordinated School Health with themes such as: **DeGolyer’s** Food, Fun and Fitness Fair; **DESA’s** FIT’ ESTA during Cinco de Mayo; and **Gill’s** Carnival of Health!

In addition to FWE’s, schools participated in community events such as: **Cochran** Elementary - Healthy Texas Week, **San Jacinto** Elementary - JAMmin’ World Record, **R.E. Lee** Elementary - ACES (All Children Exercise Simultaneously), **Salazar** Elementary - National Walk to School Day, and **Hill** Middle School - Move Your Body 2013.

The **Family and Community Relations Department** also presented the Parent Resource and Empowerment Program (PREP) University Family Workshop Series. Some of the workshops covered topics that supported Coordinated School Health, such as *Family Fitness (Mind, Spirit and Body)*.

MVP Showcase!

In support of the Dallas ISD Coordinated School Health initiative, the **Health and Physical Education Department** presented the first annual **MVP Showcase**. As part of the Coordinated Approach To Child Health (CATCH) Program, becoming a CATCH MVP has been promoted as the “coordinating” language everyone can speak on a campus.

Biggest Winners!

Staff Wellness is a critical piece of Coordinated School Health. Schools were encouraged to have more contests to inspire the “Biggest Winners” on their campus (i.e., tracking exercise, water consumption, or sleep in addition to losing weight). Also, the **Employee Wellness Program** sponsored the Healthy Wage Weight Loss Challenge twice this school year.

In the fall, Dallas ISD had 348 participants who lost an amazing combined total of 1874.6 pounds! Three teams deserve special recognition for their tremendous finishes in the competition. The top Dallas ISD team was Team **Waterbuffalos** whose members lost an incredible 12.3% of their starting bodyweight. The Dallas ISD team **D.R.E.A.(M^2)** managed to lose close to 9% of their total body weight as a team. Coming in a close third with 8.5% body weight loss was the team **Village Fair All Stars**.

In the Spring, DISD has 180 participants. This competition is on-going and results will be announced soon.



Dallas ISD Physical Education students embraced the “M” in MVP by demonstrating some of the many types of physical activities they participate in at their schools. The MVP Showcase took place at **Ann Richards** Middle School on Thursday, May 30, 2013. The schools that provided demonstrations were: **Tolbert and Peeler** Elementary; **Longfellow, Hill, Lang** Middle School; and **Trinidad Garza** High School.



CATCH Kick Off Week at Tolbert EL



Family Wellness Event booth at Dealey Montessori



Recycle poster at Arcadia Park EL



Blood pressure booth at Molina HS Health Fair



Healthy vending machine options at Marsh MS