

Bowie Independent School District

8 Components of a Coordinated School Health Program



Health Education of the Coordinated School Health Model

Health Education is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices.

Physical Education of the Coordinated School Health Model

Texas school districts offer a planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development and activities that all students enjoy.

Health Services of the Coordinated School Health Model

Texas school districts offer health services that appraise, protect, and promote health among their students. These services are provided by qualified professionals such as physicians, nurses, dentists, health educators, and other allied health personnel.

Nutrition Services of the Coordinated School Health Model

Texas school districts offer access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer students a learning laboratory for classroom nutrition and health education and serve as a resource for linkages with nutrition-related community services. Qualified child nutrition professionals provide these services.

Counseling and Mental Health Services of the Coordinated School Health Model

Health and Safety Code [§161.325](#) (outside source) states that the Department of State Health Services (DSHS), in coordination with TEA and regional education service centers (ESCs), shall provide and annually update a list of recommended best practice-based programs for implementation in public elementary, junior high, middle, and high schools within the general education setting. DSHS, TEA, and each ESC is required to make the list easily accessible on their websites. For more information about the list of recommended programs and other resources, please visit [the Mental Health and Behavioral Health web page](#).

Texas school districts provide services to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute to the health of students and the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

[School Guidance and Counseling](#) is implemented by Professional School Counselors to reduce dropout rates, improve academic performance, and increase participation in postsecondary education.

Healthy and Safe School Environment of the Coordinated School Health Model

The physical and aesthetic surroundings and the psychosocial climate and culture of the school are critical factors that influence the health of students. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

Staff Wellness Promotion of the Coordinated School Health Model

Texas school districts offer opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling.

Parent and Community Involvement of the Coordinated School Health Model

Texas school districts offer an integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and advocates for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.