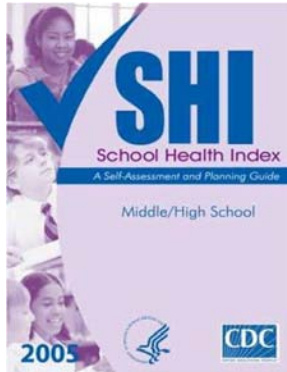


Linking Health and Learning: School Health Index



The body and mind work together in ways that we are only beginning to understand. Statistics have proven that children who eat a nutritious breakfast score better on academic tests. Healthier environments and supports make healthier behaviors an easier choice. Our children deserve these opportunities.

The purpose of a School Health Index (SHI) is to enable schools to assess the school health environment including strengths and weaknesses of health promotion, policies, and programs. The SHI engages teachers, parents, students, and the community to create an action plan to improve the school environment by promoting health-enhancing policies and practices.

Results of the SHI can:

- Identify strengths and need areas
- Identify & engage key stakeholders to enhance wellness/health teams
- Target areas where changes may have the biggest impact
- Improve school environment by acting on results and making changes
- Impact actions that support policy and environment change
- Incorporate events/programs that support an overall goal
- Evaluate efforts to understand impact and advocate for resources and support

A SHI is a self-assessment and planning tool. It is not a research or evaluation tool. SHI is an educational and community-organizing process. It is not a tool to audit or punish school staff. A SHI can identify low-cost or no-cost changes. It does not require expensive change. A SHI is a focused, reasonable, and user-friendly experience. It is not a long-bureaucratic and painful process.

On February 3, 2010 from 5 p.m. to 7 p.m. at Good Time Pizza in Bovey, Greenway School District 316 will begin the process as the first in Itasca County to conduct a SHI. With the support of the Statewide Health Improvement Plan and Get Fit Itasca, all Greenway community members are welcome and a healthy supper will be provided. To RSVP or for further information please contact Melissa Grzybowski at (218)929-3125 or Grzybowski@communityhealthboard.org