Schools can play a significant role in enhancing students' achievement and well-being by providing health education and a healthy environment that promotes learning. The Coordinated School Health model is one tool to maximize schools' opportunity to teach children, families and personnel, and to create a healthy place to work and play. This model helps parents, students, school personnel and community leaders address students' health needs through a coordinated approach. Coordinated School Health Programs (CSHP) are recommended by the Centers for Disease Control and Prevention as a key strategy that schools can use to prevent youth obesity. While every program is unique to local community needs, CSHP typically consist of eight essential components.

Parents and community members can participate and support school efforts by serving on school health councils. They can also help by becoming informed about foods the school offers, organizing healthy food fundraisers, and supplying healthy foods for school celebrations. In addition, they can emphasize the importance of health education and encourage children to take advantage of opportunities offered at school to engage in physical activity and develop healthy habits.

Legislators can assist schools in implementing CSHP by establishing appropriate standards for food service and physical activity, as well as provisions for health services offered in school based health centers. Health services are a vital component of a comprehensive approach to the promotion of health and education and the prevention of illness in children, and schools are a logical setting to provide these services to those who would not otherwise have access to health care. Another important way to support CSHP is to set education requirements to provide students with essential information about nutrition, physical activity, and the use of drugs, alcohol and tobacco.

Components Of Coordinated School Health

**Physical Education**
Teaches students physical and behavioral skills and gives them the confidence to be physically active for a lifetime.

**Health Services**
Provides prevention and early intervention for health problems that can interfere with students' education.

**Counseling and Psychological Services**
Offers counseling to students to promote social-emotional development and reduces barriers to learning.

**Healthy School Environment**
Furnishes an environment for students and staff that is appropriate, safe and appealing.

**Health Promotion for Staff**
Implements wellness programs and policies to enable staff to serve as role models and increase productivity.

**Health Education**
Teaches students to make healthy food choices, prevent disease and adopt and maintain healthy behaviors.

**Nutrition Services**
Designs nutritious and appetizing school meals based on U.S. Dietary Guidelines and provides nutrition education.

**Parent and Community Involvement**
Engages parents in school issues or councils to enhance the health of children.