In Education _____
Health Matters

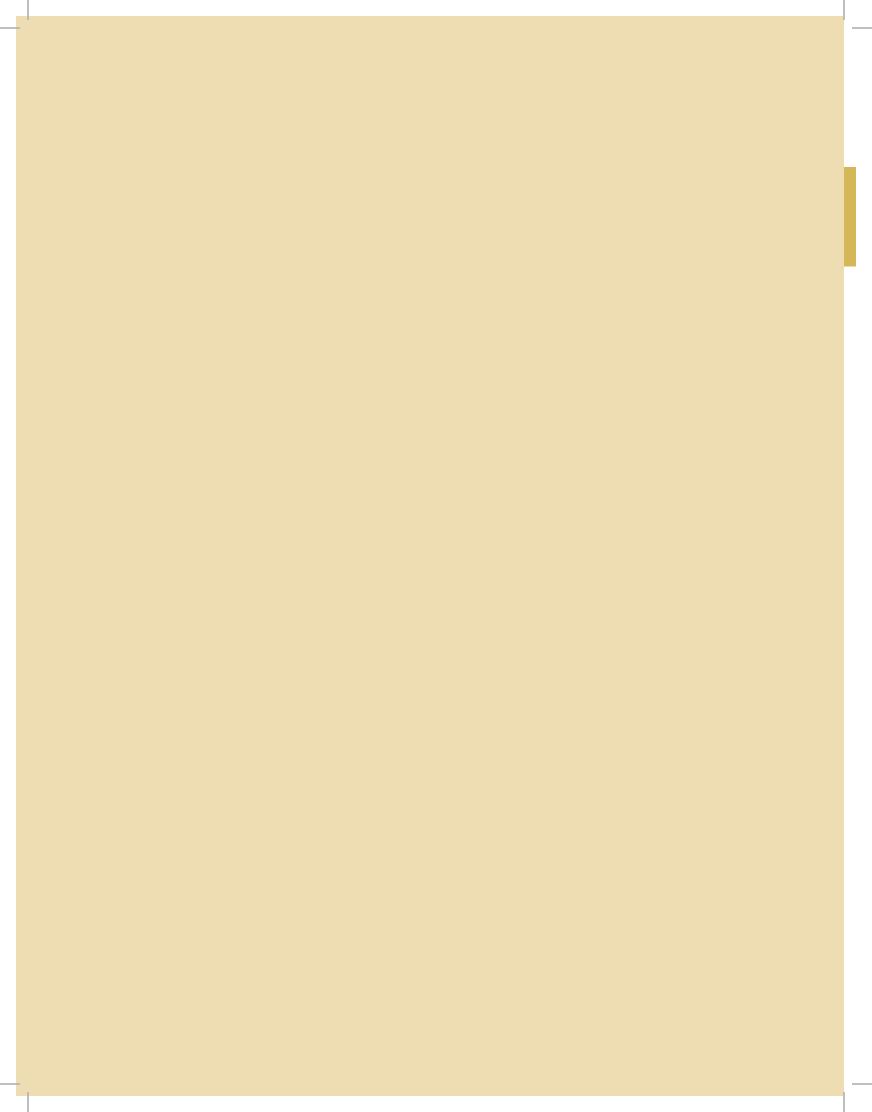
How Warren Easton Charter High School has created A Culture Of Health

School Wellness Program Report

February 2016









WARREN EASTON CHARTER HIGH SCHOOL School Wellness Program Report

Introduction

Warren Easton Charter High School has achieved a culture of health. This culture change did not happen overnight. Assembly of the tools to the success of Warren Easton Charter School's culture of health started seven years ago with the school leadership. The Board of Directors, the School Principal and school nurse championed the development of a culture of health the first year after the school re-opened post-Katrina. The leadership at Warren Easton has been consistent and relentless in their pursuit of healthy students, healthy staff and a healthy environment.

About School Health Connection

School Health Connection was established in 2006 by the Louisiana Public Health Institute in partnership with school health service providers. School Health Connection works with New Orleans schools to develop comprehensive school wellness programs and also provides support and technical assistance to school-based health centers in the Greater New Orleans Area.



The School Wellness Program

School Health Connection has been developing and implementing comprehensive school wellness programs in New Orleans public schools since 2009. School Health Connection utilizes the Center for Disease Control and Prevention's (CDC) Coordinated School Health model as a framework for developing its School Wellness Program. This model calls for an organized approach that recognizes that school health is multifaceted through eight interrelated components.

About Warren Easton Charter High School

Warren Easton Charter High School is the oldest public high school in Louisiana. The school was founded as Boys Central High School in 1844 and relocated to its current site on Canal Street in 1913, when it was renamed Warren Easton High School for the superintendent of New Orleans public schools. Following the devastation of Hurricane Katrina, the school reopened in September 2006, 13 months after the storm flooded the Mid-City landmark campus. It is now operated as a public charter high school by the Warren Easton Charter Foundation, chartered under the authority of the Orleans Parish School Board. Warren Easton's mission is to provide rigorous and relevant instruction for students at all academic levels to ensure each achieves maximum potential.

Overview of Our Partnership

School Health Connection has partnered with Warren Easton since 2007, first to support the expansion of school-based health centers in New Orleans following Hurricane Katrina. Through this partnership aschool-based health center was opened at Warren Easton in April 2011. The School Wellness Program began in 2009 as a pilot in two New Orleans schools, including Warren Easton Charter High School. From 2009–2013, School Health Connection directly employed a School Wellness Coordinator who was housed at Warren Easton and worked directly with the school to coordinate wellness programming. In Fall 2013, the School Wellness Coordinator transitioned to a role of providing technical assistance to the school as they took ownership of the School Wellness Program.

This report highlights the successes of the school-based health center and school wellness program at Warren Easton Charter High School.

"School health programs and services that are evidence-based, strategically planned to influence academic achievement, and effectively coordinated warrant validation as a cohesive school improvement initiative for closing the achievement gap".

Increased Capacity for Building and Sustaining an Effective and Efficient School Wellness Program

Capacity—or the ability to do, and ultimately deliver results—remains a vital part of the school health and wellness process, and a key aspect of its long term sustainability. The ability to maintain, and build sustainable school wellness capacity is one of the singular greatest challenges for schools, particularly as schools are making difficult choices about which programs to fund and which staff to employ, and ultimately only core academics survive budget hardships. Through SHC's work with New Orleans schools, eight steps to building school wellness capacity were identified. These eight steps are outlined in Figure 1.

"...from the first two years there were drastic changes...I think it is really needed...I've seen more healthy habits."

—Warren Easton Charter High School Principal

School Wellness Coordination

School Health Connection provided an on-site School Wellness Program Coordinator from 2009–2013 and continued to provide technical assistance through an off-site School Wellness Program Coordinator in 2013–2014. In 2015-2016, Warren Easton Charter has identified a School Health Champion to continue coordinating their School Wellness Program. This is critical step towards sustainability.

School Health Advisory Committee

The School Wellness Program Coordinator formed the School Wellness Council has met more than 21 times. School Wellness Council membership has included the school wellness program coordinator, the school nurse, the school social worker, the cafeteria manager, the dean of students, a charter board member, the parent liaison, a health/PE teacher, 3 other classroom teachers, 27 students (ranging from 3–15 each school year), 3 parents, 2 school-based health center nurses, and 2 IWES community engagement staff. The School Wellness Council helped to align and integrate wellness strategies across the school, expanding the overall commitment to wellness as a priority and supporting the long-term sustainability of the program.

Figure 1. Eight Steps to Building School Wellness Capacity

- 1. Assess school buy-in, readiness and administrative support.
- 2. Identify a dedicated School Wellness Coordinator, supported by school and district/network leadership.
- 3. Establish an active School Health Advisory Committee (SHAC).
- 4. Complete the School Health Index or a similar self-assessment and planning tool.
- 5. Develop a School Health Improvement Plan based upon the results of the school health assessment.
- 6. Adopt a comprehensive school wellness policy.
- 7. Implement the school health improvement plan based upon the policy change that addresses the entire school community.
- 8. Improve quality and measure program success.

School Health Assessment

With guidance from School Health Connection, the School Wellness Council completed the School Health Index in 2009 and 2015. The School Health Index is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs.

School Wellness Action Plan

School Health Connection assisted the School Wellness Council in developing a School Health Improvement Plan. The original plan for improvement was based on the results of the School Health Index completed in 2009. The plan for improvement has been updated to reflect actions that have been completed and new priorities for improvement. Action items have included promoting the School Wellness Policy, improving physical education, increasing sexual health education, providing healthier snacks in vending machines, offering first aid training, improving the quality of school meals, improving pest control, holding monthly health assemblies, developing a student mentoring system and offering school employee wellness programming.

School Wellness Policy

The School Wellness Program Coordinator and the School Wellness Council facilitated the development, adoption and implementation of a School Wellness Policy in 2010. School wellness policies are designed

to promote studenthealth and reduce childhood obesity. The Warren Easton Charter High School Wellness Policy includes the establishment of the School Wellness Council; the nutritional quality of foods and beverages sold and served at school; nutrition education, promotion, and food marketing; physical activity opportunities and physical education; and the Coordinated School Health program model.



Warren Easton increased opportunities for all students to engage in physical activity.

Comprehensive School Physical Activity Program: Expanded Opportunities for Physical Activity Before, During, and After School

Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement.³



Warren Easton's Path to Quality Physical Education

In the spring of 2010, School Health Connection sponsored a Program Improvement in Physical Education (PIPEline) professional development workshop for physical education teachers. The workshop focused on instructional practices in physical education was facilitated by instructors from the National Association of Sport and Physical Education. In order to further improve the quality of physical education, School Health Connection assisted Warren Easton in selecting the SPARK high school physical education curriculum for the Fitness & Wellness PE elective. SPARK has been shown to increase student participation, activity levels, and their subsequent enjoyment of PE class, while helping teachers implement a standards-based approach to instruction. Warren Easton also created a new Eastern Exercise (yoga) PE elective with the aim of increasing the number of students receiving physical education classes. Beginning in the fall of 2013, School Health Connection facilitated a partnership between Warren Easton and the New Orleans Saints to implement FITNESSGRAM fitness testing. FITNESSGRAM assesses healthrelated fitness, provides individual prescriptive reports to students and parents, and provides education tools to promote lifelong health and fitness. In order to further school wellness programming, including physical education, School Health Connection has assisted Warren Easton in applying for grant funding from the Alliance for a Healthier Generation and Fuel Up To Play 60.

More Movement in the Classroom

School Health Connection has trained 12 teachers at Warren Easton how to incorporate *Instant Recess*® into their classrooms. Instant Recess 10-minute physical activity breaks are simple, easy-to-learn exercises that can be done in a classroom during the school day. In addition to providing valuable physical activity to students, Instant Recess is a way for teachers to reenergize students and draw their attention back to learning. Warren Easton students choreographed their own "New Orleans Style" Instant Recess break, which is available on YouTube for classrooms everywhere to use to integrate physical activity into the classroom.

Physical Activity After School

School Health Connection fostered a partnership with the Mind-Body Center of Louisiana, who offered yoga classes after school during the 2009–2010 school year. Warren Easton has also partnered with the just keep livin Foundation to introduce the j.k. livin fitness and wellness afterschool program. Students are encouraged to improve their physical and mental health through exercise, teamwork, gratitude, and positive life choice. Building off successful participation in three Crescent City Classic 10k road races, Warren Easton created an afterschool running club in the fall of 2013.

Staff Physical Activity

Warren Easton equipped a staff fitness room with donated exercise machines. The staff fitness room was available to staff before and after school as well as during their planning periods.

Physical Activity through Community Engagement

School Health Connection has fostered a relationship between Warren Easton and the New Orleans Musicians' Clinic (NOMC). Warren Easton employees, students, and families have run/walked the Crescent City Classic 10k road race as part of Team NOMC and the Warren Easton brass band has played at the finish line every year since 2011. In 2014, over 100 students from the marching band, kinesiology class, and j.k. livin program participated in the race.

"I'm an active person... when I eat better food, I have a better outcome." —Warren Easton Charter High School Student

Warren Easton created an environment supportive of students' efforts to eat healthfully.

Nutrition Education & Services: Promoting Healthy Eating

chools should provide 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 program offers students a learning laboratory for classroom nutrition and health education, and serves as a resource for linkages with nutrition-related community services.⁴



Quality School Food Program

In order to help the school provide nutritious and appealing meals, School Health Connection has assisted Warren Easton in applying for grant funding from Fuel Up To Play 60 for four years. School Health Connection also assisted the school in promoting access to and participation in school meals through competing in a milk consumption contest put on by Fuel Up To Play 60; Warren Easton increased milk consumption more than any other school in Orleans Parish. Another way School Health Connection has helped Warren Easton promote participation in school meals is through celebrating National School Lunch Week with student presentations on healthy eating. School Health Connection has helped ensure that all foods and beverages sold outside of the school meal program are nutritious and appealing by negotiating with vending companies to offer products that comply with state standards for competitive foods.

Nutrition & Food Preparation Education

School Health Connection coordinated a partnership between Warren Easton and the LSU AgCenter Expanded Food and Nutrition Education Program. LSU AgCenter delivered nutrition lessons in select 9th grade Science classes from 2009 to 2012. In the spring of 2013, School Health Connection facilitated a partnership between Warren Easton and Cooking Matters for Teens, a program of Second Harvest Food Bank of Greater New Orleans and Acadiana. Cooking Matters was offered as an afterschool program and provided students with the skills, knowledge, and confidence to make healthy food choices.



Warren Easton developed and implemented a plan to reduce sexual risk behaviors.

The Roadmap to Comprehensive Sexual Health Education

omprehensive sexual health education covers the wide array of topics that affect sexual health. It is grounded in evidence-based, peer-reviewed science. Its goal is to promote health and well-being in a way that is developmentally appropriate. Ideally, sexual health education in school is an integrated process that builds upon itself year after year. Louisiana State Law defines sex education as: "the dissemination of factual biological or pathological information that is related to the human reproduction system and may include the study of sexually transmitted disease, pregnancy, childbirth, puberty, menstruation, and menopause, as well as... parental responsibilities". Louisiana does not require instruction in sexual health education at any grade level, but does allow sexual health education to be taught in grades 7–12. Sexual health education must emphasize abstinence, but can also include other risk reduction methods, such as contraception and condoms.

Assessing Students' Sexual Health Education Needs

School Health Connection conducted a health educator needs assessment in the 2011–2012 school year with health educators from several public high schools in New Orleans, including Warren Easton. There was a gap between what the teachers teach and what they believe are the most important topics for their students to learn. The majority of topics covered are related to nutrition, abstinence, diseases, and decision making. However, the areas they believe are most important for students to learn are: sexual health and wellness, mental health, drugs and alcohol, and violence (prevention and dating violence). In the spring of 2013, School Health Connection conducted a sexual health education needs assessment in the spring of 2013 with all Warren Easton faculty. Surveys were collected from 47 teachers representing all subject areas. 96% of teachers indicated that comprehensive sexual health education is important for the school.

Developing a Comprehensive Sex Education Policy

School Health Connection worked with Warren Easton to develop a Comprehensive Sexual Health Education Policy that aligns with state law, Board of Elementary and Secondary Education regulations, and Orleans Parish School Board policy. This policy was approved by the health teacher, school administration, charter board, and parent teacher student organization. The policy was adopted by the charter board in the fall of 2011.

Training School Staff

School Health Connection delivered comprehensive sexual health education professional development to 48 teachers at Warren Easton Charter High School in the spring of 2013. The professional development session included an overview of state laws and policies regarding sexual health education, the Warren Easton Comprehensive Sexual Health Education policy, confidentiality, communicable disease transmission, universal precautions, and HIV, STD, and pregnancy prevention. In the fall of 2015, two Warren Easton PEteachers were trained in the Health Smart curriculum, a comprehensive health education program that includes sexual health education.

Selecting and Implementing Curricula

School Health Connection offered Becoming a Responsible Teen (BART) as a pilot after school program to 20 Warren East on students fromMarch to May 2012 in partnership with Communities in Schools. BART is a group-level, education and skills training intervention designed to reduce risky sexual behaviors and improve safer sex skills among African American adolescents in grades 9-12. BART gives teens skills to delay sexual involvement and reduce exposure to HIV. In order to promote sustainability of the sexual health education program, School Health Connection advised the school on selection of a new health curriculum that includes comprehensive sexual health education. With funding provided by the Orleans Parish School Board, the HealthSmart curriculum was purchased to improve the quality of health education. HealthSmart is a comprehensive health education program that promotes the healthy growth and development of youth and gives them the knowledge and skills to make healthy choices and establish life-long healthy behaviors. School Health Connection is working with Warren Easton to train teachers in comprehensive sexual health education and the HealthSmart curriculum and to monitor the fidelity of curriculum implementation.



Warren Easton partnered with the community to prevent substance use and addiction.

Alcohol, Tobacco, and Other Drugs

Icohol, tobacco, and other drug use among our nation's youth remains a major public health problem. Substance use and abuse canincrease the risk for injuries, violence, HIV infection, and other diseases. Schools play a critical role in promoting the health of our nation's youth and helping them establish lifelong healthy behaviors. To help prevent the use of and addiction to alcohol, tobacco, and other drugs among young people, CDC supports effective school-based policies, programs, and practices to address this major health issue.

Health Education

School Health Connection coordinated with the Too Good for Drugs and Violence program, which was offered to all students enrolled in health class in 2009–2010 in partnership with the Council on Alcohol and Drug Abuse. The program teaches the specific effects and consequences of alcohol and drug abuse and incorporates decision making and life skills training. School Health Connection also helped bring a drunk driving simulator to Warren Easton during the 2009–2010 school year.

Peer Health Leaders

School Health Connection has assisted Warren Easton apply for and manage funding for the DEFY program in partnership with the Louisiana Campaign for Tobacco-Free Living for five years. From 2010–2014, over 40 students have been members of the Defy team and participated in activities such as store assessment surveys, community outreach, Kick Butts Day, and the Youth Tobacco Summit. Defy is a Louisiana youth movement that seeks to reduce the influence of the tobacco industry and promotes tobacco-free lifestyles through a youth-driven advocacy experience.



Warren Easton increased health promotion opportunities for school employees.

School Employee Wellness: Benefitting Employees as Individuals and the Organization as a Whole

successful school employee wellness program can benefit both school staff and students. School employee wellness programs can reduce employee health risk behaviors, absenteeism, and escalating costs of health care, as well as identify and correct conditions in the workplace that threaten employee health, reduce their levels of productivity, and impede student success. Research confirms that schools and school districts that implement staff wellness programs are able to improve morale and retention of current employees as well as recruit prospective employees more easily. School staff that want to encourage students to lead healthy lifestyles will be more successful if they model healthy behaviors themselves.

Employee Wellness Interest Survey

Toguide the creation of a successful school employee wellness program, School Health Connection administered the Alliance for a Healthier Generation's Staff Wellness Interest Survey to 39 Warren Easton faculty in 2010 and to 41 Warren Easton faculty in 2014. The results of the surveys are used by the Wellness Council to inform the offering of health promotion programming for faculty and staff.

Health Promotion Programs for Faculty & Staff

Through the partnership with LSU AgCenterfacilitated by School Health Connection, Warren Easton offered a lunch and learn nutrition and weight management program during the 2009–2010 school year. Expanding on the weight management classes offered by LSU AgCenter, School Health Connection coordinated Weight Watchers At Work meetings for Warren Easton employees. From March to December 2012, the 19 members of Weight Watchers At Work lost a combined 292 pounds. In the spring of 2012, School Health Connection leveraged funding from the Alliance for a Healthier Generation to offer chair massages as part

of Teacher Appreciation Week and to provide CPR instructor training for the Warren Easton health teacher. By having an employee who was a certified CPR instructor, Warren Easton was able to save money by not needing to hire an instructor for the annual faculty CPR training.

Communication

Another employee wellness activity carried out with Alliance for a Healthier Generation funding was distribution of Hope Health employee wellness newsletters 5 times throughout the 2011-2012 school year.

Warren Easton engaged parents and community members.

Family and Community Engagement

An integrated school, parent, and community approach can enhance the health and well-being of students. Schools that actively solicit parent involvement and engage community resources and services are able to respond more effectively to the health-related needs of students.⁴

Parent Engagement

The School Health Connection Wellness Coordinator gave Wellness Updates at the monthly Parent Teacher Student Organization meetings. In addition to the nutrition education provided to students and faculty, LSU AgCenter offered Healthy Cooking and Eating Made Easy classes for parents three years in a row. School Health Connection also facilitated a partnership With Planned Parenthood Gulf Coast to offer Real Life. Real Talk. sexual health education classes for parents in 2011. Building off of the successful partnership facilitated by School Health Connection for the Cooking Matters for Teens program in 2013, the Warren Easton technology coach coordinated with Second Harvest Food Bank of Greater New Orleans and Acadiana in 2014 to offer Cooking Matters for Families as part of their Saturday programming for students and families. With assistance from School Health Connection, Warren Easton formed a partnership with Healthy Lifestyle Choices who provided a school-based staffdevelopmentworkshop, Promoting Parent Engagement in School Health, in the fall of 2013. The workshop is based on the Center for Disease Control and Prevention's parent engagement strategies.

Community Involvement

In 2012 and 2013, School Health Connection coordinated a Wellness Fair at Warren Easton using Fuel Up To Play 60 funding. The wellness fairs engaged several community organizations to come in to the school to connect with students. Participating organizations have included 4Real Health, the Institute of Women and Ethnic Studies, LSU AgCenter, and the Tulane Stroke Program. In 2015, the Wellness Council held a third very successful Wellness Fairthat featured fitness testing, health screening, healthy snacks, and opportunities for physical activity.





Warren Easton connected students and staff to healthcare services.

Health Services

chool-based health services are designed to ensure access and/or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health. Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health personnel provide these services.⁴

School-Based Health Center

School-based health centers provide convenient comprehensive, preventive and primary physical and behavioral health services for public school children at the school site. Since students perform better when they show up for class healthy and ready to learn, school-based health centers (SBHCs) bring healthcare services to the school. This helps students avoid health-related absences and to get support to succeed in the classroom.

School Health Connection provided technical support for SBHC construction beginning in 2007. The SBHC at Warren Easton opened in April of 2011 with medical services provided by Tulane University School of Medicine Department of Pediatrics Section of Adolescent Medicine. Tulane University provided high quality medical services in the SBHC until May 2014. Beginning in the fall of 2014, Access Health Louisiana became the medical provider for the SBHC. Under the management of Access Health Louisiana, the SBHC provides care to school employees as well as students. In addition to the medical services, there is also a dental clinic in the SBHC operated by Oak Family Dental.

Partnerships

In addition to the services provided at the SBHC, Warren Easton also has partnerships with community health providers to provide much needed services to student. Alocal eye doctor provides on-campus eye exams

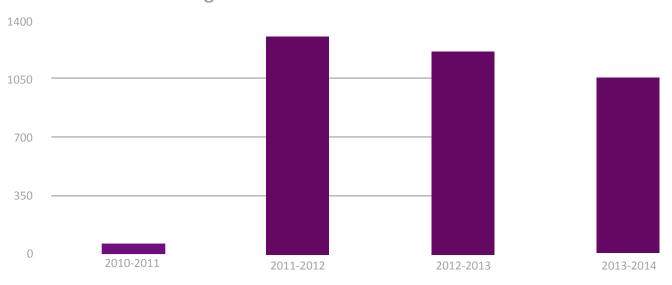
and glasses for students throughout the school year. The Greater New Orleans Immunization Network bus visits Warren Easton on a regular basis to ensure the students have up-to-date immunizations.

"The academic success of our students as well as their strong social development is directly correlated to the outstanding services provided by the clinic notwithstanding the care provided for our staff. Any school to be a success academically must first and foremost consider the health and well-being of the students and staff. A healthy body and mind are the highest prerequisite for learning. It is difficult to find the words of appreciation that we feel for you being a part of our school and community."

—Warren Easton Charter Foundation Board Member



Figure 2. Total Clinic Visits At Warren Easton



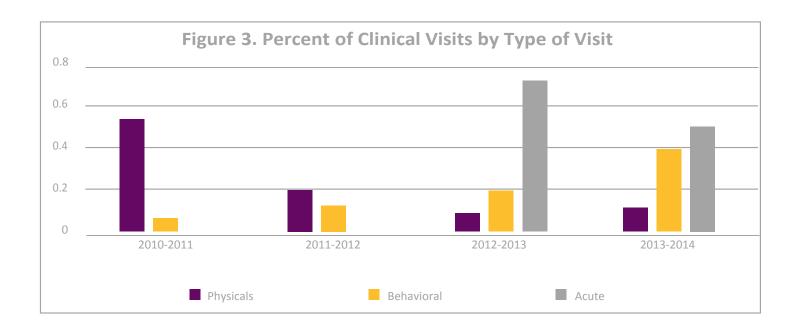


Figure 2 illustrates that the SBHC has provided over 1000 health visits over the three full years of services.

Figure 3 illustrates that an increasing number of those services has been for behavioral health visits. Behavioral health services are associated with decreased violence-related behaviors among students which positively impact the reduction of suspensions. School graduation is the goal and Warren Easton Charter High has established the tools to increase the likeliness of their students reaching the goal.

Warren Easton created a more positive school climate and improved the mental health of students.

Mental, Emotional, and Social Health

chool-based counseling, psychological, and social services are provided to improve students' mental, emotional, and social health and include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.⁴

Youth Development

For seven consecutive years Warren Easton has had a chapter of Students Against Violence Everywhere (SAVE). SAVE encourages positive peer influences within the school and community through violence prevention efforts. Every year the SAVE chapter holds a week long violence prevention program culminating with a SAVE/No Place for Hate Challenge Day. No Place for Hate® is a nation-wide campaign sponsored by the Anti-Defamation League that helps students stand up to bullies and against bigotry. Challenge Day is a transformational day of fun, leadership and empowerment that provides tools to students to help stop the teasing, violence and alienation. School Health Connection has assisted with facilitating Challenge Day. School Health Connection facilitated a partnership between Warren Easton and Jewish Family Services of Greater New Orleans to offer Teen Life Counts suicide prevention and awareness program.

Social Services

The Warren Easton social worker offers a variety of support groups in addition to the other direct and indirect services she provides. When necessary, School Health Connection has coordinated crisis counseling in partnership with the Children's Bureau of New Orleans.

"School wellness is very important. It goes back to that adage that you can't keep a child healthy who isn't educated, and you can't educate a child who isn't healthy. Of course, it is very, very important with attendance, with attentiveness, with just being informed, all those sort ofthings."

—Warren Easton Charter High School Nurse

Moving Forward: Technical Assistance as a Sustainability Tactic

Technical assistance (TA) is tailored guidance to meet the specific needs of a site or sites through collaborative communication between a specialist and the site(s). Assistance takes into account site-specific circumstances and culture and can be provided through phone, mail, e-mail, Internet, or in-person meetings. 12

In 2013, School Health Connection transitioned from the role of providing direct school wellness coordination at Warren Easton to providing technical assistance to the school in an effort to create a sustainable school wellness program. Moving forward, School Health Connection will continue to provide technical assistance to Warren Easton around school wellness, comprehensive sexual health education, and school-based health center sustainability. The School Health Connection Wellness Coordinator will

- · Provide technical assistance for Coordinated School Health.
- Assistin building teacher capacity for in-class physical activity breaks.
- Provide support and technical assistance for comprehensive sexual health education, including professional development for teachers, support for selected curricula, and facilitating partnerships with community organizations.

In order to maintain an effective and efficient school wellness program, Warren Easton must take on more of the responsibility for coordinating the program, such as administrative support for school wellness, identifying a school wellness leader, facilitating the Wellness Council, and implementing school wellness programming.

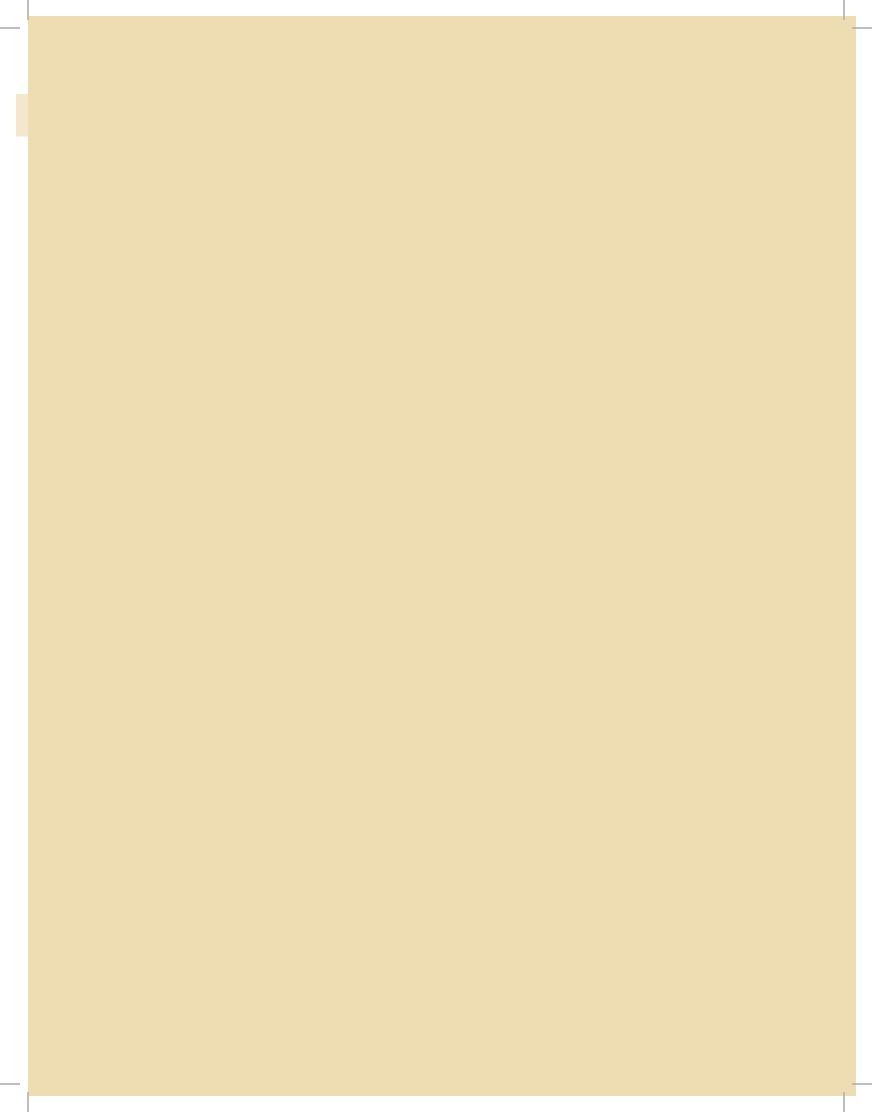
"Warren Easton Charter High School has traveled the distance to achieve a culture of health. Testimonials from the board of directors, the school leadership, staff and students support that health and healthy living is highly valued among the Warren Easton family. The Louisiana Public Health Institute family and its School Health Connection program staff are appreciative of the partnership with Warren Easton. We feel that their story is a valuable one to share with the larger community, and that their journey can be a model for other schools to follow."

—Marsha Broussard, DrPH, LPHI Senior Program Director, School and Adolescent Health Programs

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