



College Credit Available for CSH Team Co-leaders!

Active team **co-leaders** of school-based coordinated school health teams can sign-up for two hours of graduate credit from Adams State College. The course is titled "Creating a Health Promoting School."

How much does it cost?

The cost for 2 graduate credit hours is \$150. *You must have a BA or BS degree to register for this course.*

How do I sign up?

You will need to register online at www.rmc.org/csh. Registration must be completed, and payment by check received, **before October 31st**. (RMC is not able to process credit card payments.) You will receive more information after registration. For questions, contact Paula Roseboom at paular@rmc.org.

The course runs from October 1, 2009 through May 28, 2010. The course instructor is Tracy Wright from the Rocky Mountain Center for Health Promotion and Education in Lakewood. **You must sign up by October 31, 2009!!**

Do I have to attend classes?

This is (mostly) an independent study course. Students in this course will fulfill requirements *while actively serving as a co-leader on the school-level Coordinated School Health team*. There aren't any "classes" to attend, but there are course requirements and assignments that must be completed on time. In addition, you will need to document your attendance at four CSH team meetings and one meeting with your district or regional coordinator. You will also need to attend a web-based School Health Index (SHI) training and document time and effort for completing the SHI at your school. Some of the course requirements will be completed on your own; others will be completed with your team in the normal course of fulfilling your grant requirements.

What are the course requirements?

The chart on the reverse side provides a *general* description of the course. *More detailed information, including exact due dates for assignments, will be sent to you when you register.*

How will my grade be determined?

An electronic system will be set up for you to communicate with the instructor and turn in assignments, including documenting your attendance at CSH team meetings, so Internet access is a must. Assignments may be turned in early, however **assignments turned in late will be penalized 5 percent**. Grades will be awarded on the following point system:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

For more information:

Contact Tracy Wright, Rocky Mountain Center for Health Promotion and Education, tracyw@rmc.org, or 303/867-9110.

Course Summary

Course Requirement	Due date	Points toward grade
Attend one webinar on how to complete the School Health Index (SHI).	10/15/09 (or TBD)	10
* Facilitate the completion of the entire SHI at your school site, including leading one sub-team of 4-6 school staff to complete at least one module of the SHI. Turn in the module scorecards, and Planning Questions from the SHI. With your other CSH team members, present your prioritized actions to the building staff.	Oct-Nov 2009	15
Develop a communication plan with the district/regional CSH coordinator.	Oct-Nov 2009	5
Research best practices in the content areas identified from the SHI results. Submit a list of specific strategies that reflect best practices for schools in the assigned content areas. Lead a discussion with your CSH team about these identified best practice strategies at the next CSH team meeting.	Nov-Dec 2009	5
* Work with the Coordinated School Health team to develop a School Health Improvement Plan (SHIP) based on results of the SHI. (Working with CSH team members, write SMART objectives, determine measurement of success, identify school health outcomes, identify student-level outcomes, and create action steps with timelines using best practice research.) Turn in a completed School Health Improvement Plan using a template provided.	Jan-Feb 2010	20
Identify specific strategies for gaining administrative and building-level support.		5
Research current district-level policies that support CSH and prepare an awareness presentation for building-level staff, administrators, and other stakeholders (parents, community members, students, other staff within the district, etc).	Feb 2010	10
Meet with the Coordinated School Health team to discuss the district-level policies and the implications for implementation at the school-level.	March 2010	10
*Meet with the Coordinated School Health team to review how best practices are being utilized to implement the School Health Improvement Plan.	April 2010	5
*Meet with Coordinated School Health team to review progress on the School Health Improvement Plan. Submit progress report on School Health Improvement Plan, including specific challenges and successes. Share your progress with building staff, administrators, and other stakeholders (parents, community members, students, other staff within the district, etc).	May 2010	10
*Write and turn in a "success story" utilizing an approved template, describing a team success this year.	April-May 2010	5

*Reflects actions the CSH team must complete as part of their Healthy Schools Colorado grant requirements.

Note: To be eligible for this course, you must be an active co-leader of a building-level coordinated school health team. Some of the course requirements will be completed on your own, others will be completed with your team in the normal course of fulfilling your grant requirements.