

I, with the help of Generation Schools Network, have written a grant to work on “overall health.” I will be looking for teachers, parents, students and community to sit on the committee as we plan for the future. The grant has money built in to pay teachers and students to attend. It has money built in to pay daycare for parents to attend. We could pay some kids to stay and watch kids. We are planning on doing one meeting per month. Below are some details. Please see me if interested or if you know of parents and kids that we should ask to help us. This is a 24 month process, which is nice, because we don’t have to rush.

The members will be representative of the following eight areas of comprehensive school health:

- student health services
- health education
- physical education
- nutritional services
- counseling, psychological and social services
- school environment
- health promotion for staff
- family and community involvement

**PLANNING PROCESS** - Over the course of the planning year, a two-month time block will be dedicated to in-depth planning on each of the following school health areas:

- Comprehensive physical activity
- Supportive nutrition environments and healthy food and beverages
- School culture’s impact on student and staff health and wellness
- Health education
- Student health services
- Student behavioral health needs

The ultimate result of the grant activities is to have concrete, functional, healthy program in place that are aligned with the Whole School, Whole Community, Whole Child model, and are governed by a solid Wellness Council committed to making this succeed. Students will have positive experiences and environments that promote healthy lifestyles, growth and development. This will include mentorship in establishing healthy eating habits, frequent physical activity, social-emotional skills development, strong health education, and behavioral health offerings. Through the planning process, Kit Carson School District will identify community partners to help them reach these goals.

In addition, Kit Carson School District will provide safe spaces and facilities for healthy eating, such as a well-maintained cafeteria that is clean and provides an appropriate amount of room for all students, and offers a variety of healthy foods in school meals and snack programs. Kit Carson will establish a school culture that encourages healthy eating and physical activity, rather than stigmatize it. Kit Carson would also like to meet students’ physical and emotional needs by providing regular access to a Cheyenne County school nurse as well as assist families with access to health care and case management. Finally, there will be updated health policies in place that are clearly understood by students, staff and families.