



Tools:

Durango School District 9-R website

<http://health.durangoschools.org/wellness.php>

- Coordinated School Health model on health home page
- “Wellness Policy” on left margin and then click on section titles: Nutrition, Nutrition Education, and Physical Activity to see action plan details.

<http://www.durangoschools.org/fs/lunchmenu.shtml> for the Nutrition Calendar:

Leadership:

Three key elements needed to move forward on health and wellness in schools:

1. Superintendent support
2. Passionate Leaders
3. Policy

School Health – Community Advisory Council (SH-CAC) – this is a 23-member committee made up of school staff, community members and parents. This committee provides oversight and guidance for all 9-R school health initiatives and programs.

SH-CAC Mission:

Healthy students learn better!

We are community members and educators, who foster positive changes towards healthy lifestyles for students, staff and families through consistent advocacy and role modeling. We believe healthy minds and bodies produce happy, productive, financially efficient and engaged school communities.

SH-CAC Vision:

The School Health-Community Advisory Council envisions a standardized, consistent health system throughout the 9-R School District. This system promotes home, school and community involvement to educate and ensure life-long healthy habits for our youth.

District Health Team (DHT) - represents the 8 component areas of the coordinated school health model and has the responsibility of clear communication to and from the component area that they represent. The intent of this team is to tie together the vast and various groups working or supporting school health and safety in a coordinated way.

Lessons Learned:

- Ongoing education and re-education is a reality
- Shared responsibility is a must for sustainability
- The goal is to have health and wellness embedded into your district’s culture via policy **and** practice

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