

School Health Guidelines: School Connection

Guideline 6: School Health Services

January 2016

Guideline 6: Where to Start

Schools are responsible for the physical health, mental health and safety of students during the school day. School health professionals play a critical role in coordinating health services at school. Staff members should work collaboratively within and outside the school setting to provide consistent messages about health to all students.

Teachers and staff play a vital role in advocating for students. Working with parents/families is critical for a student's success.

Ideas to Try at School:

- Provide case management for health and mental health issues
- Link families with community resources
- Advocate on behalf of students to create a healthy, safe and supportive school environment that allows students to make healthy dietary and physical activity choices
- Identify risky students behavior and intervene as needed
- Support adoption of a universal bullying program

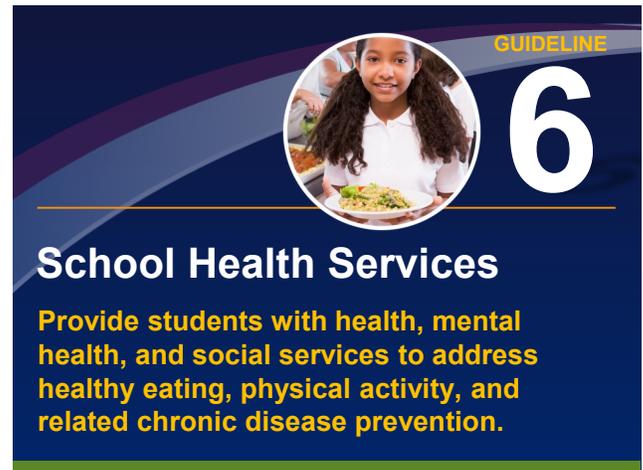
Healthy Kids Learn Better.

Resources/links:

[Iowa Mental Health Resource](http://namiiowa.com/wp-content/uploads/CMHR.pdf): <http://namiiowa.com/wp-content/uploads/CMHR.pdf>

[Iowa Youth Risk Behavior Survey](https://www.educateiowa.gov/pk-12/content-areas/health-education): <https://www.educateiowa.gov/pk-12/content-areas/health-education>

[CDC YRBS](http://www.cdc.gov/healthyyouth/data/yrbs/participation.htm): <http://www.cdc.gov/healthyyouth/data/yrbs/participation.htm>



School Health Services

Provide students with health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.



School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

Sharing information provides a more seamless experience for families, and helps us serve children more effectively.

~ Unknown

Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and 515.281.5327

{Provided by 1305 CDC Grant}

School Health Guidelines: Home Connection

Guideline 6: School Health Services

January 2016

Working Together

Collaboration between families and schools is essential in the delivery of health services at school. Parents/families are the experts when it comes to their child's health needs and provide invaluable details about that child. School health professionals (ie: school nurses, counselors, resource officers, psychologists) depend on parents/families for open lines of communication to provide continuity of care and ensure the student is safe and well cared for during the school day. Schools are an excellent resource for linking parents/families with services in the community to meet their child's needs.

Ideas to Try at Home:

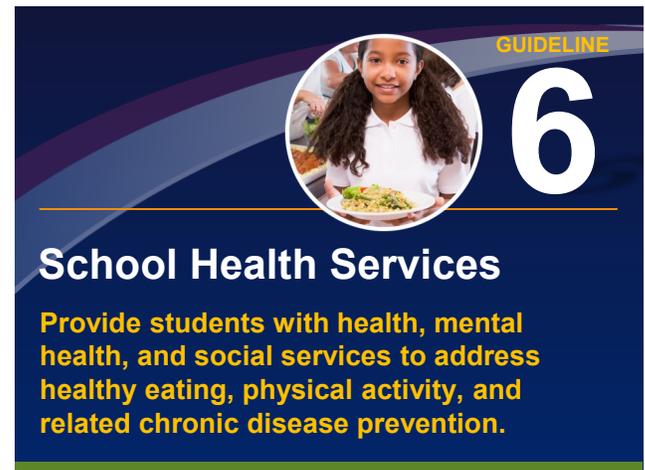
- Share health concerns/needs with the school so they can care for your child and provide consistency with care that's given at home
- Be an advocate for your child and his/her health needs
- Ask your kids open ended questions such as "What did you do today?" and "Tell me about your day."
- Be an active listener; be as non-judgmental as possible

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Resources/links:

[Iowa Mental Health Resource](http://namiiowa.com/wp-content/uploads/CMHR.pdf): <http://namiiowa.com/wp-content/uploads/CMHR.pdf>

[School Nurse Dept. of Ed](https://www.educateiowa.gov/pk-12/learner-supports/school-nurse): <https://www.educateiowa.gov/pk-12/learner-supports/school-nurse>



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