

## Check out these helpful resources!

Kent County Coordinated School Health Program  
[www.kccshp.weebly.com](http://www.kccshp.weebly.com)

Michigan Action For Health Kids  
[www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)

Michigan Team Nutrition  
[www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu)

Healthy School Action Tools  
[www.mihealthtools.org/schools](http://www.mihealthtools.org/schools)

Safe & Healthy School Policy  
[www.nasbe.org/healthy\\_schools](http://www.nasbe.org/healthy_schools)

Alliance for a Healthier Generation  
[www.healthiergeneration.org](http://www.healthiergeneration.org)

Tips & Tools to Help Implement the Healthy Food & Beverage Policy:  
[www.tn.fcs.msue.msu.edu/toolkit](http://www.tn.fcs.msue.msu.edu/toolkit)

The Role of Michigan Schools in Promoting Healthy Weight Consensus Paper  
[www.emc.cmich.edu](http://www.emc.cmich.edu)

*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*  
~Margaret Mead

## Kent County Coordinated School Health Program Partners

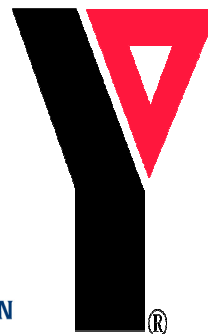


HEALTH DEPARTMENT

*Caring today for a healthy tomorrow*



Spectrum Health



UDIM  
UNITED DAIRY INDUSTRY OF MICHIGAN

Contact Us

(616)336-3366

[kccshpmi@yahoo.com](mailto:kccshpmi@yahoo.com)

Visit us online at: [www.kccshp.weebly.com](http://www.kccshp.weebly.com)

The Partners listed above represent affirmative action, equal-opportunity institutions. The programs and materials offered by the Partners are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status.

Concerned about the health of Kent County youth?



*The Kent County Coordinated School Health Program Mission:*

*Empowering Students and Staff Through Healthy School Environments!*

## Why School Wellness?

As a teacher or school nurse, you already know that many children in your classroom are overweight and undernourished, at risk for serious health problems such as Type II diabetes, hypertension, coronary heart disease, stroke, respiratory problems, and some cancers.

While you may know that poor nutrition and lack of physical activity have a negative impact on learning, you may have thought there was nothing you could do to change this for your students.

**There's a lot that you can do, with partners in your community to make a difference!**

By promoting healthy behaviors, you can help your students to increase their capacity to learn, reduce absences, and improve physical fitness and mental alertness.

**The Kent County Coordinated School Health Program wants to help you meet this challenge.**

## Working Together in Kent County

The **Kent County Coordinated School Health Program (KCCSHP)** is a collaborative effort of community partners in Kent County working to help local schools implement their school wellness policy.

Schools are encouraged to start where they are and build success through incremental, sustainable changes. One of the best ways to do this is to utilize the Healthy School Action Tools (HSAT). The HSAT are a set of online tools designed to help Michigan schools create healthier environments. Schools that support healthy choices help students achieve their academic potential.

### How Do You Get Started?

1. Find support from your principal, teachers, school nurse, parents...to form a health team.
2. Call us to schedule a brief (30 minute) kickoff & brainstorm session.
3. Assess your school environment by completing the Healthy School Action Tool (HSAT).
4. Based on assessment, develop an action plan.

**We will support and assist your efforts every step of the way!**

## Benefits for Your School:

- Customized support in building wellness efforts
- Staff Development Opportunities
- Nutrition Education for all grade levels
- Parent Education & Activities
- Links to community resources
- Mentoring Opportunities for 4th/5th graders
- No cost!
- A healthier school environment
- Much, much more!

---

### *Kent County Coordinated School Health Program Eligibility Requirements:*

*Schools involved with the Kent County Coordinated School Health Program must be a Kent County School and have 50% or more of their students qualifying for free or reduced lunch.*

This project has been partially funded with Federal funds from the USDA, Food Stamp Program by way of the MI Department of Human Services (DHS) and the Family Nutrition Program at Michigan State University. The Food Stamp Program provides nutrition assistance to people with low income. In Michigan, you can call the Center for Civil Justice Food Stamp Hotline (1-800-481-4989) or your local DHS office (listed in the county government pages of your phone book). The Food Stamp Program provides nutrition assistance. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, check online at <http://www.mfia.state.mi.us/mars/index.asp> or call 1-800-481-4989.