



# Igniting Coordinated School Health



**SPARK supports YOUR Coordinated School Health (CSH) program!**

Whether your school has just started down the path to wellness or has already organized a School Health Advisory Council and completed the School Health Index, SPARK will assess your progress and work with you to create a healthy school environment that changes the behavior of your students and staff.

## Program Components

### Initial Needs Assessment

SPARK conducts a needs assessment with your district or school to analyze the progress of your CSH efforts and determine which tools and resources will be most beneficial in achieving your goals. SPARK will then adjust the Igniting CSH workshop training to meet the specific needs of your district or school.

### Workshop

This customized workshop (1 day at your site) is designed to introduce your district or school to CSH concepts and components through an interactive, team-building style. The training focuses on what SPARK has identified as the 3-P's of CSH development:

- P**aradigm shift towards a wellness environment
- P**olicies to support your CSH effort
- P**rograms to provide resources, strategies, consultation and tools

The training will also focus on the 5 core messages embedded throughout SPARK's CSH Initiative.

- ✦ **Select fruits and vegetables**
- ✦ **Play actively**
- ✦ **Avoid excess sugar and fat**
- ✦ **Reduce TV/media time**
- ✦ **Keep H2O the way to go**



Colorful posters emphasizing the core messages are provided free to every school that participates in this workshop

### Audience

For District Adoption: Members of the school wellness committee/school health advisory council

For School Adoption: Elementary school staff, plus parent and community leaders

### Cost

Assessment & Workshop: **\$2699.00** plus travel

**To Order the SPARK Igniting Coordinated School Health Program**

Or for any questions or additional information call **800 SPARK PE**, email [spark@sparkpe.org](mailto:spark@sparkpe.org) or visit the SPARK website at: [www.sparkpe.org](http://www.sparkpe.org)

