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CSHP Initial Assessment & creating a Wellness Environment	CSHP 1,2,3,4,8; NU 6 PE/PA 1,4	 Igniting Coordinated School Health Program Includes consultation & training that focuses on: <ul style="list-style-type: none"> • <i>Paradigm shift towards a wellness environment</i> • <i>Policies to support your CSH effort</i> • <i>Programs to provide resources, strategies, consultation & tools</i> 	1. Research and Standards Based–Curriculum <ul style="list-style-type: none"> • <i>Curriculum Binder</i> • <i>Instructional Media Disk</i> • <i>SPARKfolio</i> 2. Staff Development: <ul style="list-style-type: none"> • <i>On-site training</i> • <i>SPARK Institutes</i> • <i>Booster Sessions</i> • <i>Train the Trainer Model</i> 3. Content-Matched Equipment <ul style="list-style-type: none"> • <i>Standard or Premium Equipment sets</i> 4. Lifetime Follow-up Support <ul style="list-style-type: none"> • <i>Phone & email support</i> • <i>Monthly eNewsletter</i> • <i>Monthly Webinar Series</i> • <i>Online resources including SPARK Stars calendar, Instructional Videos, Grant information, etc...</i> <p><i>Note - This is a comprehensive list of the components we offer. To see which components each specific program includes, please contact SPARK.</i></p>
Nutrition Education	CSHP 4, NU 4, 5	 Nutrition Services Program Includes OrganWise Guys Curriculum & two-part Nutrition Services Workshop	
Community & Parent	CSHP 8 PE/PA 5	 Early Childhood Program  After School Program	
Physical Education	PE/PA 2,3, 6	 K-2 Physical Education Program  3-6 Physical Education Program  Middle School Physical Education Program  High School Physical Education Program	
Health Education	CSHP 5,6,7 Nu 4	 Health Education Program Includes Healthy Lifestyle Choices curriculum, training & follow-up support	
Staff Wellness	Staff Wellness	 Wellness for Staff Program Includes staff training that focuses on: <ul style="list-style-type: none"> • <i>Physical Activity</i> • <i>Nutrition</i> • <i>Stress Management</i> 	

Additional Evaluation Tools (for SLIMS)	SOFIT (<i>Systematic Observation of Fitness Instruction Time</i>) SOPLAY (<i>System for Observing Play and Leisure Activity in Youth</i>) Other types of assessment tools in which we can provide consultation and possible data analysis include: School Health Index, BMI (height and weight measures), Student surveys on enjoyment of PA/PE, Leader, Dept head or site director surveys, Fitness via Fitnessgram, Motor skills, Academic achievement *Cost is determined per client based on need and scope of project
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