

Applying Response to Intervention to Preventive School Health

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	Tier 1	Tier II	Tier III
Definition	A coordinated approach to school health with a foundation in physical and health education. The gold standard in curriculum and instruction combined with a healthy school environment.	Additional, more individualized and intensive instruction related to physical activity and nutrition provided during the school day in small groups.	After-school program including parents and families with intensive nutrition, physical activity, and psychological support and/or individual mentoring during the school day.
Focus	All students Community School environment	Students with increased health risk based on tier I assessments (prioritized by health risk index)	Overweight or obese students that fail to demonstrate adequate progress in tier II Parents and families of overweight or obese students
Resources	Texas Essential Knowledge and Skills (TEKS) for Physical and Health Education Physical Education: <ul style="list-style-type: none"> ▪ Sports, Play & Active Recreation for Kids (SPARK) ▪ CATCH PE Kit Health Education: <ul style="list-style-type: none"> ▪ The Great Body Shop CDC's School Health Index	My Pyramid for Kids	Community partnerships- Dell Childrens Hospital <ul style="list-style-type: none"> ▪ Healthy Living, Happy Living ▪ KidShape Texas Agrilife Extension <ul style="list-style-type: none"> ▪ Expanded Nutrition Program
Instructional Strategies	<ul style="list-style-type: none"> ▪ Instant activity ▪ Stations ▪ Skill progression ▪ Promote physical activity outside of school ▪ Challenge by choice ▪ Remote response systems to maximize physical activity time & improve conceptual understanding 	<ul style="list-style-type: none"> ▪ Goal setting and progress monitoring ▪ Personal training ▪ Physical activity and nutrition incentives ▪ Social support ▪ Gardening ▪ Point-of-decision reinforcement (meal-time, recess, open gym) 	<ul style="list-style-type: none"> ▪ Cooking demonstrations ▪ Family physical activities ▪ Goal setting and progress monitoring ▪ Social support ▪ Counseling ▪ Personalized programs

Interventionist	Physical and health educators School health advisory council (SHAC) School nurse	Wellness interventionist	Pediatrician Dietician Psychologist Physical activity specialist Wellness interventionist School nurse
Setting	Entire school campus <ul style="list-style-type: none"> ▪ Gym ▪ Cafeteria ▪ Playground 	Pull out groups during the school day Open gym before school	After-school program Mentoring on campus
Grouping	Whole class & small groups	Small groups of 3-6 students	Flexible grouping One-on-one
Time	School year 150 minutes per week	10+ weeks of intervention 60 additional minutes per week of instruction and physical activity time 75 additional voluntary minutes of physical activity time per week at open gym before school	7+ weeks of intervention 90-120 additional minutes per week after school and/or 45-60 additional minutes per week of mentoring

Assessment	<p>FitnessGram</p> <ul style="list-style-type: none"> ▪ PACER, push ups, curl ups, trunk lift, sit & reach, body mass index <p>School Physical Activity and Nutrition Survey (SPAN)</p> <p>Pedometer steps</p> <p>PE Metrics</p> <p>PE Manager (daily items & rubrics)</p> <p>Classroom Performance System (E-Instruction)</p>	<p>FitnessGram</p> <ul style="list-style-type: none"> ▪ PACER, push ups, curl ups, trunk lift, sit & reach, body mass index <p>School Physical Activity and Nutrition Survey (SPAN)</p> <p>Pedometer steps (continuous)</p>	<p>FitnessGram</p> <ul style="list-style-type: none"> ▪ PACER, push ups, curl ups, trunk lift, sit & reach, body mass index <p>School Physical Activity and Nutrition Survey (SPAN)</p> <p>Pedometer steps (continuous)</p> <p>Health screenings</p> <ul style="list-style-type: none"> ▪ Aconthosis nigricans ▪ Blood pressure ▪ Resting HR ▪ Respiration rate
Student Classification	<p>Students with lower health risk index scores or students demonstrating positive directionality will remain in tier I.</p>	<p>Students with higher health risk index scores or negative directionality qualify for tier II.</p> <p>Students demonstrating adequate response to intervention return to tier I.</p> <p>Students with no response or negative directionality qualify for tier III.</p>	<p>Students with highest health risk index scores or significant negative directionality qualify for tier III.</p> <p>Students demonstrating adequate response to intervention return to tier II.</p>

Response to Intervention Preventive School Health

Intensive interventions for a few students

- Family involvement after school
- Cooking lessons
- Family physical activities
- Social support

Tier III

Tier II

Targeted interventions for some students

- Small groups during school
- Goal setting & progress monitoring
- Physical activity & nutrition challenges

Tier I

Standards-based
instruction for all students

Coordinated school health
Quality physical & health education