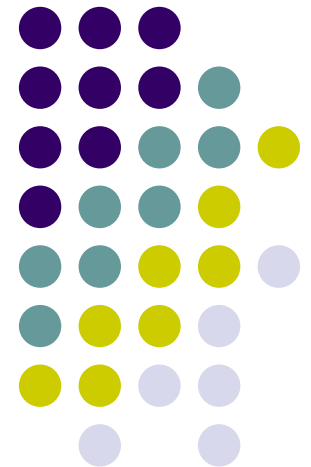


# Healthy School Teams

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Chris Watson, R.N.  
Winter Park High School  
Winter Park, FL





# Who are we?

- Winter Park High School
  - 3,800 Students
  - 32 Varsity Athletic Teams (70 Teams Total)
  - Florida High School Athletic Association
    - All Sports Award*** 5 out of last 8 Years
- Healthy School Team
  - 6 Yrs in Place
  - Utilizing CDC/CSHP Model
  - Assistance from Winter Park Health Foundation



# What do we focus on?

1. Health Education
2. Physical Education
3. Health Services
4. Community Involvement
5. Health Promotion for Staff
6. Nutrition Services
7. Counseling / Psychological/Social Services
8. Healthy School Environment



# Who participates?

- School Nurse
- Pediatric Nurse Practitioner
- Assistant Principal
- PE Teacher
- Parents
- Health Educator
- ROTC
- Faculty Representation
- Guidance Counselor
- Cafeteria Manager
- **STUDENTS!!**

# What is Our Role in Fitness?



- “Biggest Loser” Competitions
- Running & Walking Clubs
- “Coaches Corner” Announcements
- YMCA Partnership
- Track & Field Events
- Florida on the Move / Student Health Fairs

# Next Steps & Why....



- Obesity = More Absences
- **Not Enough** Mandatory PE
  - Non-Student Athletes are Avoiding Physical Education
- Nutrition in the Cafeteria
- Healthy Kids Stay in School!
- The School Nurse is your HEALTH EXPERT
- Contact Florida Coordinated School Health Program
  - Ask for Assistance in completing the **School Health Index**