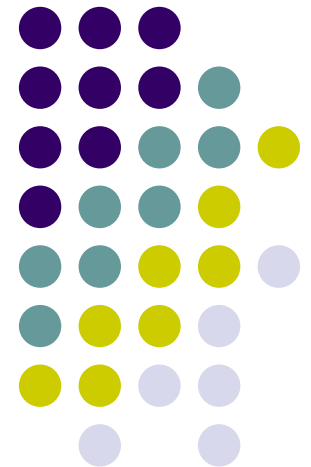


Healthy School Teams

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**