

## Wellness Coordinators Make It Happen ECHO Resources

### Week 1: Coordinating District Health Advisory Committee Meetings and Work

Resources	
<a href="#">DHAC Meeting Planner</a>	CRSHE guide for Wellness Coordinators to plan meetings.
<a href="#">DHAC Meeting Agenda Template</a>	CRSHE template for DHAC meeting agendas.
<a href="#">Guide for Creating High Performing Teams</a>	RMC Health guide to create effective, high performing teams.
<a href="#">Guide for Getting Others to Notice and Support Your Efforts</a>	RMC Health guide to get others to notice your healthy school efforts.
<a href="#">Guide for Making Meetings Matter</a>	RMC Health guide for organized, meaningful meetings.
<a href="#">Guide for Using Data to Drive Decisions</a>	RMC Health guide to help make data-driven decisions.
<a href="#">Creating Youth Advisory Councils</a>	Colorado Education Initiative guide to support the development of elementary, secondary, and district-level youth advisory councils.
<b>ECHO Presentation</b> <a href="#">District Health Advisory Committee Meetings PowerPoint</a>	Rourke Sisson's presentation on his approach to coordinating District Health Advisory Committee meetings and work at Cheraw.

### Week 2: Addressing Food Scarcity and Promoting Healthy Eating

Resources	
<b>Backpack program (for non-school days)</b> <a href="#">Hunger Free Colorado Backpack Food Program Starter Toolkit</a>	Guides and toolkit to start a backpack program.

<a href="#">Global Foods Incorporated</a>	National food sales and distribution company with school specific programs.
<a href="#">Cash-Wa Distributing</a>	Food distribution company. Order through BOCES to receive a discount on food purchases.
<a href="#">Care and Share Program</a>	Food bank program for Southern Colorado.
<b>Snack programs</b>	
<a href="#">No Kid Hungry Program</a>	Provide snacks for all grades and levels for students and staff.
<a href="#">The Lunch Box</a>	Tools for school food change.
<a href="#">Child and Adult Food Program</a>	Program through CDHE providing reimbursement for healthy meals.
<a href="#">Blessings in a Backpack Program</a>	Information on how to start a program and become a partner.
<a href="#">Cooking Matters CO</a>	Helps parents and caregivers learn how to shop and cook healthy on a budget.
<a href="#">Eating Healthy at Home</a>	Free healthy eating resources.
<b>Funding to address food scarcity</b>	
<a href="#">USDA Food and Nutrition</a>	Several programs to assist with food and nutrition.
<a href="#">Colorado Grants Program</a>	Community resource center for Colorado Commons Grant.
<a href="#">Grants.gov</a>	Database for searching for grants with helpful tips.
<a href="#">Hunger Free Colorado</a>	Organization offering assistance for various nutrition programs.
<a href="#">USDA National School Lunch Program Assistance</a>	CDE resources for available nutrition grants.
<b>ECHO Presentation</b>	
<a href="#">Addressing Food Scarcity and Promoting Healthy Eating PowerPoint</a>	Ronda Bucholz's presentation on implementing a backpack and snack program in Las Animas schools.

### Week 3: Practices and Policies that Promote and Protect Physical Activity

Resources	
<b>Professional development</b> <a href="#">Wellness Training Programs</a> <b>Policy</b>	Information on workshops for physical education, physical, and social-emotional wellbeing.
<a href="#">HB11-1069 FAQs</a>	FAQ informational sheet on increasing physical activity in public schools.
<a href="#">Examples of Wellness Policies</a>	Sample wellness policy language that promotes and protects physical activity from Jefferson County and Greely school districts
<b>Research</b> <a href="#">Recess Rocks</a>	Informational document by Colorado Legacy Foundation that describes the link between physical education and learning.
<b>Equipment</b> <a href="#">GOPHER Sport</a>	Site to purchase classroom and PE physical activity equipment like Wobble chairs.
<b>ECHO presentation</b> <a href="#">Practices and Policies for Physical Activity</a> <a href="#">PowerPoint</a>	Terry Jones's (Director of Wellness Training Specialists and SHAPE Colorado) presentation on practices and policies that promote physical activity in small, rural schools.

### Week 4: Engaging Families and Communities in School Health Programs and Activities

Resources	
<a href="#">CDE – Promising Partnership Practices</a>	CDE collaborative with the State Advisory Council for Parent Involvement in Education providing best practices for student learning.

<p><b>ECHO Presentation</b></p> <p><a href="#">Engaging Families and Communities PowerPoint</a></p>	<p>Virginia Drake’s presentation on her approach to engaging families in school health and wellness activities at Moffat Consolidated RE-2</p>
---	--

**Week 5: Promoting Staff Health and Wellness**

Resources	
<p><b>Equipment and Incentives</b></p> <p><a href="#">Colorado Cardio</a></p>	<p>Sells refurbished equipment. Located in Broomfield and delivers. Contact is Nicole Murphy 720-429-3320.</p>
<p><a href="#">Lifefuels</a></p>	<p>Water bottles that track daily water intake, sends reminders about drinking water throughout the day, and connects to smartphones to track water intake</p>
<p><b>ECHO Presentation</b></p> <p><a href="#">Promoting Staff Health and Wellness PowerPoints</a></p>	<p>Coantha Johnson from Campo, Kendra Davis from McClave, and Michelle Vannoy from Sanford presentations on their approaches to implementing staff wellness programs.</p>

**Week 6: Comprehensive Health Education Implementation – Part 1**

Resources	
<p><a href="#">Colorado Comprehensive Health Academic Standards</a></p>	<p>CDE standards review process to help guide health education implementation.</p>
<p><a href="#">CDC Health Education Curriculum Analysis (HECAT) Tool</a></p>	<p>Adolescent school health primarily chapters four and five for curriculum.</p>
<p><a href="#">HealthSmart Curriculum</a></p>	<p>Example of a comprehensive health education curriculum that has gone through HECAT analysis.</p>

<p><b>ECHO Presentation</b></p> <p><a href="#">Comprehensive Health Education Implementation Presentation</a></p>	<p>Jamie Hurley’s (Health and Physical Education Principal Consultant for the Colorado Department of Education) presentation on comprehensive health education in Colorado.</p>
---	---

**Week 7: Comprehensive Health Education Implementation – Part 2**

Resources	
<p><b>Funding</b></p> <p><a href="#">CDE School Health Professional Grant Program</a></p>	<p>CDE grant to enhance the presence of school health professionals.</p>
<p><a href="#">CDE Expelled and At-Risk Student Services</a></p>	<p>CDE grant for providing education services and support services to expelled students and at-risk.</p>
<p><a href="#">Mental Health Colorado</a></p>	<p>Toolkits and resources for promoting mental health in Colorado.</p>
<p><a href="#">Wellbeing@School</a></p>	<p>Website designed to support schools to engage with the whole school community in a process of self-review.</p>
<p><a href="#">Bureau of Lectures &amp; Concert Artists, Inc.</a></p>	<p>Kansas-based organization that provides programs to schools.</p>
<p><b>Programs</b></p> <p><a href="#">FLASH</a></p>	<p>K-12 sexuality education curriculum designed to prevent teen pregnancy, STDs, and sexual violence.</p>
<p><a href="#">3Rs – Rights, Respect, Responsibility</a></p>	<p>K-12 sexuality education curriculum</p>
<p><a href="#">Too Good For Drugs</a></p>	<p>K-12 set of substance use and violence prevention interventions designed to mitigate the risk factors linked to problem behaviors and build protection within the child to resist problem behaviors.</p>

<a href="#">Digital Futures Initiative</a>	Program and curriculum for kids and teens that covers digital citizenship, relationships, substance use, distracted driving, and parent academy.
<b>ECHO Presentation</b> <a href="#">Comprehensive Health Education PowerPoint</a>	Lauren Sheldrake's presentation about coordinating comprehensive health education curriculum implementation at Creede.

### Week 8: Comprehensive Sexual Education in Rural School Districts

Resources	
<a href="#">Trailhead Institute</a>	Empowering and supporting Colorado public health through community partnerships.
<a href="#">The State of Adolescent Sexual Health in CO 2018-2019</a>	Informational document providing statistics and information on teen sexual health in CO.
<a href="#">Trailhead Institute's Youth Sexual Health Program</a>	Informational document that describes Trailhead Institute's Youth Sexual Health Program.
<a href="#">Engaging Communities to Advance Sex Education in Schools</a>	Case Study of Trailhead Institute's Working to Institutionalize Sex Education initiative.
<a href="#">Colorado's 2019 Youth Wellness Act (HB 19-1032): What You Need to Know</a>	Trailhead Institute's informational document about sexual education policy in Colorado.
<a href="#">FLASH Curriculum</a>	K-12 sexuality education curriculum designed to prevent teen pregnancy, STDs, and sexual violence.
<a href="#">CDPHE Human Sexuality Education Grant</a>	Grant to promote the implementation of comprehensive human sexuality education in Colorado schools (last RFP due March 13, 2020).
<a href="#">Sexual health Letter of Support Template</a>	Trailhead Colorado template for a letter for comprehensive sexuality education.

**ECHO Presentation**

[Comprehensive Sexual Education](#)

[PowerPoint](#)

Robyn Perdue (school nurse in southeast Colorado) and Adrienne Wall's (Senior Program Manager for Trailhead Institute) presentation on their partnership and work coordinating the implementation of comprehensive sexuality education in small, rural schools.