

## Health and Learning

You prepare for the success of your students for the upcoming school year by hiring qualified staff, increasing funding opportunities, selecting a well-designed curriculum, ordering effective textbooks and materials and attending professional development sessions.

But did you know that preparing for the health of your students will also contribute to their success? Here's why. Healthy students learn better. They may have fewer absences, be less likely to drop out of school, have fewer behavior incidents in the classroom, and experience better health and an overall sense of well-being.

The best way to improve the health of your students is to integrate into your school culture is to make student health an integral part of your school culture. You can start simple and add pieces along the way. The eventual result is a complete program that includes mental health, health services, nutrition, physical activity, family and community engagement, health education, staff wellness and a healthy and safe building.



## What is the process for working with Get Smart Schools Health Resources?

1. **CONTACT:** Cathy Schmelter R.D., our director of health resources at 303-825-6246 x349 or via email [cathy@getsmartschools.org](mailto:cathy@getsmartschools.org) to schedule a brief initial appointment.
2. **VISION:** Our director will tour your school and learn your school leader's vision for bringing health into your school building.
3. **PRIORITIES:** Your school leader will select at least 2 "easy to implement" health objectives for the school year, and will either be involved in the implementation process or turn it over to interested staff, nurse, PE coordinator or parent.
4. **RESOURCES:** Based on planning question results, the director will connect your school with partners, funding opportunities, online or other resources and make recommendations for moving forward.
5. **IMPLEMENTATION:** We will together create a short term and long term "simple" health plan with goals for your school. Our director will guide implementation of the plan and assist with any challenges along the way.
6. **EVALUATION:** The plan and pertinent health data will be reviewed and evaluated on an ongoing basis.
7. **SUCCESS:** We will help share your successes on the Get Smart website, in newsletters, at presentations and in local media.

Check out our website for additional health information at [www.getsmartschools.org](http://www.getsmartschools.org)

## How can Get Smart Health Resources help your school?

Our number one goal in providing health resources is to bring pertinent, valuable, low or no cost health resources to your school.

- We can support your health efforts in a multitude of ways.
- We take into account the demanding schedule that your schools endure and plan activities accordingly.
- We are flexible and supportive of the ever changing school environment.
- We know your time is precious. We do all the homework on health resources available so that you and your staff do not have to.
- We carefully screen partners so you are getting quality support and we will help with any challenges along the way.