

Community Connections

Part I: Coordinated School Health

Each school has a Coordinated School Health Program (CSHP). CSHP focuses on the health of students by using resources for students, families and staff to create a healthy environment. The CSHP consists of 8 components.

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

Directions:

Go to <http://www.cdc.gov/HealthyYouth/CSHP/> to read the short descriptions about each component of CSHP.

Now reflect on your school's community. Write a paragraph explaining 2-3 ways your school community can be improved to better meet the needs of students, faculty and staff. Give specific examples of how your school's community can be improved.

Write a paragraph below.

Part II: Being a Leader in your Community

Think about your skills and knowledge as an OCPE student. Now think about ways you can use our skills and passions for your sport/activity to promote health and wellness in your community. Look into officiating, coaching, being a camp counselor/leader, etc.

Directions:

Research and find 3 programs/opportunities within your community that are related to a physical activity that interests you.

Write a short description of each program/opportunity below.

Part III: Get Fit for Free (or really cheap)

Austin provides so many unique opportunities to participate in free or inexpensive fitness classes or programs. Here are just a few: Free Boot Camp for a Day, Free Beginner Dance Classes (salsa, swing or two step), Free Guest Pass at Local Health Clubs, Free Day of Yoga!

Directions:

Research and Find 3 classes/programs that are free (or cost next to nothing) here in Austin! Going to a large class can be intimidating so invite a friend or family member to join you. Write a short description of the class and your experience at the class.