CSHSP

Coordinated School Health & Safety Programs

Fostering Healthy Students, Schools, and Communities

Michiana - Meeting the Concerns about your Child's Health

The American Cancer Society discovered, that one-third of cancer deaths could be prevented with proper nutrition, physical activity, and weight control. In order to achieve this goal, environments must make it easier, not harder, to maintain healthy habits.

Michiana is a leadership institute that assists schools in building and strengthening school wellness policies. Michiana is collaboration between the American Cancer Society, Michigan Department of Education and Department of Community Health, Indiana Department of Education and State Department of Health. Ida was selected as one of eight Michigan schools that joined eight schools from Indiana. "Michiana" uses the coordinated school health approach which includes health education, physical education, health services, nutritional services, counseling, psychological, and social services, healthy school environment, health promotion for staff, and family community involvement. Ida is currently in the third year of a five year commitment. To determine strengths and areas of wellness need, the Healthy School Report Card Survey was given to our staff and parents when we first started in Michiana. Out of 172 characteristics on this survey, Ida had 79 excellent ratings in various categories. Some areas where we have excelled include overall school climate, quality and safety, security, health education, family engagement, and food safety.

Several of our signature projects in the past several years have included implementing a walking trail for students, mini relay for life, further developing student assistance programs, becoming a green school, eliminating carbonated beverages, recess before lunch, and bullying prevention initiatives.

Projects we would like to develop in the future include adding shaded areas on the playgrounds, adding more fresh foods at lunch, and increasing awareness of sun safety, and cyber bullying. We would also like to develop a link on our current Ida schools web site, called "Family Health Awareness". This link would include current online information in the eight health components.

The American Cancer Society discovered, that one-third of cancer deaths could be prevented with proper nutrition, physical activity, and weight control, and another one-third with tobacco-free lifestyles, cancer prevention is only possible if we are able to help children develop healthy lifestyle habits that can be maintained through adulthood. In order to achieve this goal, environments must make it easier, not harder, to maintain healthy habits.

If you'd like to get involved or need more information, please email hoffman@ida.k12.mi.us