

Coordinated School Health

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(CSH) is a system designed to connect health (physical, emotional and social) with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together.

The goal of the Coordinated School Health Department is to help kids develop positive habits that will remain with them through adulthood, and to create healthy teaching and learning environments which support healthy habits for students and staff.

Many positive changes have occurred in schools and communities since the CSH law was passed and funded in 2000. As a result, Governor Bredesen and the TN General Assembly expanded CSH with funding for all school systems in 2006. The CSH Department of LCSS was formed in July 2007.

The Lexington City School District follows the Tennessee Department of Education's CSH guidelines and reports directly to the State's CSH Office.

Eight Components of Coordinated School Health

The CSH approach consists of eight major components. The eight components include: health education, physical education/physical activity, health services, nutrition services, health promotion for staff, counseling and psychological services, healthy school environment and student/parent/community involvement.

The Coordinated School Health (CSH) model is a method of connecting health and learning that consists of eight inter-related components. This approach constitutes a systems change by improving students' health and their capacity to learn through personal responsibility, and the support of families, communities and school.

By definition all Coordinated School Health Components work together to improve the lives of students and their families. Although these components are listed separately, it is their composite that allows CSH to have significant impact.