



## MIDDLE SCHOOL HEALTHY SCHOOL TEAMS

### SHPD PROGRAM/SERVICE

**Historical Background:** Healthy School Teams (HST) were established in 1990 as part of a project funded by the California Wellness Foundation. The HSTs have continued with funding from Safe and Drug Free Schools and Communities and CDC Local Comprehensive Health Programs.

#### What is a Healthy School Team?

At 6-8 schools HST members include three coordinators and one Learning Support Professional (LSP). At K-8 schools HST members include two coordinators and one Learning Support Professional (LSP).

- **Health Liaison :** focuses on the promotion of health activities to the general student population and implementation of Health Ed Curriculum (e.g. district wide activities such as Red Ribbon Week, Great American Smoke Out, etc.)
- **LGBTQ Support Liaison :** focuses on creating a safe school community for all students with an emphasis on gay, lesbian, bisexual, transgender and questioning youth; coordinates a Gay-Straight Alliance/Diversity Club and Gay Pride Celebration in April
- **Positive Alternatives/Physical Activities Coordinator (6 -8 schools only) :** reconnects high-risk students to school (e.g. academic, behavior, attendance and health concerns); students are referred through Student Assistance Programs (SAP) or by site staff to connect them to school by participating in a positive alternative (ropes, backpacking, sailing) and/or physical activity (basketball, ethnic dance, volleyball, walking, etc.)
- **Learning Support Professional (LSP) :** schedules and facilitates quarterly school site HST meetings and supports all HST members to implement health related activities and programs

Teams meet quarterly on site and with SHPD staff at district-wide meetings to discuss programs and strategies for success. For the three coordinator positions (HL, LSL, PAPA) team members must be credentialed and are selected on the basis of written application with approval of the site administrator. They receive compensation for performing specific duties and coordinating health related activities and programs, and attendance at meetings. Learning Support Professionals participate in HST as part of their regular job duties.

#### Activities within SFUSD and School Health Programs Department that support Healthy School Teams:

- After School Programs
- Comprehensive Health Education
- Health Education Teacher Leaders
- Safe and Drug Free Schools and Communities
- School District Nurses
- Support Services for LGBTQ Youth
- Tobacco Use Prevention Education

**For further information contact:**

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