



2. Make time to talk, and watch for clues they may want to talk, such as hovering around while you do dishes or perform some other household task.
3. Make sure explanations are appropriate for the age of your child. For example, young children need brief, simple information and at the same time need to be reassured that schools and homes are safe and that adults are there to protect them. But upper elementary and early middle school children may ask more direct questions about whether they truly are safe and what is being done at their schools. Parents can then discuss what schools and community leaders are doing to provide that safety. With older students, it is helpful to emphasize the role they have in helping maintain safe schools by following school safety guidelines such as reporting threats to schools made by students or community members, communicating any personal safety concerns to school administrators and seeking support for emotional needs.
4. Review safety procedures for home and school.
5. Observe the emotional state of children because they may not be able to verbally express their concerns. Signs of anxiety and discomfort include changes in

- behavior, appetite and sleep patterns, but most of these will pass with reassurance and time. Seek help from mental health professionals if you are concerned.
6. Limit the amount of time spent viewing tragic events on television. Young children especially can be traumatized over and over again if they see a tragedy replayed continuously on the television. In addition, parents should be careful of what they say about events in front of children and limit their use of hateful and angry comments that might be misunderstood.
  7. Maintain a normal routine.

- We all play a role in school safety—be observant and let an adult know if you see or hear something that makes you feel uncomfortable
- There is a difference between reporting, tattling or gossiping
- Don't dwell on the worst possibilities
- Senseless violence is hard for everyone to understand
- Sometimes people do bad things that hurt others
- Stay away from guns and other weapons
- Violence is never a solution to personal problems.

- Other Points to Emphasize when talking to children:
- Schools are safe places
  - The school building is safe because... (cite specific school procedures)

**You can find other resources on helping children deal with disasters at:**

- The American Academy of Child and Adolescent Psychiatry — <http://www.aacap.org/>
- American Academy of Pediatrics — [www.aap.org](http://www.aap.org)
- National Association of School Psychologists — <http://www.nasponline.org/resources/crisis%5fsafety/>
- National Institute of Mental Health — <http://www.nimh.nih.gov/>



students at non-SNI schools. In addition, students in the CHILL program have recorded better attendance and in some cases better FCAT scores than the general student body.

This is just some of the good news that surfaced during an analysis of CYI programs by the Health Council of East Central Florida designed to examine the quality of the programs and to look for ways to make them even effective.

The WPHF and providers of the CYI services also want to hear from parents. Please pass along your thoughts and suggestions in the survey following this story. Students who return this completed survey to their teacher before the end of the school year will get a prize.

CYI, developed and supported by WPHF, is the umbrella under which the CHILL program, School Nursing Initiative (SNI), Student Health Centers and Healthy School Teams (HST) fall. The programs, all free, are focused on removing barriers to learning, and

are based on the belief that Healthy Kids Make Better Students and Better Students Make Healthy Communities.

The WPHF, dedicated to the health of the whole child and helping children become as academically fit as possible, developed and funded the programs and continues to spend about \$1.2 million each year to support the schools and agencies that provide these services:

**CHILL (Community Help & Intervention in Life's Lessons)**

CHILL, the oldest CYI component, is a free counseling program for students and their families. Under this program, operated by Healthcare Providers and Associates and financially supported by WPHF, mental health counselors with a master's degree in social work, counseling, psychology or a related field, are assigned to each Consortium school.

CHILL counselors hold individual and group sessions. Last year they held 4,595 individual sessions, 655 group sessions and 1,998 family counseling sessions. Students who typically find their way to the CHILL program are described as inattentive, easily distracted, worried, suffer from low self-esteem, have declining grades or are involved in a family breakup.

CHILL counselors also make presentations to classes, staff and parents on topics such as self-esteem, anxiety disorders, relaxation techniques, managing stress and death and grief.

The sessions provide a healthy outlet for students. Assessment tools used by the CHILL counselors continually demonstrate improvement in participating students' mental health and behavior after counseling. In addition, CHILL students who took the FCAT test received higher scores than the general student body in Grade 6 math and Grade 5, 6 and 7 reading. In addition, CHILL students' GPAs increased almost 5 percent over the past two years.

**School Nursing Initiative**

The WPHF, through a collaborative partnership with Orange County Public Schools, provides funds to upgrade the Consortium schools to enable the Consortium schools to upgrade from a basic school health aide to a licensed practical or registered nurse in school clinics. Nurses provide health screenings, health maintenance services and emergency care.

As mentioned earlier, SNI schools return students to class at a higher rate than non-SNI schools. According to the evaluation, nearly 84 percent of SNI students returned to class after clinic visits for illnesses and 94 percent for accidents. At non-SNI schools, the rate was only about 68 percent after visits for illnesses and 78 percent after visits for accidents.

The report also noted that during the 2005-2006 school year, there were more than 50,000 clinic visits in

SNI schools, and pointed out that students in SNI schools used their school clinics more often than those in non-SNI schools.

**Student Health Centers**

Two Student Health Centers serve Consortium schools--the Student Health Center at Glenridge Middle School and the Student Health Center at Winter Park High School. Both are financially supported by WPHF. The centers are staffed by Nurse Practitioners, trained to provide more advanced services including school and sports physicals as well as writing prescriptions.

Nurse Practitioners also consult with school nurses and provide referrals to the student's usual medical provider, to specialists, CHILL counselors, dentists, community health centers and other services. They reported nearly 3,000 telephone consultations and 671 referrals last school year. They also completed 1,160 physicals and had 1,072 sick visits the same year. The return to class rate at the Student Health Centers in 2005-2006 was 85 percent for Glenridge Middle School and 77 percent for WPHS. This year, the return to class rate has climbed to 92 percent for both.

**Healthy School Teams**

Modeled after the Centers for Disease Control's (CDC) Coordinated School Health Program, Healthy School Teams (HST) are now fixtures in

Consortium schools. The HSTs, charged with planning programs for their schools that promote healthy lifestyles and behaviors, are made up of school staff, administrators, parents and even students. Activities have ranged from yoga for teachers and students and a morning walk club to the purchase of water bottles and water coolers.

These successful HSTs serve as a model for all other Orange County public schools. The Orange County School Board's new School Wellness Policy, adopted last year, requires each of its 180 plus schools to develop HSTs because of the success the teams have had within the Consortium schools.

WPHF hopes to make each of these CYI programs even better and welcomes your input. Please take time to fill out the questionnaire below, and have your child return it to his or her teacher. Once returned, the child will receive a prize—a set of "grafeeti" stickers, which are miniature bumper stickers with healthy messages meant to be worn on the back of shoes or on book bags or notebooks.

We look forward to your input!

**For more information about these programs, please go to the WPHF-sponsored web page, [www.healthykidstoday.org](http://www.healthykidstoday.org). In addition to CYI information, the site features important health news, tips and healthy recipes updated weekly.**

**Coordinated Youth Initiative Questionnaire**

Thank you in advance for taking the time to provide feedback on the programs of the Coordinated Youth Initiative (CYI). Winter Park Health Foundation invests over \$1 million per year to support this initiative which provides comprehensive school health services for the students and families served by the Winter Park Consortium of Schools. The initiative is based on the premise that Healthy Kids Make Better Students and it includes Healthy School Teams, CHILL counselors, school nurses and two Student Health Centers staffed by nurse practitioners.

The Foundation values your opinion. After completing this survey, please detach it from the newsletter and have your child return it to school to receive a special prize. To provide additional input to the Foundation, and learn more about the school health programs available for your child, please visit the CYI website, [www.healthykidstoday.org](http://www.healthykidstoday.org)



**The School Nursing Initiative**

1. Are you aware that your child's school health room has a licensed nurse on site every day of the school year? (not applicable for Dommerich Elementary) Please check responses.
  - YES  NO
2. If YES, has your child accessed the services of the school nurse this past year?
  - YES  NO  DON'T KNOW
3. If YES, please check all the reasons your child was seen by the nurse:
  - Illness
  - Injury
  - Routine medication
  - Don't know
4. If YES, please rate your satisfaction with the services your child received:
  - Very dissatisfied
  - Somewhat dissatisfied
  - No opinion
  - Somewhat satisfied
  - Very satisfied

**Student Health Centers**

1. Are you aware that there are two Student Health Centers staffed by pediatric nurse practitioners located at Winter Park High School and Glenridge Middle School? Please check responses.
  - YES  NO

2. If YES, are you aware that the health care professionals at the Student Health Centers provide the following medical services free of charge to students attending any of the Winter Park Consortium schools?
  - School physicals
    - YES  NO
  - Sports physicals
    - YES  NO
  - Diagnosis and treatment of common childhood illnesses
    - YES  NO
  - Health maintenance care for children, including well child examinations
    - YES  NO
  - Routine developmental screenings
    - YES  NO
  - Prescription writing
    - YES  NO
3. Has your child or any member of your family received care at one of the Student Health Centers this past year?
  - YES  NO
4. If YES, please check all the reasons that apply to your child's visit(s) to the Student Health Center:
  - Sports physical
  - School physical
  - Illness
  - Injury
  - Well child visit
  - Developmental screening
  - Prescription

5. If YES, please rate your satisfaction with the services you received:
  - Very dissatisfied
  - Somewhat dissatisfied
  - No opinion
  - Somewhat satisfied
  - Very satisfied
6. Where did your child go for care before the Student Health Center? Please check all that apply:
  - The emergency department
  - Other clinic
  - Doctor's office
  - Nowhere

**CHILL—Community Help & Intervention in Life's Lessons**

1. Are you aware that your child's school has a licensed clinical social worker or mental health counselor on campus (the CHILL counselor) who provides free counseling services to students and their families? Please check responses.
  - YES  NO
2. If YES, has your child or any family member utilized the services of the CHILL counselor this past year?
  - YES  NO
3. Have you or your child attended a CHILL presentation/educational session this past year?
  - YES  NO  DON'T KNOW