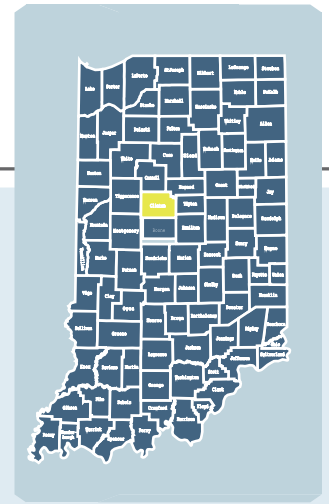


CSPAP Action Plan: Community Schools of Frankfort



SUMMARY

Capitalizing on the Indiana State Department of Health's (ISDH's) Comprehensive School Physical Activity Program (CSPAP) implementation mini-grant, a team from Community Schools of Frankfort chose to use its learning from the CSPAP training and put forth a concrete plan for improving the physical activity environment in their schools. Using the Let's Move Active Schools assessment, P.E. teachers in the district were able to objectively assess the state of physical activity in their schools.

Across the board, physical activity leaders in Frankfort discovered that they lacked action within the CSPAP model pertaining to before and after school physical activity, teacher modeling of health behaviors and physical activity breaks during the day.



CHALLENGE

The biggest obstacle for Frankfort Schools was locating space for the before and after school programs. Remodeling of school facilities caused a delay in beginning the programs. With limited space, it was hard for some schools to accommodate physical activity opportunities before and after school. Programs needed to be postponed until construction was finished or scaled down.

In addition, a period of trial and error helped staff understand that the environment and physical space needed to be carefully considered to ensure maximum participation in physical activity. For example, staff learned that if the bleachers in the gymnasium were out during their planned physical activity times, students were more likely to misbehave and be sedentary. By simply retracting the bleachers, students would be more inclined to participate in the planned activities and demonstrate positive behavior.

YOUR INVOLVEMENT IS KEY

For more information about the Comprehensive School Physical Activity Program, visit <https://www.shapeamerica.org/cspap/>. More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>. This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

For more information about the Comprehensive School Physical Activity Program, visit <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>.

"Having a Physical Activity Leader in each school has really helped Community Schools of Frankfort move forward with our physical activity programming."

Lorra Archibald, Healthy Communities of Clinton County, Frankfort District Wellness Coordinator

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SOLUTION

Physical Activity Leaders in each school worked together to create “Healthy Teacher Guidelines” to help illustrate healthy behavior modeling. Using an honor system, along with some student interviews to cross-check, teachers interested in participating in the “Active Teachers Club” would report back on their adherence to guidelines, which included behaviors such as drinking only water in front of students, participation in physical activity, implementation of physical activity in their classes, etc. After meeting the criteria, teachers received an “I am an Active Teacher” t-shirt and kept working toward the set goals.

Once facility challenges were addressed, students in the three focus elementary schools that rode in a bus or car to school were given organized time in the gym with teacher-led activities such as Zumba, line dancing, yoga, etc. The purchase of the equipment was sponsored by the ISDH Division of Nutrition and Physical Activity (DNPA).

RESULTS

Community Schools of Frankfort have had representation by staff at three out of four types of physical activity trainings sponsored by DNPA.

Before school activities are actively running in all three elementary schools with additional activities such as access to four square at the middle school and an open cardio room three days a week at the high school.

For the “Active Teachers Club,” Frankfort Schools currently have 27 teachers who have fulfilled the guidelines for the first trimester and received their t-shirts. At least 12 teachers are still working to meet the criteria.

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Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

SUSTAINING SUCCESS

Physical Activity Leaders in each school have been extremely important to seeing the CSPAP Action Plan through to completion. These local leaders meet and consult with the district wellness coordinator and have a system of support to problem-solve barriers that arise.

Continued technical support and funding provided by the ISDH State Public Health Actions School Wellness Grant (1305) has helped Frankfort Schools stay on track and receive up-to-date research and access to evidence-based school health programming.



Indiana State
Department of Health