

Indiana School Health Coalition Strategic Plan 2026-2031



About

The Indiana School Health Coalition is a collection of organizations and dedicated individuals aiming to assist schools in meeting their goals to support the health and wellbeing of their students. This strategic plan will serve as the guiding framework for members to carry out the coalition's mission.

Mission

To provide Indiana schools with collaboration, technical assistance, and tailored resources needed to create a healthy and supportive learning environment that meets the individual needs of its students and families.

Vision

All Hoosier students have the opportunity to access school environments that prioritize their safety, learning, health and well-being.

Core Values

The following core values guide our decision making and relationship building:

- Collaboration - Working together; sharing resources, knowledge, and skills; to achieve a common goal
- Community – Building a shared sense of purpose and belonging
- Sustainability – Meeting the needs of the communities we serve now, and for many years to come
- Trust – Creating reliability through transparency, consistency, and open dialogue
- Service – Prioritizing the needs of the communities we serve through intentional action

Strategic Plan

Goal 1: Improve nutritional outcomes and reduce food insecurity among K-12 students.

Objectives	Strategies
Improve student participation in school meal programs	Provide and promote professional development opportunities to school nutrition program staff
	Provide technical assistance to food service directors by providing connections to

	maximize the use of federal nutrition programs
	Connect schools with funding opportunities to enhance meal preparation abilities and explore alternative serving models
	Reduce the stigma of eating school meals by pursuing marketing efforts, encouraging schools not to provide alternate meals, and providing best practices around meal charge procedures
	Explore policy solutions to increase Community Eligibility Provision (CEP) reimbursement at the state level and increase the CEP multiplier at the federal level
	Explore policy solutions to support local procurement in schools
	Help schools apply for Farm to School grants and other funding opportunities
	Improve school participation in the Fresh Fruit and Vegetables Program
Increase student access to fresh and local foods at school	Partner with the Indiana Grown for Schools Network and value chain coordinators to expand awareness of Farm to School and school connections with local farmers
	Provide resources on integrating fresh and local foods into school-based food pantries and backpack programs
Enhance the delivery of nutrition education to K-12 students	Share school success stories of replicable, easy to integrate, hands-on nutrition education opportunities
	Promote available nutrition education curricula aligned with USDA Dietary Guidelines to educators at the appropriate grade levels



Promote existing nutrition education materials for the cafeteria
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Goal 2: Improve the number of students who feel psychologically safe and supported in their school.

Objectives	Strategies
Increase the number of school-based mental health professionals	Provide grant-writing technical assistance to secure funding for additional staff
	Provide training for existing school staff on mental health resources
	Increase awareness of state agency objectives and how resources can be utilized at a district-level
	Encourage schools to expand contracts with their local mental health provider
Increase the number of school-community mental health partnerships	Provide or promote professional development on effective community partnerships
	Work with local health department and school health liaisons to develop and maintain a list of community partners in each county
Enhance educator knowledge of mental health topics and improve the mental health of educators	Provide or promote professional development on topics related to trauma and adversity and their impact on behavior
	Provide or promote professional development on reasonable methods for staff to implement to improve student mental health and cognition
	Encourage the provision of robust employee wellness programs



Increase the number of schools with supportive school cultures and climates	Promote resources to assist schools in developing evidence-based crisis intervention plans
	Promote school-wide Tier 1 efforts for prevention
	Promote resources to schools that encourage the use of unbiased disciplinary practices that support inclusion rather than exclusion

Goal 3: Increase the number of K-12 local education agencies (LEAs) with an active wellness infrastructure in place (i.e., designated wellness coordinator, updated wellness policy, and active wellness council).

Objectives	Strategies
Increase the number of LEAs with an active school wellness policy aligned with federal requirements and best practices	Increase awareness of wellness policy resources and technical assistance opportunities
	Create a community of practice or mentorship program for LEAs around wellness policies
Increase the number of LEAs with an active wellness council	Increase awareness of local resources available to support councils
	Provide information and technical assistance around assessment tools and funding opportunities
Increase the number of LEAs with a dedicated wellness coordinator	Provide messaging to school district administration on the importance of wellness coordinators and the available models.
	Identify and promote funding models and opportunities for LEAs to support a wellness coordinator position
	Promote wellness coordinator success stories



Goal 4: Improve prevention and management of student chronic health conditions in K-12 schools.

Objectives	Strategies
Support and expand the school health services workforce	Connect school nurses with available training and resources on common chronic conditions in children, individual health plans, and emergency plans
	Provide schools with an updated Medicaid billing toolkit so schools can be reimbursed for services that are already provided. Getting schools aware of and educated on billing so those resources can be poured back into the school
	Increase the number of school-based health centers, traditional and non-traditional
	Explore legislative options to support school nurse positions and provide education on this topic alongside stakeholders to school administrators and boards
Increase health promotion in schools	Provide student health education resources to schools by creating a database and promoting it to schools through conferences and newsletters
	Increase the number of health-promoting family engagement opportunities hosted by schools by sharing resources and success stories
	Connect schools with resources and funding opportunities to reduce environmental exposures on school grounds
	Support school-community care linkages by providing resources and information for linking students and their families to insurance coverage and healthcare in their communities



Goal 5: Increase the number of physical activity minutes among K-12 students at school.

Objectives	Strategies
Increase the number of schools providing quality physical education programs	Provide professional development to PE teachers
	Encourage schools to hire certified PE teachers
	Increase the number of schools providing the recommended number of weekly minutes of physical education
Increase the number of elementary schools providing recess	Promote the benefits of recess and physical activity to school administrators
	Emphasize the risks of using or withholding physical activity as a form of punishment
Increase the number of schools and youth-serving organizations offering before/after school physical activity opportunities	Promote safe routes to school programming, resources, grants, and partnerships (Opportunity to link goals - for example, Goal 3 focuses on wellness policies which can strengthen SRTS programming)
	Partner with existing organizations that work to facilitate participation in physical activity outside of school hours
	Create a resource to help schools strategize out-of-school physical activity opportunities
Increase the number of teachers integrating classroom physical activity into instruction time	Promote existing resources on classroom physical activity
	Identify and share success stories of school champions that promote student physical activity
Improve environments and infrastructure that support physical activity (e.g., walking paths, kinesthetic classrooms, active hallways, accessible playgrounds, shared use agreements)	Identify and promote funding opportunities for schools and communities that improve physical activity infrastructure



Goal 6: The ISHC steering committee will advance the implementation of this strategic plan.

Objectives	Strategies
Facilitate regular meetings	Schedule bi-monthly coalition meetings
	Schedule quarterly steering committee meetings
Convene a working group for each of the previous goals to carry out strategies and objectives	Identify a lead for each working group
	Organize regular meetings
	Convene working group members
	Conduct any assessments, analyses, and/or literature reviews as needed
	Finalize strategies and objectives in a formal workplan with timelines and responsible parties listed
Regularly update and maintain this strategic plan	Annually evaluate progress made on objectives and strategies
	Facilitate an annual strategic plan update
Increase and diversify membership to ensure representation across all components of the Whole School, Whole Community, Whole Child Model	Increase membership by 10% each year
	Identify and recruit one new member per year for each working group



Logic Model

