

# SCHOOL HEALTH RESOURCE

Spartanburg County School District Seven  
610 Dupre Drive  
Spartanburg, SC 29307  
864.594.4400  
[www.spartanburg7.org](http://www.spartanburg7.org)



# Spartanburg

School District **SEVEN**

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# SCHOOL HEALTH RESOURCE:

## Spartanburg County School District Seven Mission, Vision, and Values

### MISSION:

We will inspire and equip our students for meaningful lives of leadership and service as world citizens

### VISION:

Our graduates will be creative, critical thinkers, collaborators, effective communicators and ethical citizens.

### VALUES:

Tradition. Excellence. Innovation. Hope. Engagement. Well-Being. Relationships.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### Federal Law

Local education agencies that participate in federal Child Nutrition Programs, such as the School Breakfast Program or the National School Lunch Program, are required to develop and implement a wellness policy as vested by the Child Nutrition and WIC Reauthorization Act of 2004. Such mandates help schools to develop a policy that addresses childhood obesity, bring awareness to healthy eating and active living, and ultimately promote holistic health within academia.

### MINIMUM GUIDELINES FOR POLICY:

- Include goals for physical educational, nutritional promotion, and other activities to promote school wellness
- Provide nutritional guidelines and policies for any food and beverages obtainable on campus, and marketing
- Involve students, parents, school food representatives, health professionals, etc. to participate in policy development and implementation.
- At least once every three years measure compliance, comparisons, and progress.
- Inform the general public of the policy, and measurement assessments
- Identify one or more school officials with proper authority to monitor compliance

### District 7 Purpose of Wellness

Spartanburg School District Seven recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. Spartanburg School District Seven is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, while also advocating regular and physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### **IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENSURE THE FOLLOWING:**

#### Goals for Health and Wellness:

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, creating food environments that encourage healthy choices, and encouraged participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion may also include marketing and advertising nutrient-rich foods and beverages to students. Nutrition promotion is most effective when consistently implemented through a comprehensive, multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.

Spartanburg School District Seven will promote healthy food and beverage choices throughout the school campus and will encourage participation in school meal programs. Such promotion will occur through the use of evidence-based health food promotions such as the Smarter Lunchroom techniques, and through adherence to the policy that 100% of foods and beverages will meet the USDA Smart Snacks in School nutrition standards.

#### Nutrition Education:

District Seven is committed to providing healthy meals that include an array of fruits, vegetables, whole grains, and fat-free or low-fat-milk that are moderate in sodium, low in saturated fat, and without trans fat per serving (as specified by nutritional label of manufacturer). Furthermore, District Seven is dedicated to meeting the nutritional needs of school children regarding caloric intake. The District Seven meal program aims to improve the diet and health of school children, aid in mitigating childhood obesity, model healthy eating to support the development of healthy lifelong eating patterns, and support healthy decision making while accommodating cultural food preferences and special dietary needs.

Every school within District Seven participates in the USDA Child Nutrition Program through the National School Lunch Program (NLSP) and the School Breakfast Program (SBP). Each school offer meals that are accessible to all students, appealing to children, served in clean and pleasing environments, meet or exceed current nutrition requirements, and promote healthy food and beverage choices through the use of Smarter Lunchroom techniques.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### **IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENDURE THE FOLLOWING:**

Students in pre-kindergarten through fifth grades will be provided a minimum of twenty minutes to eat lunch once food has been received. Schools will not use food or beverages as a means to reward children, or withhold food or beverages as a method of punishment. Teachers are provided with an assortment of alternatives for behavior management.

In order to promote hydration, water that is safe, free, and unflavored will be readily available to all students throughout the day at every District campus. Drinking water will also be available wherever school meals are served for the duration of all mealtimes.

Spartanburg School District Seven will teach, model, encourage, and support healthy eating by all students. Furthermore, schools will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- Education that fosters adoption and maintenance of health eating behaviors which include, but are not limited to, acquiring skills for reading food labels and menu planning
- Education that follows the sequential Comprehensive Standards-Based Health Education Program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Nutrition promoting fruits, vegetables, whole-grain products, low-fat dairy products, fat-free dairy products, and health food preparation methods
- Education and nutrition that emphasize a caloric balance between food intake and energy expenditure
- Education comprised of links to school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other nutrition-related services.

#### Competitive Foods and Beverages

District Seven is committed to ensuring that all foods and beverages available to students on campus during the school day, supports health eating. Food and beverages sold outside of the school meal programs (i.e., competitive foods and beverages) to include vending machines, a la carte selections, beverage contracts, concessions, school stores, classroom parties, and school celebrations will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Spartanburg District Seven will establish standards for food available, but not sold, during the school day across school campuses.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENDURE THE FOLLOWING:

Food sold as fundraisers on school campuses during school hours must meet the Competitive Food Standards. The number of fundraisers exempt from the nutrition requirements will be determined by the State Board of Education.

#### Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Marketing may include any oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment that is displayed during the school day, such as marquees, message boards, scoreboards, or backboards (***Note: Immediate replacement of these items is not required; however, the district will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with this policy.***)

District Seven is committed to providing a school environment that ensures that all students have the opportunity to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district aims to teach students how to make informed decisions regarding nutrition, physical activity and health. Subjecting students to advertising on district property that contains messages that do not align with the health information provided through district education and health promotion, ultimately weakens district efforts.

District Seven intends to protect and promote student health by permitting marketing and advertising that is consistent with the district's wellness policy, and only for food and beverages permitted for selling on school campus

Food and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks standards. Smart Snacks standards do not apply to marketing that occurs at events outside of school hours, such as after school sporting events or school fundraisers.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENDURE THE FOLLOWING:

**Contracts for goods or services that include a food and beverage marketing component executed after June 30, 2017, must conform to federal nutrition standards. No exceptions will be granted.**

#### Physical Activity

Students in Spartanburg School District Seven should participate in at least sixty minutes of physical activity daily. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity before, during, and after school, staff involvement, and family and community engagement.

Schools may promote opportunities for physical activity through in-school announcements, newsletters, posters, etc. District Seven is committed to providing physical activity opportunities, and district schools will ensure that various opportunities for physical activity are provided in addition to, and not as a substitute for, physical education.

District Seven encourages the use of physical activity as a reward when feasible. Physical activity during the school day will not be withheld as punishment for any reason. Such activities include, but are not limited to, recess, classroom physical activity breaks, or physical education. These regulations do not include participation on sports teams or other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.

#### Physical Education

District Seven will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will also help students develop the skills necessary to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. *201 Seven policy and legislative update; see policy IHAE (Physical Education) for more information on physical education.*

All students will be provided equal opportunities to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for every student, adapting physical education classes and equipment as necessary.

District Seven will integrate wellness activities into school events, field trips, dances, assemblies, other food and beverage venues, and physical activity facilities.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### **IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENDURE THE FOLLOWING:**

All school-sponsored events will adhere to the Wellness Policy guidelines, and all school-sponsored wellness events will include physical activity and healthy eating opportunities as appropriate.

District Seven will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so that all efforts are cohesive and work towards the same goals and objectives, which will ultimately promote student well-being, optimal development, and strong educational outcomes. Each school in the district will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district's curriculum specialists.

All efforts related to obtaining federal, state, or association recognition for efforts or grants/funding opportunities for healthy school environments will be coordinated with, and complementary of, the Wellness Policy which includes, but is not limited to, ensuring the involvement of the district wellness committee.

#### Community Health Promotion and Family Engagement

District Seven will promote the benefits and approaches for health eating and physical activity to parents/legal guardians, families, and the general community throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information regarding health promotion efforts. District Seven will use electronic mechanisms such as email and district wide website notices, as well as non-electronic mechanisms such as newsletters, presentations, or sending information home in order to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

#### Coordinated School Health Advisory Council

Wellness committee:

Spartanburg District Seven will convene a wellness committee of Coordinated School Health Advisory Committee (SCHAC) that meets on a regular basis during the school year in order to establish district wellness goals and oversee school health and safety policies and programs. Program and policy development, implementation, period reviews, and updates are included within the roles of the wellness committee.

# SCHOOL HEALTH RESOURCE:

## The What and Why

### **IT IS THE POLICY OF SPARTANBURG COUNTY SCHOOL DISTRICT 7 BOARD TO ENDURE THE FOLLOWING:**

Wellness committee members will include, to the extent possible, parents/legal guardians, students, district representatives, nutrition services, physical education teachers, school health professionals, the school board, school administrators, and also the general public. The assistant superintendent for student services will be the designated officer for ensuring district compliance with the wellness policy, as well as overseeing the wellness committee.

District Seven will notify the public annually concerning the content and implementation of the wellness policy and share any policy updates.

Every three years District Seven will assess its compliance with the wellness policy, how it compares to wellness policy models published by the state and federal agencies, and the district's progress meeting policy goals. The results of such assessment will be made available to the public in order to showcase the wellness efforts being made by the district and how each school is in compliance. Following the assessment, the district will update or modify the policy as necessary, and share the changes with the public.

#### Recordkeeping

District Seven will retain record in order to document compliance with wellness policy requirements. Documentation maintained by the district will include, but not be limited to, the following:

- The written wellness policy
- Documentation demonstrating the policy's availability to the public
- Documentation of efforts to review and update the policy, including an indication of who is involved in updating and methods used to inform stakeholders of their ability to participate on the wellness committee
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the wellness policy
- Documentation demonstrating that the most recent assessment on the implementation of the wellness policy has been made available to the public

# SCHOOL HEALTH RESOURCE: Linking Nutrition & Activity to Student Achievement

OBESITY PREVALENCE IS HIGHER  
AMONG YOUTH AGE 6-11 YEARS (18.4%)  
AND ADOLESCENCE AGE 12-19 YEARS  
(20.6%) COMPARED TO CHILDREN AGED  
2-5 YEARS (13.9%).

Healthy School. (2018, January 29). Retrieved  
from  
[https://www.cdc.gov/healthyschools/obesity/  
fatc.htm](https://www.cdc.gov/healthyschools/obesity/fatc.htm)

CDC Recommends a multi-  
component approach referred to as  
the Comprehensive School Physical  
Activity Program (CSPAP). The  
Program merges physical education,  
physical activity in the classroom,  
family and community engagement  
activity, staff involvement, and  
physical activity before and after  
school, with a goal of increasing daily  
physical activity (Healthy School,  
2018).

Health Schools. (2018, January 18).  
Retrieved from  
[https://www.cdc.gov/healthyschools/  
physicalactivity/index.htm](https://www.cdc.gov/healthyschools/physicalactivity/index.htm)

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## The Research

Asigbee, Whitney, and Peterson (2018) note an indication that proper nutrition and physical activity levels significantly predict achievement scores. A recent study utilized a linear regression analysis with resampling correction in order to analyze the relationship among physical activity, nutrition, and academic achievement (Asigbee et al., 2018). Control factors included socioeconomic status, sex, and age; a nonactive, unhealthy nutrition group was compared to a physically active, health nutrition group on standardized tests of academic achievement (Asigbee et al., 2018). The study found that the active, healthy nutrition group scored higher on areas of math, science, and reading (Asigbee et al., 2018). Ultimately, findings indicate a strong connection between adequate physical activity and nutrition, and the average performance within the student population (Asigbee et al., 2018).

Asigbee, F. M., Whitney S. D., & Peterson, C. E. (2018). The Link Between Nutrition and Physical Activity in Increasing Academic Achievement. *Journal of School Health*, 88(6), 407-415. doi:10.1111/josh/12625

# SCHOOL HEALTH RESOURCE: Linking Nutrition & Activity to Student Achievement

## THE IMPACT ON ACADEMICS

- Physical activity increases the heart rate, which in turn increases circulation and oxygen to the brain. When the brain is oxygenated, it functions at a higher capacity and efficiency.
- Low activity levels and poor nutrition increase risks of obesity, which will often create social and physiological problems that may contribute to an inability to focus and absenteeism.
- Several studies have resulted in a conclusion that links physical activity and nutrition to academic performance.

### The Impact on Emotional Health

- Overweight children have increased risk of depression and often experience teasing and bullying.
- Overweight children also tend to have increased risk of anxiety related to social factors

### THE IMPACT ON PHYSICAL HEALTH

\* OBESE CHILDREN HAVE INCREASED RISK FOR DIABETES, HEART DISEASES, TYPES OF CANCER, ETC.

\* CHILDREN WITH OBESITY ARE MORE LIKELY TO HAVE OBESITY AS ADULTS

# SCHOOL HEALTH RESOURCE: Nutrition in School

## HEALTHY SCHOOL EATING

Each school within the District participates in the USDA Child Nutrition Program through the National School Lunch Program and the School Breakfast Program. All meals meet or exceed current nutrition requirements and promote health food and beverage choices that are also appealing to students.

## SMART SNACKS

The USDA's Smart Snacks in school standards are science-based and practical for all food and beverages sold and served to our student's throughout the school day. The standards and regulations became effective July 1, 2014 and merged with the previous Arizona Nutrition Standards.

The Smart Snacks standards are accompanied with a list of food and beverages that meet the standards for kindergarten through eighth grade; however, the current list is not all inclusive. Finding out whether or not a food or beverage not listed on the list meets standards, resources can be found at <http://tools.healthiergeneration.org/cal/calculator/> .

District school store also operate under the Smart Snacks guidelines and offer selections that are nutrient-rich and not-excessive in amounts of fats, sugars, or sodium.



# SCHOOL HEALTH RESOURCE: Nutrition in School

## NATIONAL SCHOOL LUNCH PROGRAM

On a typical day, 473,000 students are served lunch in South Carolina public schools. A statewide school lunch program was developed in 1933 and the South Carolina state legislature passed a school lunch act in 1943, three years before the National School Lunch Act was passed in 1946.

Lunches supported by Federal dollars must meet specific nutrient requirements and the Dietary Guidelines for Americans. This means menus planned and offered to students must meet one-third of the Recommended Dietary Allowances for calories and key nutrients. Meals are also expected to meet guidelines for lower fat, sodium and sugar content while including more fiber, whole grains, fresh fruits and vegetables.

## CHARTWELLS PARTNERSHIP

Spartanburg District Seven and Chartwells K12 have been in partnership for several years in order to serve the highest quality school meals while following the strictest food safety practices, and ultimately providing students with the nutrition necessary for achievement within the classroom and promoting a lifetime of good health. Students are served nutritious meals daily that include a variety of local fresh fruits and vegetables.

Chartwells K12, in partnership with Spartanburg District 7, provide meals that are available at breakfast and lunch, with some locations offering a snack or dinner program. Meals are planned to offer variety while complying with all USDA guidelines. The program seeks to engage students through nutrition education and innovative programs in both the cafeteria and the classroom, sharing knowledge of life-enhancing benefits of good nutrition with students, our families, and our communities.

The Chartwells Philosophy: We believe that great food, nutrition education, and community engagement can plant the seeds for a lifetime of health, wellness, and happiness for your students. We call this “Eat. Learn. Live.”

# SCHOOL HEALTH RESOURCE: Nutrition in School

## SCHOOL FUNDRAISERS

Any food that meet the competitive food standards may be utilized for fundraisers on school campuses during school hours. The number of fundraisers exempt from nutrition requirements is determined by the State Board of Education

## NUTRITION NUGGETS

Spartanburg School District Seven in proud to serve as a distributor for, and advocate of, Nutrition Nuggets. Nutrition Nuggets is a set of miniature nutrition lessons, in newsletter format, that help to improve student eating and exercise habits, educate parents regarding healthy habits at home, and help children come to school ready to learn. Spartanburg District Seven currently provides access to Nutrition Nuggets on a monthly basis, through Peachjar programming.

Research has shown that students with healthy eating and exercise habits obtain higher test scores, improved concentration, better attendance, fewer disciplinary actions, and overall have greater achievement. Utilizing Nutrition Nuggets not only helps to educate both students and parents, but also accounts for barriers related to practice that include, but are not limited to, preparing nutritious meals on a tight budget, schedule constraints, time allocation for exercise, and making eating and exercise fun.

<https://www.rfeonline.com/nutrition-nuggets/>

# SCHOOL HEALTH RESOURCE: School Based Health Services

## School Based Screenings

Spartanburg District Seven provides mass screenings in accordance with S.C. Department of Health and Environmental Control (DHEC) laws and regulations. District services include hearing, vision, oral health, body mass index (BMI), and blood pressure screenings respectively.

### Vision Screening

According to SC DHEC and the Individuals with Disabilities Education Act, students should be screened for visual deficiencies.

Early detection can help prevent academic and social delays, as well as negative health and safety impact.

It is recommended that all students in Early Childhood Development or Head Start programs, preferably within two months of enrollment unless otherwise specified, be screened. Additional recommendations note screening for all students in grades K, 1, 2, 3, 5, 7, and at least once in grades 9-12.

### Hearing Screening

According to requirements from the SC Department of Health and Environmental Control and the Individuals with Disabilities Education Act, students should be screened for hearing deficiencies. Released reports show that early detection of hearing loss is vital for prompt rehabilitation and remediation.

It is recommended that all students in Early Childhood Development or Head Start programs, preferably within two months of enrollment unless otherwise specified, be screened. Additionally, recommendations note screening for all students in grades K, 1, 2, 3, 5, and 7.

# SCHOOL HEALTH RESOURCE: School Based Health Services

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## BMI SCREENINGS

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BMI recommendations correlate with SC Code of Laws Section 59-10-10. It is recommended that all students in grades 5, 8, and at least once in grades 9 through 12 are screened. Body composition measures are reported by physical education teachers to a student's parent/guardian as part of the individual student's overall fitness status. BMI is the most commonly used index of overweight and obesity in childhood and adolescence.

Spartanburg District Seven promotes a safe and supportive environment for the discussion and interventions related to BMI, as well as a comprehensive set of strategies to reduce and prevent obesity.

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## BLOOD PRESSURE SCREENINGS

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BMI recommendations correlate with SC Code of Laws Section 59-10-10. It is recommended that students receive blood pressure screening at least once in grades 9 through 12.

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## FITNESS GRAM

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In 1982, The Cooper Institute launched FitnessGram, a non-competitive health-related fitness assessment that is based on scientifically established Healthy Fitness Zone standards. The tool was developed in effort to aid schools in evaluating and evolving their physical education programs into educational experiences that support the whole child.

FitnessGrams are utilized across schools nationwide and reaches over ten million children across the United States. Use of fitnessgrams allow teachers, parents, administrators, and students to know, understand, and make positive impacts to change their health, which in turn builds the healthy habits necessary to create a healthy and sustainable future.

<http://www.cooperinstitute.org/fitnessgram>

# SCHOOL HEALTH RESOURCE: School Based Health Services

## CHILD FIND

**What:** Child find is a component of the Individuals with Disabilities Education Act which mandates that states identify, locate, and evaluate all children with disabilities between 3 and 21 years of age, who need educational services and early intervention.

**Who:** Any parent or caregiver who have concerns about their child in one or more of the following areas: hearing, vision, communication, cognitive, motor, daily living, or social/emotional skills.

**How:** Once a concern is identified, the elementary program specialist is contacted and a Child Find evaluation is set up. Following evaluation, team participants (which include the parent, educators, district specialists, etc.) review the results, discusses educational needs, and develops a plan to meet any identified needs as appropriate.



# SCHOOL HEALTH RESOURCE: School Based Health Services

## DENTAL SUPPORT

### Overview:

Spartanburg District Seven takes active and intentional steps toward establishing and nurturing relationships with community resources that will benefit our students. Our partnership with Healthy Smiles has allowed us to promote better dental care for our students across Spartanburg County.

Healthy Smiles operates from their mission of promoting dental care for children through outreach, education, and free screenings for all children, as well as free dental care clinics for those who qualify.

The Health Smiles dental care program covers school-aged children in grades K4-12 in Spartanburg County, including students who are home schooled. Based off of the assessment conducted by dental professionals during the screening, parents receive results and can elect a referral to the Healthy Smiles clinic.

### Eligibility:

Eligibility for free dental care requires a child to be age 4-18 years old, live in Spartanburg County, and qualify for a free or reduced school lunch program. Participants are eligible whether attending a public, private, or home school. Additionally, participants cannot have private dental insurance or Medicaid

Free dental care clinics are held on specific Fridays and Saturdays at the dental clinic at Spartanburg Community College.

Healthy Smiles also offers also distributes toothbrushes and dental care information, provides training to healthcare providers and educators on dental care for children, offers speakers to address various groups, collaborates with health-oriented organizations, and helps to create educational opportunities and prevention strategies for healthcare partners, schools, and other groups.

# SCHOOL HEALTH RESOURCE: School Based Health Services - Safety and Wellness

## SCHOOL NURSES

Spartanburg District Seven take the steps necessary to ensure that every school setting is equip with certified professionals, who are able to respond to daily and emergent needs of both students and staff.

District Seven school nurses are Registered Nurses with certification to practice in the state of South Carolina. All nurses have received education from a higher institution of learning and have successfully gained certification.

### School Nursing Service Vision Statement

The vision of Spartanburg County School District Seven nursing service is to promote the safety, health, and wellness of students, while enhancing the educational environment by preventing, limiting, and removing health-related barriers to learning. Furthermore, we seek to promote decision making that lead to each student's optimal level of wellness and success.

### School Nursing Service Mission Statement

*The mission of Spartanburg County School District Seven nursing service, in collaboration with parents and community members, is to ensure a maximum educational experience for all students so that they learn to think and apply the knowledge and skills necessary to become successful, productive citizens.*

This mission is accomplished through the implementation of health services including, but not limited to: the care of ill and injured students and staff, administration of medications, performance of various nursing procedures, management of communicable disease outbreaks, health screenings, health education, health counseling of both students and parents, compilation of health-related data, consultation with teachers, parents, health departments, area physicians, and other community agencies, ensuring the physical safety and well-being of students and staff, and the evaluation of daily environments. The school nurse performs health services that are in compliance with federal, state, and local laws governing the implementation of these services.

# SCHOOL HEALTH RESOURCE: School-Based Health Services - Safety and Wellness

## FIRST-RESPONDERS

Spartanburg County School District Sevens provide a first responder team for all schools that are comprised of school nurses, administrators, and faculty. Often times, first responders are among the earliest to arrive to the scene of a medical emergency or accident. It is imperative that emergency situations are quickly assessed for administrative notification, first-aid needs, and warranting of emergency services.

### Training

First responders are trained annually to obtain the American Heart Association Heartsaver certification. Annual trainings are comprised of first-aid, cardiopulmonary resuscitation (CPR), and automate external defibrillator (AED) education.

## SCHOOL RESOURCE OFFICERS (SRO)

Spartanburg County Sheriff's Office SRO Division, in partnership with Spartanburg School District Seven, aim to provide a safe learning environment through prevention, intentional interaction, and the development of professional relationships with administrators, faculty, staff, and students. Each District Seven school has an on-duty SRO for the duration of the school day, as well as during school events and activities to aid in ensuring a safe and prepared environment for students and staff at all times.

### Objectives:

1. Protect students and faculty of all Spartanburg County Schools.
2. Develop a professional relationship with administration and staff.
3. Develop and maintain an excellent rapport with students.
4. Make recommendations for preventative measures and programs.

### Goals:

1. To provide consistent and equal services to all schools.
2. To achieve accountability by managing the division through checks and balances.
3. Reduce the number of times officers leave campus while school is in session.

# SCHOOL HEALTH RESOURCE: School-Based Health Services - Safety and Wellness

## SCHOOL PSYCHOLOGIST

District Seven school psychologists apply their expertise in mental health, learning, and behavior to help students succeed academically, socially, and emotionally. Such success is achieved by working with students individually, or in a group setting, to deal with various behavioral conditions, learning difficulties, disabilities, emotional struggles, etc.

School psychologist provide services that help student access tools that aid in engagement, and promote a school climate appropriate for learning. Furthermore, psychologist work directly with parents, teachers, and the student to foster a healthy learning environment.

Responsibilities include:

- Conducting and interpreting psychological evaluations
- Serving as a team member in initial 504 meetings
- Supporting each student's Individualized Educational Plan by working with a multidisciplinary team
- Teaching pro-social behaviors to students within the school environment
- Developing new interventions for teaching staff
- Counseling students individually or in groups
- Meeting with parents and facilitating workshops and training for parents and teachers
- Offering grief or emergency counseling services.

## SCHOOL COUNSELING PROGRAM

Spartanburg School District Seven's school counseling program is designed to promote the academic, career, social, and emotional development of all students, and is an integral part of the district's total educational program. The counseling program is comprehensive in scope, preventative in design, developmental in nature, driven by data, and imperative to district curricula and instruction. School counselors serve as student advocates, uniting the school, family, and community, and ultimately helping to provide positive and individualized growth for each student.

# SCHOOL HEALTH RESOURCE: Community Partnership

## Spartanburg's Way to Wellville

2018 marks the beginning of year four of Spartanburg's journey on its Way to Wellville. Spartanburg was selected as one of five communities to develop new and innovative solutions to improve community health.

Sponsored by HICcup, Spartanburg's Way to Wellville aims to improve health outcomes in the areas of access to care for the uninsured, health for the insured, kindergarten readiness, obesity prevention, and community pride.

We hope for the Way to Wellville to inspire everyone in the community to create the changes necessary for better health.

Every year, Spartanburg's Way to Wellville look to health from Spartanburg community and residents in order to provide input on community health and wellness. Through the feedback provided, the program is molded in a manner that births progression and effective change for all those involved.

<https://www.maryblackfoundation.org/2017/01/03/spartanburgs-way-wellville-3/>

## Eat Smart Move More

During December of 2016, the Spartanburg Childhood Obesity Taskforce transitioned to Eat Smart Move More, Spartanburg. The transition marked an expansion of focus that includes the Healthy Community 50 Project, Way to Wellville Obesity Prevention team, and other existing projects.

Mission: To advance community-led change to reduce obesity, by making the healthy choice the easy choice for every South Carolinian.

Eat Smart Move More is a 501 (c)(3) non-profit organization that works in conjunction with community partners in order to create active living and health eating options where we live, learn, work, pray, and play. The focus of the Eat Smart Move More team is community action, advocacy, and youth engagement. The objective is to ultimately reduce South Carolina's high obesity rates.

<http://eatsmartmovemore.org/spartanburgcounty/who-we-are/>

# SCHOOL HEALTH RESOURCE: Community Partnerships

## COORDINATED SCHOOL HEALTH ADVISORY COUNCIL (CSHAC)

South Carolina Code 59-20-330

Each school district shall establish and maintain a Coordinated School Health Advisory Council (CSHAC) to assess, plan, implement, and monitor district and school health policies and programs, including the development of a district wellness policy. The council must be composed of members of the community, school representatives, students, parents, district food service employees, and school board members.

Each district, in collaboration with the CSHAC, shall develop a school health improvement plan that addresses strategies for improving student nutrition, health, and physical activity and includes the district's wellness policy. The school health improvement plan must report compliance with the requirements contained in Section 59-10-310. The district health improvement plan goals and progress toward those goals must be included in the district's strategic plan required pursuant to Section 59-20-60.

Each school board of trustees shall establish health and nutrition policies for its elementary schools designed to limit vending sales and sales of foods and beverages of minimal nutritional value at any time during the school day except in the case of medical emergency and special occasions celebrated during school hours. However, this policy does not restrict the food that a parent or guardian may provide for his child's consumption at school. A school district board of trustees may adopt a more restrictive policy.

## COMPREHENSIVE HEALTH EDUCATION ADVISORY COMMITTEE (CHEAC)

Spartanburg School District Seven facilitates the organization and work of a thirteen member CHEAC, which meets quarterly. The committee serves in an advisory capacity and reviews curriculum related to comprehensive and reproductive health. The committee is legislated via the Comprehensive Health Education Act of 1988, and is comprised of parents, healthcare professionals, health teachers, community members, clergy, and students. The primary function of the CHEAC is to review reproductive health curricula and make recommendations to the administration.

# SCHOOL HEALTH RESOURCE: Community Partnerships

## SPARTANBURG SCHOOL DISTRICT SEVEN AND REGENESIS HEALTHCARE

Spartanburg School District Seven has established and maintained a multi-faceted relationship with Regenesi Healthcare, and includes a health clinic located on the campus of Park Hills Early Learning Center. Additional facets of our partnership with Regenesi Healthcare include annual influenza vaccination clinics for both students and staff, and TDAP clinics for rising seventh graders.

District Seven and Regenesi Healthcare are currently in discussion of providing school-based wellness screenings as well as extensive immunization clinics at this time.

## SPARTANBURG SCHOOL DISTRICT SEVEN AND SPARTANBURG REGIONAL HEALTHCARE SYSTEM: TELEHEALTH

A telehealth piloting program is currently effective at Cleveland Leadership Academy. The pilot program is rooted in the growing use of telehealth and will be one of the first of its kind in the Upstate. More than fifty schools located in the lower state have adopted the innovative practice of telehealth, and are currently gathering data from improvement and efficacy.

Dr. Marc Bingham, the Chief Medical Information Officer and Medical Director of Telehealth Services for Spartanburg Regional, says the technology associated with the system will allow school nurses to facilitate a virtual exam with a pediatrician located at the hospital. Simple procedures like checking for an ear infection, examining a sore throat, or listening to the lungs can all be accomplished with high-power scopes provided by Spartanburg Regional through the South Carolina Telehealth Alliance.

# SCHOOL HEALTH RESOURCE: Community Partnerships

## SPARTANBURG SCHOOL DISTRICT SEVEN AND SPARTANBURG REGIONAL HEALTHCARE SYSTEM: TELEHEALTH

Moreover, Dr. Bringham expresses that a wide range of illnesses can be treated through school-based telehealth including cold and flu, fever, strep throat, asthma, lice, pink eye, ear infections, sprains, etc.

“The beauty of the program,” says Bingham, “is that children and their families won’t have to wait for a traditional appointment or spend time away from school going to the doctor’s office. And while parents won’t have to leave work, they can easily participate in their child’s care by calling into the school nurse’s office when their child is scheduled to “meet” the doctor. The telehealth program is a great way to provide easy access to quality health care and respond to the needs of our community.”

Dr. Russell W. Booker, Superintendent of Spartanburg School District 7 says the innovative program speaks to the District’s mission to care for the whole child. “When we talk about the health and wellbeing of our children, we’re not just talking about their success in the classroom. It’s our job to inspire and equip our students to be the best they can be. When our children are healthy and well, when they’re engaged and excited about learning there’s nothing they can’t accomplish. This joint effort between District 7 and Spartanburg Regional is a plus for our families and it also compliments the economic development and sense of neighborhood that’s being developed through the Northside initiative.”

# SCHOOL HEALTH RESOURCE: Community Partnerships

## GIFTS IN KIND CENTER

An exciting partnership between Exel Logistics and United Way of the Piedmont that has led to the establishment of a Gifts-in-Kind Center in Spartanburg County. Exel Logistics has recently opened a return center in Spartanburg that manages returned and damaged merchandise from major retail outlets in the southeast. When products arrive at the return center, they are sorted and handled based on supplier instruction. Items are then either returned to the supplier, or are donated to the local community for use in nonprofit organizations. On a daily basis, deliveries from DHL arrive at the Gifts-In-Kind Center operated by United Way of the Piedmont and are distributed across the county.

Member agencies have the ability to schedule appointments at which time they can shop for products that are used to serve clients in need across the district.

Spartanburg School District Seven has three accounts so that trained school personnel may shop weekly and secure items to assist our families in need. Many of these items are maintained in areas accessible to our district social workers and are able to be distributed to families and also stock pantries and clothing banks within our schools. Additionally, The Early Learning Center at Park Hills currently has a store where parents can select items following their participation in school meetings.

## Recreational Facilities and Playgrounds

The City of Spartanburg and Spartanburg School District Seven have pooled their resources to meet youth and community demands for more developmental and recreational opportunities for their citizens. This partnership facilitated the planning and joint use of facilities and grounds for the benefit of students and community members.

All public facilities and grounds shall benefit, and be used by, Spartanburg children, adults, and families to the maximum extent possible. The District and City seek to help young people learn and develop recreational skills, and provide opportunities for people of all ages to participate in recreation activities in order to foster community learning and vitality.

# SCHOOL HEALTH RESOURCE: Community Partnerships

## Swimming Lessons

Students enrolled in the Spartanburg District Seven Early Learning Center and Park Hills have the opportunity to take swimming lessons at the YMCA.

Students are provided transportation and taken to the YMCA two days per week, for a duration of six weeks, where they are taught skills needed for swimming efficiency and water safety. All education is provided by a certified lifeguard and/or swimming instructor.

## Parent Involvement Facilitators:

Spartanburg School District Seven employs three Title I, Parent Involvement Facilitators who serve as liaisons between the school and families. Parent Involvement Facilitators seek to improve home/school relations and communication. In addition, the facilitators intentionally provide opportunities for parents to participate in surveys, decision-making groups, parenting workshops, and other activities. Furthermore, Parent Facilitators work diligently to connect families with community agencies and resources, and secure any needed services.

# SCHOOL HEALTH RESOURCE: A Holistic Approach

## REHABILITATIVE BEHAVIORAL HEALTH SERVICES (RBHS)

THE RBHS SUPPORT SERVICES ARE AVAILABLE TO ALL MEDICAID BENEFICIARIES THAT HAVE A BEHAVIORAL HEALTH DISORDER. RBHS AID STUDENTS WITH MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS IN THE DEVELOPMENT OF SKILLS NECESSARY IN ORDER TO BE SUCCESSFUL IN BOTH SCHOOL AND HOME SETTINGS. RBHS SERVICES INCLUDE, BUT ARE NOT LIMITED TO, BEHAVIOR MODIFICATION, PSYCHOSOCIAL REHABILITATION SERVICES, FAMILY SUPPORT, ETC.

### INDIVIDUAL SERVICES:

INDIVIDUAL THERAPY (IT) ASSISTS THE BENEFICIARY IN THE IMPROVEMENT OF EMOTIONAL AND BEHAVIORAL FUNCTIONING. IT INVOLVES PLANNED THERAPEUTIC INTERVENTIONS TO FOCUS ON ENHANCING THE CAPACITY TO MANAGE EMOTIONS AND BEHAVIORS THROUGH EFFECTIVE DECISION MAKING, DEVELOPING APPROPRIATE COPING SKILLS, ACHIEVEMENT OF PERSONAL GOALS, ETC.

### REHABILITATIVE SERVICES:

REHABILITATIVE SERVICES ARE COMPRISED OF SKILL BUILDING SUPPORT THAT AIMS TO MAXIMIZE RESPONSIBILITY, CONTROL, AND FEELINGS OF SELF-WORTH. SERVICES ENCOURAGE OWNERSHIP IN THE REHABILITATION PROCESS AND INCLUDE BASIC LIVING SKILL DEVELOPMENT, THERAPEUTIC SOCIALIZATION, CONSUMER EMPOWERMENT, AND INTERPERSONAL SKILLS TRAINING.

### CRISIS MANAGEMENT:

CRISIS MANAGEMENT IS A SHORT-TERM SERVICE THAT ASSISTS BENEFICIARIES EXPERIENCING A MARKED DETERIORATION OF FUNCTIONING RELATED TO A SPECIFIC PRECIPITANT, IN RESTORING LEVEL OF FUNCTIONING. THE GOAL OF CRISIS MANAGEMENT IS TO MAINTAIN THE BENEFICIARY IN THE CLINICALLY APPROPRIATE LEVEL OF CARE, WHILE IDENTIFYING COMMUNITY OR PERSONAL RESOURCES AVAILABLE, AND PREVENT SIMILAR OR REOCCURRING INCIDENTS.

### FAMILY SUPPORT:

FAMILY SUPPORT (FS) ENABLES THE FAMILY/CAREGIVER/CUSTODIAN TO SERVE AS A KNOWLEDGEABLE MEMBER OF THE TREATMENT TEAM, AND DEVELOP THE ABILITY TO APPROPRIATELY CARE FOR THE BENEFICIARY. FAMILY SUPPORT IS A MEDICAL SUPPORTIVE SERVICE WITH THE PURPOSE OF TREATING THE BENEFICIARY'S CONDITION.

# SCHOOL HEALTH RESOURCE: A Holistic Approach

## ADOLESCENT FAMILY LIFE

Spartanburg School District Seven has an ongoing partnership with Adolescent Family Life. Naporsha Davis is the district case manager and offers services and support to any pregnancy or parenting teen up to the age of twenty-four years old.

Adolescent Family Life holds weekly classes in addition to monthly home visits, that help with educational attainment and understanding child development. Family members are educated on matters that include, but are not limited to, nutrition, binding, temperament, money management, career choice, and healthy relationships. Additionally, Adolescent Family Life provides support with the provision of diapers, wipes, formula, house supplies, and more.

Adolescent Family Life advocates for clients and partners with the Spartanburg County Doula program through Birth Matters, as well as Nurse Family Partnership.

## NURSE FAMILY PARTNERSHIP

Nurse Family Partnerships operates as a free, voluntary program that partners with first-time moms, offering home visits throughout pregnancy and up until two years' post-partum. Their aim is to empower first-time moms to transform their lives and create better futures for themselves and their babies. They also serve as a resource to medical care, furthered education, career placement, and more.

# SCHOOL HEALTH RESOURCE: A Holistic Approach

## STUDENT INTERVENTION TEAM

THE STUDENT INTERVENTION TEAM (SIT) IS A PROBLEM-SOLVING COMMITTEE AIMED AT RECOMMENDING APPROPRIATE INTERVENTIONS FOR STUDENTS WHO EXPERIENCE DIFFICULTY IN THE SCHOOL SETTING.

EVERY SIT IS TAILORED TO THE NEEDS OF THE REFERRED STUDENT. ALL TEAMS INCLUDE THE SCHOOL GUIDANCE COUNSELOR, SCHOOL PSYCHOLOGIST, A SCHOOL ADMINISTRATOR, THE STUDENT'S GENERAL EDUCATION TEACHER, AND THE PARENT/GUARDIAN OF THE STUDENT. ADDITIONAL PARTICIPATING MEMBERS MAY INCLUDE A SPECIAL EDUCATION TEACHER, SCHOOL NURSE, SCHOOL INTERVENTIONIST, RBHS COUNSELOR, ETC.

POTENTIAL WARRANTS FOR A SIT MEETING INCLUDE ACADEMIC NEEDS OR CONCERNS, ATTENDANCE/TARDY CONCERNS, HEALTH ISSUES, BEHAVIORAL ISSUES, REFERRAL FOR 504 EVALUATION, REFERRAL FOR SPEECH/LANGUAGE SCREENINGS, EMOTIONAL/SOCIAL CONCERNS. OR ANY OTHER CONCERNS THAT CAN IMPACT STUDENT EDUCATION.

THE SIT WILL ULTIMATELY DETERMINE HOW TO HELP REFERRED STUDENTS BE SUCCESSFUL IN SCHOOL THROUGH INTERVENTION, ACCOMMODATIONS, OR MODIFICATIONS NECESSARY.

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## SUBSTANCE ABUSE SUPPORT

Spartanburg District Seven acknowledges the many factors that play a role in student success and have worked to establish relationships with local organizations to promote the health and wellbeing of students and community. District Seven maintains relationship with the Forrester Center, as well as FAVOR Spartanburg and FAVOR Greenville in effort to provide students with any drug related resources that they may need. These organizations serve to improve the lives of community members through prevention, education, and advocacy. Through the promotion of long-term recovery from Substance Use Disorders, and Non-Substance Behavioral Health Therapy, these resources hope to achieve healthier individual, families, and communities.

# SCHOOL HEALTH RESOURCE: A Holistic Approach

## Erin's Law

The South Carolina Legislature passed legislation in 2014 known as Erin's Law, requiring South Carolina school districts to extend their current mandated educational programs in regards to personal safety, abuse education, and prevention curriculum to students in pre-kindergarten through twelfth grades. In grades K5 – 5<sup>th</sup> grades, Spartanburg District Seven uses the Second Step Curriculum. In grades 6 – 8, the district uses the Nu Culture Curriculum, and in grades 9 – 12, the district utilizes a video and lessons developed in collaboration between the Mary Black Foundation and county school districts.

## MENTORSHIP

A MENTOR IS A ROLE MODEL COMMITTED TO SERVING AS A FRIEND FOR A DESIGNATED STUDENT, WITH THE GOAL OF HELPING HIM OR HER ACHIEVE THEIR POTENTIAL WHILE DISCOVERING THEIR STRENGTHS.

THE GOAL OF MENTORSHIP PROGRAMS WITHIN SPARTANBURG DISTRICT SEVEN IS TO SUPPORT AS MANY CHILDREN AS POSSIBLE THROUGH POSITIVE, ONE-ON-ONE RELATIONSHIPS.

RESEARCH SHOWS THAT CHILDREN WHO HAVE A MENTOR OFTEN HAVE A BETTER ATTENDANCE AND BRIGHTER OUTLOOK ON THEIR FUTURE. DISTRICT MENTORSHIP HAS GROWN TO INCLUDE OVER 300 MENTORS, AND IS IN A CONSTANT STATE OF GROWTH.

SPARTANBURG SCHOOL DISTRICT SEVEN HAS HAD THE PRIVILEGE OF WORKING WITH COMMUNITY PARTNERS TO IMPLEMENT AND PARTICIPATE IN MENTORING GROUPS THAT INCLUDE, BUT ARE NOT LIMITED TO, GIRL POWER, TIGER ALLIANCE, GIRLZ UNITED, CEOS, BIG BROTHER, BIG SISTER, AND MENTOR UPSTATE.

# SCHOOL HEALTH RESOURCE: In-School Initiatives

## COMPASSIONATE SCHOOLS

Mental health and social emotional issues of students are often the top concerns listed when educators are asked about what impacts school climate and student learning.

Much has been learned from research into the changes in brain chemistry as a result of chronic stress or trauma. What we know is that when children with stress or trauma backgrounds encounter stressful or “threatening” situations, the brain responds with a flight, fright, or freeze response. Within the brain, the amygdala serves as the alarm bell when we encounter situations. Within the mid-brain limbic system, hormones like cortisol and adrenaline bring us to a heightened state and our survival instincts kick in. From this we can conclude that many of the behaviors teachers and administrators consider most disruptive and maladaptive in the school environment are simply coping and survival strategies that are very much brain-based behaviors.

*The challenge in a Compassionate School model is to change the paradigm in schools to acknowledge that the real question about behavior is “What happened to the student?” as opposed to “What is wrong with the student?”*

Our focus in a school setting is not diagnosis as much as it is to structure educational practices that provide high expectations and opportunities to learn self-regulation strategies that bring the rational, problem-solving part of the brain, the pre-frontal cortex back “on-line.” We work to bring awareness to students’ reactions and teach self-regulation strategies that include mindfulness, breathing, grounding and other skills taught in the Community Resiliency Model developed by the Trauma Resource Institute.

Our district has trained administrators, teachers, nurses, counselors, social workers and assistants over the last three years. While we are still in the beginning stages of our work, we have learned many valuable lessons that are beneficial to any school district choosing to implement trauma-informed and resiliency building strategies.

# SCHOOL HEALTH RESOURCE: In-School Initiatives

1. Resiliency building and trauma-informed care works best within a tiered intervention model, such as Multi-Tiered Systems of Support (MTSS)/PBIS, that is data driven
  - a. School districts often implement multiple initiatives much as those designed to increase academic achievement through literacy, fully integrate technology into instruction, positive behavior intervention, or global education. The combination of individual district programs is often frustrating and overwhelming to school administrators and teachers who are charged with the day-to-day implementation. With a focus on the development of the whole child in a multi-tiered system of support, there is alignment across initiatives working and collaborative efforts across departments and school personnel.
2. Schools must make the implementation fit the needs of the school using current data, training needs, demographics, and resources.
  - a. Compassionate Schools is a framework of supports and strategies developed to fit the needs of each school and individual students with the goal of improved academic and social/emotional growth. Schools must be empowered to use their own school's data, demographic information, and existing resources to develop their plans.
3. Be patient and progress slowly. Culture change takes time.
  - a. School culture does develop over years and changing that culture takes at least three-to-five years of success. Our lesson has been to make the smallest amount of change at each step that will have the maximum outcome. Also, it is essential to know that you may not do everything perfectly or in the right order.
4. Introduce strategies to school and district leadership at every opportunity.
  - a. Shorter amounts of information over a long period is proving very helpful in getting administrative support for school implementation.
5. Build support with community agencies and parent representation.
  - a. To have a full range of supports available for students and parents, it is vital to build partnerships with community agencies who provide services and with parents who can engage with schools and with their student's support. Spartanburg County has numerous agencies and organization that partner with our schools to assist us in developing the whole child.

Spartanburg School District Seven is committed to our efforts to learn and grow in the best interest of students, families, schools, and the community to build resiliency through compassion.

# SCHOOL HEALTH RESOURCE: In-School Initiatives

## WHAT'S BEING DONE WITHIN OUR SCHOOLS:

### P.A.W.S

Positive Attitudes Working for Success, or P.A.W.S., is an initiative in which staff members meet 1:1 with an identified student twice daily. The purpose of the initiative is to develop a personal relationship with, and provide encouragement to, the student.

### RESTORATIVE PRACTICES

The goal of Restorative Practice is to take incidents that may otherwise result in punishment and create opportunities for students to become aware of the impact of their behavior, understand the obligation to take responsibility for their actions and take steps toward making things right. Restorative Practices allows students to stay in school and learn rather than remove them for suspension or expulsion.

### PARENT HONOR ROLL

The Parent Honor Roll is designed to encourage and highlight parental involvement in student academic success. Each quarter, the Parent Honor Roll is celebrated with breakfast hosted at the school.

#### Parent Honor Roll Requirements:

- Read for 20 minutes a day with your student
- Practice math facts for 10 minutes a day
- Student arrive at school on time, with no more than one unexcused absence or tardy each quarter.
- Homework assignments are completed
- Parents sign and return school communication

# SCHOOL HEALTH RESOURCE: In-School Initiatives

## CALM CLASSROOMS

CALM is a part of the Compassionate Schools Project and was developed by Alexis Harris, Research Assistant Professor.

While studying strategies for the promotion of social-emotional competence and wellbeing and prevention of negative consequences of stress, Alexis began to implement and evaluate mindfulness and yoga-based approaches, school-based social-emotional learning interventions, and professional development for educators.

Alexis created a focus on development, teaching prevention, and wellness-promotion curricula for families, children, and educators in both school and community settings, which led to the emergence of CALM. CALM is ultimately a wellness-promotion program that promotes body and emotional awareness, physical wellbeing, stress management, and professional efficacy through practical and accessible practices.

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While the incorporation of CALM classrooms is in the beginning stages, District Seven excitedly anticipates the use of CALM classrooms in every school. The CALM program can currently be seen in some of our elementary classrooms through the incorporation of CALM Zones.

CALM Zones are designated areas within the classroom that have various sensory and calming items available to students. Such items include sensory fidget brushes, noise reduction headphones, fidget rods, emotion putty, round plush mazes, and more.

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# SCHOOL HEALTH RESOURCE: Special Event Services

## WALK/BIKE TO SCHOOL

INTERNATIONAL WALK/BIKE TO SCHOOL DAY IS A WORLDWIDE EVENT THAT INVOLVES OVER 40 COUNTRIES WALKING AND BIKING TO SCHOOL.

WALK/BIKE TO SCHOOL DAY BEGAN IN 1997 AS A ONE DAY EVENT AND SOON BECAME A PART OF THE MOVEMENT FOR YEAR ROUND SAFE ROUTES TO SCHOOL

EACH OCTOBER, SCHOOLS ACROSS ALL 50 STATES, PUERTO RICO, AND THE DISTRICT OF COLUMBIA PARTICIPATE.

SPARTANBURG DISTRICT SEVEN TAKES PRIDE IN THE SAFE ROUTES TO SCHOOL PROGRAM, WHICH ENCOURAGES AND ENABLES CHILDREN TO WALK AND BIKE TO SCHOOL THROUGH A COMBINED EFFORT OF PHYSICAL CHANGES TO THE ENVIRONMENT AND EDUCATIONAL MEASURES WITHIN THE SCHOOL. THE SAFE ROUTES TO SCHOOL PROGRAM IS COMMUNITY CENTERED AND FOCUSES ON CREATING A SAFER, MORE INVITING ENVIRONMENT THAT ENCOURAGES MORE PARENTS/LEGAL GUARDIANS AND CHILDREN TO WALK/BIKE TOGETHER TO AND FROM SCHOOL.

## RED RIBBON WEEK

THE NATIONAL RED RIBBON CAMPAIGN FIRST BEGAN IN 1985, WHEN THE NATIONAL FAMILY PARTNERSHIP ORGANIZED A CAMPAIGN TO BRING DRUG AWARENESS TO PEOPLE AROUND THE WORLD.

THE ACT OF WEARING RED RIBBONS BEGAN IN 1985 AFTER THE MURDER OF DEA AGENT ENRIQUE CAMARENA, WHICH WAS IN RELATION TO HIS WAR AGAINST DRUG TRAFFICKING. PARENTS AND YOUTH ACROSS THE WORLD BEGAN DISPLAYING RED RIBBONS AS A SYMBOL OF THEIR COMMITMENT TO RAISE AWARENESS REGARDING THE DESTRUCTION AND KILLING CAUSED BY DRUGS.

SPARTANBURG DISTRICT SEVEN VALUES EXCELLENCE, INNOVATION, TRADITION, HOPE, ENGAGEMENT, WELL-BEING, AND RELATIONSHIPS; DRUG USE AND EXPOSURE HAS THE ABILITY TO IMPACT EACH OF THESE VALUES. THROUGH PARTICIPATION IN RED RIBBON WEEK, DISTRICT SEVEN AIMS TO EQUIP STUDENTS, STAFF, AND COMMUNITY MEMBERS WITH THE EDUCATION NEEDED TO LIVE DRUG FREE.

WHILE DISTRICT SEVEN RED RIBBON WEEK ACTIVITIES ARE TAILORED TO THE RESPECTIVE SCHOOL POPULATION, ACTIVITIES GENERALLY INCLUDE THE DISPLAY OF RED RIBBONS, APPAREL THEME DAYS, AND COMMUNITY EVENTS.

# SCHOOL HEALTH RESOURCE: The Research

## GALLUP

IN 2015, THE GLOBAL POLLING SYSTEM GALLUP CONDUCTED A SURVEY OF OVER 900,000 STUDENTS FROM 3300 SCHOOLS ACROSS THE U.S. THE INTENTION OF THE SURVEY WAS TO MEASURE FACTORS OF ENGAGEMENT, HOPE, AND WELL-BEING OF CHILDREN IN GRADES 5-12 THAT SIGNIFICANTLY LINK TO SUCCESS IN SCHOOL.

IN 2017, MORE THAN 3000 DISTRICT SEVEN STUDENTS PARTICIPATED IN THE GALLUP POLL, ANSWERING A SHORT LIST OF NON-COGNITIVE QUESTIONS THAT ALLOWED THEM TO VOICE THEIR THOUGHTS REGARDING THEIR QUALITY OF EDUCATION, SENSE OF BELONGING AT SCHOOL, AND EXPECTATIONS FOR THE FUTURE. SINCE THE INITIAL POLLING, THE SURVEY HAS BEEN DEVELOPED TO ALLOW FOR THE IMPROVED GAUGING OF STUDENT'S ENTREPRENEURIAL ASPIRATIONS, AS WELL AS THEIR CAREER AND FINANCIAL LITERACY.

ULTIMATELY, USE OF THE GALLUP STUDENT POLL PROVIDES INSIGHT FOR THE IMPROVEMENT OF EDUCATIONAL OUTCOMES AND ALLOWS FOR THE CREATION OF DATA-DRIVEN STRATEGIES WITHIN THE DISTRICT THAT WILL NOT ONLY IMPROVE SCHOOLS, BUT ALSO SHAPE COMMUNITY EFFORTS FOR STUDENT SUCCESS.

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## COMMUNITIES THAT CARE (CTC) SURVEY

This report presents results of the South Carolina Communities That Care (SC CTC) Survey for Spartanburg County. The SC CTC Survey was sponsored by the South Carolina Department of Alcohol and Other Drug Abuse Services (DAODAS). The survey was managed, distributed, and processed by System Wide Solutions, Inc. (SWS). SWS collaborated with DAODAS, the county prevention agencies, and school districts, to administer the survey in 30 counties in South Carolina in February and March 2018. This report was prepared by the Pacific Institute for Research and Evaluation (PIRE).

The 2018 CTC survey contains 89 items which comprise a number of domains, including student demographics, current and lifetime use of various substances, access to and sources of substances, disapproval of use, risk perceptions, risk behaviors, and perceived peer and parental attitudes. Most domains include multiple items that measure different aspects of the domain. The focus of most of the substance use-related items is on tobacco, alcohol, and marijuana, although items about other drugs and risk behaviors are included as well. This report provides frequencies and prevalence estimates for each item in the survey.

# SCHOOL HEALTH RESOURCE: The Research

## COMMUNITIES THAT CARE (CTC) SURVEY

The results contained in this report are based on weighted data. The purpose of weighting the data was to better represent the larger student population in each county from which the student survey samples were drawn. Data was weighted according to characteristics that are known to be associated with substance use. For example, substance use is known to vary by grade and race/ethnicity. For this reason, we weighted the survey data by grade level and race/ethnicity (white, non-white) so that the students who were surveyed would better reflect the county's student population and the survey results would be more accurate.

Although the weighting methods were designed to help improve the accuracy of the results, they nonetheless have some limitations. To preserve as much survey data as possible, we used a liberal threshold for acceptable weights. As such, the resulting estimates may be, in some cases, heavily influenced by the responses of a small number of students.

# SCHOOL HEALTH RESOURCE:

*Spartanburg School District Seven Department of Health Services is dedicated to the belief that students must maintain a healthy and balanced life in order to reap the benefits of a Spartanburg School District Seven education. The mission of the Health Center is to promote and maintain the good health of students by modifying or removing health-related barriers to learning. It is our goal to help students better understand the world they live in so that they make well-informed decisions regarding their health, wellness and academic endeavors.*