

**BUILDING STRONG FOUNDATIONS**

# **Healthy Students Thriving!**

OFFICE OF STUDENT SERVICES





# Strive TO Thrive!



The Office of Student Services' departments support the physical, emotional, educational and behavioral needs of Saint Paul students. We are united in the desire to see healthy students reach their full potential in our schools and communities.

Prevention, intervention and referral for students and families are major tasks of the Guidance and Related Services department. Many of these services address emotional and cognitive factors that interfere with learning and performance. In particular, the department supports individual schools with counseling services and crisis response teams.

The Guidance department offers several programs to support students in achieving post-secondary and college readiness. These include:

The Multicultural Excellence Program, which provides college preparation and mentorships for students of color in grades 7-12.

The Destination 2010 program. Students who graduate from a Saint Paul public high school and who remain continuously enrolled will receive a scholarship of \$10,000 for college or \$5,000 for technical school.

The Guidance department also serves as a resource for other Saint Paul Public Schools departments on issues such as school quality, research and development and academic excellence.

It supervises district-wide programs such as the Safe and Drug Free Schools (Title IV) initiative, and provides professional development for district staff.

Guidance Department staff members also serve as liaisons with state and national student wellness programs such as the UCLA Center for Mental Health Advisory and the National Leadership Institute for Coordinated School Health.

651-603-4946  
[studentsupport.spps.org](http://studentsupport.spps.org)



**“There is a brilliant child  
locked inside every student.”**

**– Marva Collins**

## **Help, Health and Hope to Thrive!**

**H**ow can we help each student in the Saint Paul Public Schools become a successful learner? What resources are available to assist our students in becoming healthy, productive adults? How can our community help our youth thrive and achieve? These are the questions we ask and answer every day in the Office of Student Services.

**Our goal:** To prevent and remove health-based barriers to student success.

**Our mission:** To develop safe, healthy and optimistic learners who thrive in Saint Paul Public Schools’ unique, multicultural community.

**Our challenge:** To recognize that student success depends on many factors. Schools alone cannot address the significant health and social issues facing many Saint Paul students and families.

**Our solution:** Strive to provide a collaborative, innovative and efficient home for the many programs and people involved in supporting student health, both within the district and in our communities. We connect students with the health-based tools, strategies and resources they need to thrive and achieve – in school and in life.

# Rights Thrive!



The Office of Student Services provides ongoing monitoring, educational programming and prevention efforts around student human rights.

It provides assistance and support to schools with issues related to student-to-student and student-to-staff allegations of harassment.

School staff and administrators are encouraged to contact the Student Human Rights Coordinator with questions pertaining to policy, procedures, and investigations.

651-767-8179  
[www.spps.org/student\\_services](http://www.spps.org/student_services)



**“It’s not what is poured into a student,  
but what is planted.”**

**– Linda Conway**

### Our Partnerships

Student Services' initiatives and cooperative environment have yielded significant benefits for Saint Paul students. We are:

- One of six urban districts in the nation to partner with the American Cancer Society and the US Centers for Disease Control on the implementation of a Coordinated School Health Framework.
- One of four state districts to receive federal funding under a five-year grant initiative,
- Steps to a HealthierUS. The grant is fostering productive partnerships between the school district and the Minnesota Department of Health, Saint Paul/Ramsey County Health, and the Mayor's Office.

### Our Departments

They bring together best practices from business, education and health care, providing tools and strategies to address the whole picture of student health.

### Our Results

Good student health benefits not just our children and youth, but all of us, as healthy students who can achieve academic success grow into educated, productive and thriving members of our community.

### Student Demographics: (2004-05)

The Saint Paul Public School district is one of the largest urban districts in the United States, with over 42,000 students. Teachers estimate that 75% of these students experience health-based barriers to learning.

# Run, jump & dive to Thrive!



Physical education programs include regular and adaptive K-12 physical education programming. Staff members provide high quality physical education programs to students, creating long-term benefits to student health and learning.

They introduce students to activities that can encourage a lifelong commitment to physical fitness and reduce the significant health care costs that result from obesity, inactivity, and poor diet.

The department is implementing innovative physical activity programs such as Dance Dance Revolution, a musical video program that uses the whole body and increases users' stamina, aerobic capacity and motor skills, and offers biking, skating and rock climbing opportunities to students within the school environment. The Physical Education department benefits from the Steps to a HealthierUS grant and received a 2005 Carol M. White Physical Education Program (PEP) grant targeting the health behaviors of 4th grade students and their families.

651-767-8179

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# The Drive to Thrive!

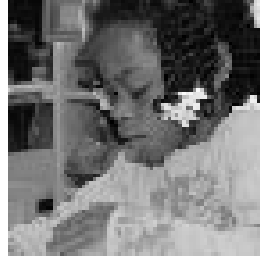


For many families, the Student Placement Center offers the first point of contact with the Saint Paul Public Schools. The Center **oversees the district's school choice and application process**, making over 100 presentations each year to community groups such as Early Childhood Education. Bilingual staff members provide information in Spanish, Hmong and Somali.

The Center also coordinates the enrollment of the district's new and returning students. During the enrollment process, students and their families discuss school choice options with Placement Center staff. Placement Center staff and **student families identify English Language learners and special education services**. Students also receive a health assessment, immunization updates and connections to community health resources as needed.

Data support for all student information and record management, including transcripts, diplomas, and microfilming of records are additional key functions of the Center.

# Feel alive to Thrive!



## “Choose Well. Live Well”

### District Employee Wellness Program

The *Choose Well. Live Well* program offers assessment, education and fitness

activities for school faculty and staff. A two-year, comprehensive pilot program, offered in conjunction with HealthPartners, is currently underway in nine Saint Paul schools. This partnership also provides additional, related wellness services and programs to all district employees.

The Worksite Wellness Program is designed to maintain and improve the health and well-being of school staff, who serve as role models for children. Healthy teachers are more energetic, have fewer absences and can better impart academic and life lessons to children. Studies show that teachers who participated in similar health promotion programs focusing on exercise, stress management, and nutrition reported increased participation in exercise and lower weight, better ability to handle job stress and a higher level of general well-being.

## Student Wellness

The Student Wellness program provides a range of health services to students. One third of our nurses serve only special education students. In a single day, nurses in the Saint Paul Public Schools can be called to:

- Evaluate 5800 students for illness
- Administer 560 medications
- Treat 210 injuries
- Assist 415 chronically ill students
- Care for 660 acutely ill students

Under the Steps to a HealthierUS grant initiative from the U.S. Department of Health and Human Services (HHS), the Student Wellness department is focusing on reducing the burden of diabetes, obesity and asthma, and addressing risk factors in student health such as physical inactivity, poor nutrition and tobacco use.

Programs coordinated by Student Wellness include:

- **The Adolescent Parent Childcare Program.** About 440 pregnant and parenting students are enrolled in Saint Paul Public Schools at any time.
- **Early Childhood Screening** for all Saint Paul children ages 3-5.
- **The Managing and Preventing Diabetes Program.** This program teaches staff, students and families how to manage pediatric (Type I) diabetes, and educates on preventing Type II diabetes.
- **Health Services** for the Student Placement Center and non-public schools.
- **The Asthma Management Program for Students.** Nationally, asthma is the most common chronic disease among children today.

651-767-8385

[www.studentwellness.spps.org](http://www.studentwellness.spps.org)

# Decide to Thrive!



Good health is not attained through a one-time decision, rather it is realized through a series of decisions we make throughout our lives. Health Education provides students with the knowledge, attitudes, and skills that can encourage a lifelong commitment to making healthy decisions.

From wearing seat belts to preventing alcohol, tobacco and other drug use, Health Education impresses upon students the importance of making healthy decisions and how those decisions can impact their lives and those they love.

Health Education courses address the many dimensions of health: physical, mental, emotional, social and spiritual. Through their coursework, students are taught how to make sound decisions around health practices in the areas of:

- Alcohol, tobacco and other drug use prevention
- Consumer and community health
- Environmental health
- Family and social health
- Human growth and development
- Injury prevention and safety
- Infectious and lifestyle diseases
- Mental and emotional health
- Nutrition
- Personal health and physical activity

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**"You  
Gave  
me Hope."**

A student sent a guidance counselor a note with this message.

—Susan McCabe,, Guidance and Related Services, Saint Paul Public Schools



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