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Coordinated School Health Professional Development Catalog

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Contents

Summary.....	2
Components of Coordinated School Health.....	2
Health Education.....	2
Physical Education/Physical Activity.....	3
Health Services.....	5
Nutrition Services.....	6
School Counseling, Psychological, and Social Services.....	7
Healthy School Environment.....	9
Staff Wellness.....	11
Student, Family, and Community Involvement.....	11
State and National School Health Conferences:.....	13
State.....	13
National.....	13
Final Thoughts.....	14

Summary

The Tennessee Coordinated School Health Professional Development Catalog is designed to support the growth and excellence of educators and professionals in school health. Rooted in the holistic Coordinated School Health approach, our offerings aim to enhance the well-being of students, staff, and communities across the state. Explore a rich array of workshops, seminars, and resources tailored to empower educators with the knowledge and skills needed to create healthier and more thriving school environments.

The following professional development catalog contains a list of professional development opportunities provided by the Tennessee Department of Education. Department staff can travel to your district and provide professional development opportunities listed below, which is broken down by component. To schedule a professional development opportunity for your district or to ask questions, please contact the respective department staff listed.

Components of Coordinated School Health

Health Education

Health Education involves a planned, sequential curriculum that provides students with the knowledge, skills, and attitudes necessary for making informed decisions about their health. It covers a range of topics, including personal health, nutrition, physical activity, mental and emotional health, and substance abuse prevention.

Contact for Health Education: Heather.M.Piergies@tn.gov

Professional Development Topic	Brief Description
Michigan Model Curriculum	The Michigan Model for Health Curriculum is evidence-based and has been used in Tennessee Schools for several years. The curriculum covers a myriad of health topics that include vaping (new), healthy relationships, tobacco and other drugs, and sun safety. The training is a half-day and can be used as a refresher. The training covers: "Why do we need to teach Health Education", "What are topics that should be covered in a health class", and how to use the curriculum to meet the Health Education / Lifetime Wellness Standards.

Vaping Resources	There are several curricula for elementary, middle, and high schools related to vaping and tobacco use. This training highlights each of these and gives a brief overview for districts to pick which best serves their needs.
Youth Risk Behavior Survey Data	Tennessee has participated in the Center for Disease Control and Prevention's <i>Youth Risk Behavior Survey</i> since 1993. The survey is given to high-school students, and the questions revolve around risk behaviors that youth are participating in. This presentation looks at trend data on areas where our students are improving (i.e., tobacco use) versus areas of concern, such as sleep behavior. The primary goal is to help districts decide where to focus their prevention efforts.
Teen Pregnancy Prevention Education	This presentation is designed to assist districts with the Human Growth and Development sections of the Health Education and Lifetime Wellness Standards. It focuses on lessons that can be used in the classroom to cover subject matter.
Implementing Health Education/Lifetime Wellness Standards	The Health Education and Lifetime Wellness Standards were recently updated, and these sessions are designed to help districts prepare for the transition from the previous standards. It highlights the changes and covers new subcomponents added in several places.

Physical Education/Physical Activity

Physical Education is a structured program that promotes physical fitness and the acquisition of motor skills through physical activities. It emphasizes the importance of regular exercise, physical fitness, and the development of lifelong habits that contribute to overall well-being.

Contact for Physical Education/Physical Activity: Heather.M.Piergies@tn.gov

Professional Development Topic	Brief Description
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<p>Movement as Medicine</p>	<p>With a combination of endorphin increase and stress response hormone reduction, the benefits for youth with Adverse Childhood Experiences (ACEs) are a no-brainer. Learn about the biological connections between exercise and the brain and simple, easy movements to boost resiliency and revitalize the brain.</p>
<p>Skills-Based Movement as Medicine</p>	<p>This skills-based training is designed to develop confidence and competence in facilitating classroom physical activity and movement opportunities for enhanced focus and attention, stress management, and a positive learning environment. Participants will engage in strategies for energy, focus, and self-regulation, both with and without integration of academic content.</p>
<p>Comprehensive School Physical Activity Program (CSPAP)</p>	<p>A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. This training helps participants develop a coordinated, well-planned, thoughtful execution of a CSPAP with synergy across all five components.</p>
<p>Physical Education Standards</p>	<p>Tennessee has established academic standards in Physical Education for grades K-12. Creating developmentally appropriate learning experiences that meet the standard is the physical education teacher's responsibility. Training in this area can focus on a review of revisions (if applicable), scope and sequence development, or standards implementation.</p>
<p>Physical Education Curriculum Analysis Tool (PECAT)</p>	<p>The PECAT is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula. To deliver effective physical</p>

	<p>education to students, school districts and schools can use the results of the PECAT to:</p> <ul style="list-style-type: none"> • Enhance existing physical education curricula. • Develop physical education curricula. • Select published curricula.
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Health Services

Health Services encompass a range of medical, dental, nursing, and counseling services provided to students to address their physical and mental health needs. These services aim to prevent and address health issues that may impact students' ability to learn and thrive in the school environment.

Contact for Health Services: Amanda.Johnson@tn.gov

Professional Development Topic	Brief Description
School Nurse Orientation	The National Association of School Nurse's <i>Framework for 21st Century School Nursing Practice</i> outlines the work that school nurses do daily. This learning opportunity allows new school nurses and new lead nurses to understand the fundamentals of school nursing, including the scope and standards of school nursing practice. Currently this professional development opportunity is only offered twice a school year virtually via Microsoft Teams (once during the fall and once during the spring semester).
School Health Services Related Topics	Topics may vary based on district needs and requests. Some examples include but are not limited to training on toolkits and guidance documents, school nursing evidence-based practice, and/or school health services topics, such as chronic health conditions, care coordination, and case management.
Youth Mental Health First Aid (YMHFA)	YMHFA is designed to teach school staff how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and

	<p>teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. <u>Districts interested in training school nurses should contact the school nurse consultant.</u></p>
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Nutrition Services

Nutrition Services involve the provision of nutritious meals, nutrition education, and opportunities for physical activity. This component ensures that students have access to healthy food options and learn about the importance of making nutritious choices for their overall health.

Contact for Nutrition Services: MarLea.Finch@tn.gov

Professional Development Topic	Brief Description
School Nutrition Related Topics	Topics could vary based on district needs for specific school nutrition program-related items. Some examples may include, but are not limited to increasing participation, marketing your program, the Fresh Fruit and Vegetable Program, or any regulation-specific topic related to School Nutrition Programs.
General Nutrition Education	General Nutrition Education topics may include mindful eating habits, myths associated with school nutrition programs, MyPlate related items, Summer Feeding Programs, etc.
Farm To School	Farm to School topics could include, but are not limited to What is Farm to School, Getting Started with Farm to School, Farm to School grant opportunities, connecting schools with local producers, etc.
Healthy Eating Promotion	Generalized training on encouraging students to eat nutritious meals during the school day and beyond.

Student Wellness as it Relates to Nutrition	Student wellness opportunities within districts and communities as it relates to nutrition.
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School Counseling, Psychological, and Social Services

This component focuses on providing students with counseling and support services to address social, emotional, and mental health needs. It aims to create a positive and supportive school climate by promoting mental health, preventing substance abuse, and addressing issues that may impact academic success.

Contact for School Counseling, Psychological, and Social Services: jaime.Grammer@tn.gov

Professional Development Topic	Brief Description
Building Strong Brains	Strategies for Educators is a 3- or 6-hour training designed to empower school leaders and teachers to address Adverse Childhood Experiences (ACES) in the school and classroom.
Six Pillars of a Trauma Informed School	This training is a follow-up to Building Strong Brains. Six Pillars of a Trauma Informed School is a 3-hour training that allows participants to reflect on the successes and challenges of implementing Building Strong Brains, identify strategies currently being utilized, and incorporate new strategies for each of the six pillars.
Positive Childhood Experiences (PCEs)	In this session, participants will build and enhance their knowledge of Positive Childhood Experiences (PCEs), recognize the importance of PCEs to help buffer the effects of Adverse Childhood Experiences (ACEs), and identify strategies for schools and families to increase PCEs.
Youth Mental Health and First Aid (YMHFA)	YMHFA is designed to teach school staff how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis

	situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.
Restorative Practices	This 6-hour course guides participants through the fundamental theory and practices for engaging with students, staff, and parents in the school setting. Topics include how to set high expectations while being supportive, how to provide direct feedback and ask questions that foster accountability, and the most effective methods to resolve common conflicts. You will also learn to facilitate circles, an essential process for creating a positive learning environment and school culture. Circles may be used to build social capital, resolve social problems, and respond when harm occurs.
PREPARE Postvention	This training includes a leadership checklist in advance of a crisis, best practices in the postvention plan, restoring community as students return to school, skills for postvention team members, and building resilience in students affected by a school crisis.
ACEs & Resilience Building	In this training, participants will build and enhance the foundation of knowledge on trauma-informed care in the context of ACEs and resilience, examine and integrate practices that promote resilience of students and families, and identify ways to maximize student and family supports.
Movement as Medicine	With a combination of endorphin increase and stress response hormone reduction, the benefits for youth with ACEs are a no-brainer. Learn about the biological connections between exercise and the brain and simple, easy movements to boost resiliency and revitalize the brain.
Maintaining Mental Wellness	Objectives for this training include: 1. Understanding the impact of stress: 2.

	Identifying ways to cope and build resilience; 3. Recognizing the importance of self-care and overall wellness; and 4. Setting personal intentions to maintain wellness.
Educator Self-Care	We know that we cannot take care of others until we have first attended to our own wellbeing. In this session, we encourage you to ensure you are taking care of your own mental, emotional, and physical wellbeing. Our objectives are to recognize the importance of educator self-care, identify practical ways to implement self-care in your own role, and brainstorm ways your school and/or district can encourage self-care strategies for educators.
Everyone Plays a Role	Attendees learn how to maximize student, family, and staff success through resilience building and strong support systems. Participants are equipped with action steps to support staff self-care and integrate practices promoting a flexible mindset for students and families.

Healthy School Environment

A healthy and safe school environment ensures that the physical, emotional, and social aspects of the school setting contribute to the overall well-being of students and staff. It involves creating a safe and supportive atmosphere, implementing safety measures, and addressing environmental factors that impact health.

Contact for Healthy School Environment: Kimberly.Daubenspeck@tn.gov

Professional Development Topic	Brief Description
Restorative Practices	This 6-hour course guides participants through the fundamental theory and practices for engaging with students, staff, and parents in the school setting. Topics include how to set high expectations while being supportive, how to provide direct feedback and ask questions that foster accountability, and the most effective

	<p>methods to resolve common conflicts. You will also learn to facilitate circles, an essential process for creating a positive learning environment and school culture. Circles may be used to build social capital, resolve social problems, and respond when harm occurs.</p>
<p>Youth Mental Health First Aid</p>	<p>YMHFA is designed to teach school staff how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.</p>
<p>Building Strong Brains (ACEs/Trauma Informed Classrooms)</p>	<p>Building Strong Brains: Strategies for Educators is a 3- or 6-hour training designed to empower school leaders and teachers to address ACEs in the school and classroom.</p>
<p>PREPARE Postvention</p>	<p>The TN Schools PREPARE program is designed to develop and then disseminate information to school districts that will assist all schools in advancing and maturing the response and recovery portion of their emergency management plan. Participants will learn information to ensure students, staff, educators, and parents immediate and effective assistance in the aftermath of a school crisis with the goal of mitigating the long-term emotional suffering of survivors and restoring a supportive and productive learning environment.</p>
<p>Emergency Operations Planning</p>	<p>School teams work collaboratively with first responders to develop a high-quality emergency operations plan using a six-step planning process to ensure you are prepared</p>

	to prevent, mitigate, respond to, and recover from an emergency incident.
Behavioral Threat Assessment	All staff learn about the warning signs of a student who may be on a pathway to violence. This training focuses on how to identify, assess, and manage students who pose a threat of harm to self or others.

Staff Wellness

Staff Wellness is an essential component within the Coordinated School Health (CSH) framework, emphasizing the health and well-being of school personnel. This component recognizes that the physical, mental, and emotional health of staff directly influences the overall effectiveness of a school and the well-being of its students. The Staff Wellness component includes various initiatives and support mechanisms aimed at promoting a healthy work environment and encouraging staff members to adopt and maintain healthy lifestyles.

Contact for Staff Wellness: Christine.Rockwood@tn.gov

Professional Development Topic	Brief Description
Implementing Staff Wellness in the School Setting	Implementing Staff Wellness in the School Setting professional development aims to promote the well-being and resilience of our staff members, fostering a healthy and supportive workplace culture.

Student, Family, and Community Involvement

Family and Community Involvement encourages collaboration between schools, families, and communities to support the health and academic success of students. This component recognizes the importance of partnerships and engagement to create a unified effort to promote health and well-being both inside and outside the school setting.

Contact for Student, Family, and Community Involvement: Taylor.Rayfield@tn.gov

Professional Development Topic	Brief Description

<p>Youth Mental Health First Aid</p>	<p>YMHFA is designed to teach school staff how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.</p>
<p>Restorative Practices</p>	<p>This 6-hour course guides participants through the fundamental theory and practices for engaging with students, staff, and parents in the school setting. Topics include how to set high expectations while being supportive, how to provide direct feedback and ask questions that foster accountability, and the most effective methods to resolve common conflicts. You will also learn to facilitate circles, an essential process for creating a positive learning environment and school culture. Circles may be used to build social capital, resolve social problems, and respond when harm occurs.</p>
<p>Building Strong Brains</p>	<p>Building Strong Brains: Strategies for Educators is a 3- or 6-hour training designed to empower school leaders and teachers to address ACEs in the school and classroom.</p>
<p>Chronic Absenteeism</p>	<p>The professional development opportunity will provide schools and districts insights into developing an intentional, multi-tiered approach that encompasses early intervention and prevention strategies through the involvement of students, families, and the community.</p>
<p>Family and Community Engagement</p>	<p>Are you looking for best practices and strategies to support your school district in effective family-school partnerships? Look no further! The professional development opportunity allows participants to learn strategies highlighting innovative practices</p>

	that redefine family-school partnerships through intentional planning.
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State and National School Health Conferences:

State

Conference	Related CSH Component
Tennessee Association for School Nurse Conference	Health Services
Vanderbilt Diabetes Update	Health Services
Family Resource Center Summit	Student, Family, and Community Involvement
Active Students, Active Learners Virtual PD Week	Health Education; Physical Education/Physical Activity
Tennessee Association for Health, Physical Education, Recreation and Dance	Health Education; Physical Education/Physical Activity
Coordinated School Health Institute	All Components
Rural Health Association of Tennessee	All Components
School Counselor and Administrator Institute	School Counseling, Psychological, and Social Services; Healthy School Environment
School Nutrition Program Academy	Nutrition Services; Healthy School Environment; Health Education
PickTN Conference	Nutrition Services; Health Education

National

Conference	Related CSH Component
SHAPE America	Health Education, Physical Education/Physical Activity
National Association of School Nurses (NASN) Conference	Health Services
American School Health Association (ASHA) Conference	All Components
No Kid Hungry Summit	Nutrition
National Center for School Mental Health (NCSMH) Conference	Counseling, Psychological, and Social Services
Health and Physical Literacy Summit	Health Education; Physical Education/Physical Activity
Active Schools National Summit	Health Education; Physical Education/Physical Activity

Final Thoughts

This catalog is a dynamic resource that responds to the evolving landscape of school health, providing opportunities for educators to stay abreast of the latest research, technology, and best practices. Whether you are a school nurse, counselor, teacher, or administrator, our offerings cater to various roles within the educational ecosystem. We recognize the pivotal role of school health in shaping the overall well-being of students, and our catalog is committed to providing relevant, evidence-based content that empowers you to make a positive impact. Join us in cultivating a culture of health and wellness within schools, where every professional has the tools and knowledge needed to contribute to the success and thriving of both educators and students alike.

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