



**Indiana**  
**Department**  
**of**  
**Health**

# COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

## STAFF, FAMILY, AND COMMUNITY ENGAGEMENT

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COORDINATOR

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OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.



# Introduction

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Emma Smythe  
Youth Physical Activity Coordinator



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School Health Coordinator

# Objectives

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- How can schools involve staff in physical activity
- How can staff become involved in a schools' CSPAP
- What are the benefits of school employee wellness programs
- Resources

# Involving Staff in Physical Activity

Schools can involve staff in physical activity programs by:

- Tailoring programs to staff request which includes:
  - Physical activity breaks during meetings
  - Developing employee wellness programs:
    - Medical screenings
    - Brown bag lunch discussions
    - Walking programs – Take the stairs!
    - Group fitness classes (Zumba, yoga, cycling)
    - Providing safe bicycle parking at your school encourages employees to bike to work



# Involving Staff in CSPAP

Encourage staff to:

- Lead recess activities
- Provide or monitor a before- or after-school activity programs
- Lead physical activity breaks during class time
- Become healthy role models for students
- Educate students about the benefits of lifelong physical activity
- Create a physically activity classroom
- Join school wellness committee





# Benefits of Employee Wellness Program

Employee wellness programs can:

- Improve staff productivity
- Increase teacher morale
- Improve teachers' general well-being and ability to handle job stress
- Decrease employee absenteeism
- Limit chance of chronic diseases
- Decrease employee health care costs



# Family and Community Engagement

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- A complete CSPAP program goes beyond the school's walls to engage families and the community to be active during the school day and beyond
- Youth participation in PA is influenced by participation and support of family members
- Community involvement allows maximum use of school and community resources





# Engagement in Schools Cont...

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- Parents/guardians and school staff should work together to support and improve the learning, development, and health of youth and adolescents
- The relationship between parent/guardian, community orgs, and schools strengthens youth and adolescent health and learning in before, during, afterschool settings

Students who have family support in their school life are more likely to have:

- Higher grades and test scores
- Better student behavior
- Enhanced social skills



# Family Engagement with Schools

Parents/Guardians can:

- Talk with teachers and school administrators
- Suggest simple changes on how a school can make their environment more welcoming and friendly for parent engagement
- Take time to volunteer for school events
- Suggest topics for classes the school or school district might offer, such as:
  - Understanding youth and adolescent development
  - Teaching students about health-related risks and behaviors (substance and drug abuse, bullying, mental health, alcohol use, etc.)



# Community Involvement

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- Community organizations/community members create connection between school and community-based PA opportunities
- Offer before and afterschool programs by partnering with the school(s) to host yoga, basketball, swim club, a walking trail club, bike club, etc.
- Participate in school events (fundraisers, health fairs, family nights, etc.)
- Establish a joint-use or shared-use agreement with school(s)



# Resources

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- [CDC's Workplace Health Promotion](#) – A comprehensive set of resources compiled by the CDC
- [Worksite Physical Activity](#) – CDC resources for physical activity in the worksite
- [Tips for Teachers: Promoting Healthy Eating & Physical Activity in the Classroom](#) – A set of resources compiled by the CDC
- [Wellness Council of Indiana](#) – Statewide not-for-profit dedicated to worksite wellness in Indiana
- [Indiana Department of Health, Division of Nutrition and Physical Activity Worksite Wellness Toolkit](#) - Outlines strategic policies, environmental support and activities to provide your employees with opportunities for healthy eating and physical activity
- Strategies for Involving Parents in School Health:  
[https://www.cdc.gov/healthyyouth/protective/pdf/parent\\_engagement\\_strategies.pdf](https://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf)
- IDOH, DNPA's Healthy Schools Toolkit: <https://www.in.gov/health/dnpa/files/5.25.22-Healthy-Schools-Toolkit.pdf>
- [IDOH & IDOE Educator Wellness Toolkit](#) - highlights powerful practices, available support and case studies in which school leaders put educators in the forefront of a topic often focused on students
- [Indiana's Shared Use Toolkit](#)

# Presentation Survey

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Link to survey: [https://newteachercenter.co1.qualtrics.com/jfe/form/SV\\_3VDWC8UMGDSGGBs](https://newteachercenter.co1.qualtrics.com/jfe/form/SV_3VDWC8UMGDSGGBs)



# Questions?

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