



School Health Programs Department

MIDDLE SCHOOL HEALTHY SCHOOL TEAMS

FACT SHEET

Historical Background: Healthy School Teams (HST) were established in 1990 as part of a project funded by the California Wellness Foundation. The HST's have continued with funding from Safe and Drug Free Schools and Communities and CDC Local Comprehensive Health Programs.

What is a Healthy School Team?

The HST includes four coordinators:

- **Health Liaison:** focuses on the promotion of health activities to the general student population and implementation of Health Ed Curriculum (e.g. district wide activities such as Red Ribbon Week, Great American Smoke Out, etc.),
- **Positive Alternatives/Physical Activities Coordinator:** reconnects high-risk students (e.g. academic, behavior, attendance and health concerns). Students are referred through Student Assistance Programs (SAPs) or site staff to connect them with school by participating in a positive alternative (ropes, backpacking, sailing) and /or physical activity (basketball, ethnic dance, volleyball, walking, etc.),
- **Sexual Minority Youth Liaison:** provides support for gay, lesbian, bisexual, transgender and questioning youth. Provides opportunities for students to ask an adult questions regarding sexuality. Encourages implementation of the district anti-slur policy and promotes health curriculum regarding diversity,
- **Respect Coordinator:** coordinates conflict mediation program. Promotes health curriculum regarding respect, diversity, and tolerance education.

Teams meet regularly on site and with SHPD staff at district-wide meetings to discuss programs and strategies for success. Team members must be credentialed and are selected on the basis of written application with approval of the site administrator. They receive compensation for performing specific duties and coordinating health related activities and programs, and attendance at meetings.

Activities within SFUSD and School Health Programs Department that support Healthy School Teams:

- Health Education Teacher Leaders
- Support Services for Sexual Minority Youth
- Comprehensive Health Education
- Safe and Drug Free Schools and Communities
- Tobacco Use Prevention Education
- Middle School Coordinator

For further information contact:

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