



DISCOVER INCLUSIVE SCHOOL WELLNESS TOOLBOX

This toolbox is designed to accompany the “Discover Inclusive School Wellness Action Guide”. Use these tools to help develop school wellness programming and policies to be inclusive of students with disabilities.

General helpful resources:

- [Discover Inclusive School Wellness](#) is a full guide that outlines how and why to include students and staff with disability into all areas of school-based physical activity programs.
- The [USDA Food and Nutrition Service](#) has outlined information on a Local School Wellness Policy.
- The [Alliance for a Healthier Generation](#) has helpful implementation tips and a model school wellness policy.
- [CDC Healthy Schools](#) has a wealth of information and guides for local school wellness policy implementation.
- [Active Schools Inclusive PE and Physical Activity Survey Report](#) identifies current practices and needs to provide inclusive PE. The survey was administered to over 700 PE teachers across the United States.
- [Universal Design for Learning in Physical Education](#) is a research-based set of principles to guide the design of learning environments that are accessible and effective to all.

Tools by Area of Concentration:

Policy and Implementation

Disability Inclusive Committee and Community Partners -

The school wellness committee serves as an advisory group to those who lead wellness activities and provides direction on issues of physical activity and nutrition to the school. It is absolutely critical that people with disabilities be represented on the school wellness committee. Internally, this could be the special education teacher, physical education teacher, a student with disability or parent, or a therapist that works with the school. Another great way to ensure inclusion is by involving community partners. The following is a list of potential community partners that can be included in your school wellness committee.

- Local colleges/universities
- Adapted sport programs/clubs
- Local health departments
- YMCA's or other local community fitness centers
- Parks and Recreation – Therapeutic Recreation Services
- Disability Service Organizations
- State or Local AARP (Community Living)
- Centers for Independent Living
- Local/Municipal Americans with Disabilities Act (ADA) Coordinator
- City planners (to address infrastructure issues for programs such as Safe Routes to School)
- Allied Health – Occupational, Physical, Speech Therapists

- Primary healthcare centers or local hospitals (e.g. Children’s Hospital of Alabama)
- Chamber of Commerce or member of the local business community
- Cooperative Extension
- Local non-profits
- Neighborhood Associations

Disability Awareness Training Tools – The following disability awareness training tools are freely available.

- Disability Awareness in Physical Education <https://www.nchpad.org/1320/6122/Inclusive~Physical~Education~Disability~Awareness>
- Discover Inclusive Physical Education Video Series <https://www.youtube.com/watch?v=SoWNenEObu0&list=PLwMOBYmISHaN-Mrz2oX7Sk3W1rMWvu7R2>
- Disability Awareness Video Series
[General Disability Awareness](#)
[Disability Awareness: Physical Disability](#)
[Disability Awareness: Sensory Disability](#)

**School Assessment Tools –
Community Health Inclusion Index**

This portion of the Community Health Inclusion Index includes a section on assessing the built environment, surrounding community and environments that support physical activity and healthy eating. View the tool and questions at this link - https://www.nchpad.org/fppics/CHII_On-Site%20Assessment.pdf.

Inclusive School Wellness Checklist

Use the questions to provide a general outline of how inclusive your school wellness program and policy is.

- Are physical activity goals included in IEP’s of students with disabilities?
- Do physical education teachers receive additional training on working with students with disabilities?
- Do students with disabilities participate in physical education classes with peers without disabilities?
- Is a minimum recess time required for all students, including students with disabilities?
- Do teachers and other staff receive disability awareness training?
- Are intramural or after-school adapted sports programs available to students with disabilities?
- Are playgrounds or outdoor play spaces accessible?

School Health Index

Module 3 of the School Health Index includes some general questions about accessibility and a section on “special health care needs.”

<https://www.cdc.gov/healthyschools/shi/index.htm>

Walk Audit

https://www.saferoutespartnership.org/sites/default/files/get_to_know_your_neighborhood_with_a_walk_audit.pdf

Sample Model Inclusive Wellness Policy

This policy is adapted from the Alliance for a Healthier Generation’s Model Wellness Policy. Utilize it to ensure that your school wellness policy is standards based and inclusive of people with disability. View the Sample Model Inclusive Wellness Policy in Appendix X or insert online link.

Five Steps for Inclusive Communication: Engaging People with Disabilities

https://www.naccho.org/uploads/downloadable-resources/HDfactsheet_accessiblecomms-Oct2016.pdf

Physical Education

Physical education is not optional for children and youth with disabilities. Physical education must be available in all schools in order to increase the amount of physical activity among students with disabilities. Current laws ensure the appropriate provision of physical education for students with disabilities and should be understood by administrators, teachers, staff and families.

The Americans with Disabilities Act (ADA) bans discrimination on the basis of disability in the areas of employment, public accommodation, State and Local government programs, transportation and telecommunications. In order to be able to provide appropriate physical education services for students with disabilities, schools should comply with the accessibility requirements of the ADA. Section 504 of the Rehabilitation Act of 1973 states that “no qualified individual with a disability in the United States shall be excluded from, denied the benefits of, or be subjected to discrimination under” any program or activity that receives Federal financial assistance.

The Individuals with Disabilities Education Act (IDEA) requires public schools to make available to all eligible children with disability a free, appropriate public education in the “least restrictive environment” alongside their peers without disability as is appropriate to their individual needs. In addition, the law forbids substituting physical or occupational therapy for PE in order to increase physical activity and requires that students with disabilities are only removed from PE to increase participation when there is written justification by an expert.

An Individualized Education Plan (IEP) is a legally binding document that has been tailored specifically to a child’s educational needs, including his or her physical education needs. An IEP should state specific goals and objectives for physical education. Additional training and support may be needed for teachers and families to fully utilize IEPs to increase physical activity.

- [New School Year & New to IEPs: What You Need to Know](#)

Inclusive/Adapted Physical Education Training Tools

- [Discover Inclusive Physical Education Guidebook](#)
- [Pocket Tool for Adapted Physical Education Teachers](#)
- [Inclusive PE Stations](#)
- [Universal Design for Learning in Physical Education Video](#)

Alabama Physical Education Course of Study

The revised 2019 Course of Study now includes adaptations alongside each standard.

<https://www.alsde.edu/sec/isvcs/hpe/Physical%20Education/2019%20Alabama%20Course%20of%20Study%20Physical%20Education.pdf>

Adapted Physical Education National Standards

<https://www.ncpeid.org/apens>

Adapting the Alabama Physical Fitness Assessment Video

<https://www.youtube.com/watch?v=3fv9QV8z9Xc>

Lieberman-Brian Inclusion Rating Scale for Physical Education

<https://www.nchpad.org/fppics/LIRSPE%20tool.pdf>

Adapted Equipment Providers –

Gopher Sport <https://www.gophersport.com/pe/adapted>

Flaghouse https://www.flaghouse.com/Special-Needs/Adapted-PE/#page_no=1&page_length=500

Challenged Athletes Foundation Equipment Grant Program <https://www.challengedathletes.org/programs/grants/>

Physical Activity Before and After School

Inclusive Walking Clubs - <https://www.nchpad.org/1227/5880/Inclusive~Walking~Clubs>

Engaging Students with Disabilities in Safe Routes to School https://www.saferoutespartnership.org/sites/default/files/resource_files/engaging_students_with_disabilities_in_srts_final.pdf

AMBUCS - <https://ambuacs.org/>

Walk and Bike to School Day - <http://www.walkbiketoschool.org/>

Discover Inclusive Playgrounds Guide - <https://www.nchpad.org/fppics/Discover%20Inclusive%20Playgrounds%20Guidebook.pdf>

Adapted Programs:

Girls on the Run

<https://www.girlsontherun.org/>

CATCH Kids Club

<https://catchinfo.org/programs/after-school/>

SPARK

<https://sparkpe.org/curriculum/inclusive-pe/>

USA Track and Field RunJumpThrow

<https://runjumpthrow.usatf.org/>

Discover Inclusive Afterschool Health Promotion

<https://www.nchpad.org/fppics/Discover%20Inclusive%20Afterschool%20Health%20Promotion.pdf>

Intramural Programs/Sports:

Office of Civil Rights Dear Colleague Letter <https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201301-504.pdf>

Special Olympics Unified Sports <http://www.playunified.org/>

National Health Eating and Physical Activity (HEPA) Standards <https://naaweb.org/resources/naa-hepa-standards>

Physical Activity During School

Inclusive Brain Boosters –

<https://www.nchpad.org/1548/6532/Brain~Boosters>

https://www.nchpad.org/fppics/NCHPAD_Inclusive%20Brain%20Boosters.pdf

GoNoodle <https://www.gonoodle.com/>

Fitbound <https://fitbound.com/>

7 Principles of Inclusive Playground Design <https://www.playcore.com/programs/me2>

Action Based Learning™ is based on the brain research that strongly supports the link between movement and learning. We know that healthy, active students, make better learners! So how do we apply this to the classroom? Action Based Learning provides educational training that focuses on creating an optimal learning environments for all students, through movement. ABL strategies are teacher friendly, time efficient, and most importantly - make learning fun for students. Students

engaged in Action Based Learning show improved memory retention, increased focus and attention, improved grades, and less behavioral issues. <https://www.youthfit.com/abl>

Staff Involvement

Inclusive Worksite Wellness Guide and Marketing Kit

<https://www.nchpad.org/fppics/Inclusive%20Worksite%20Wellness%20Guide.pdf>

https://www.nchpad.org/fppics/Inclusive%20Worksite%20Wellness_Marketing%20Kit.pdf

Work Well NC Inclusive Worksite Wellness Assessment

https://www.eatsmartmovemorenc.com/Worksites/Employees_With_Disabilities/Texts/Inclusive-Worksite-Wellness-Assessment_Final.pdf

Physical Activity Questions from the CDC Worksite Wellness Scorecard. Page 22 of the PDF:

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/pdf/CDC-Worksite-Health-ScoreCard-Manual-Updated-Jan-2019-FINAL-rev-508.pdf>

8 Minute Workout (Inclusive) <https://www.youtube.com/watch?v=q0ttPm8LSEk>

Family and Community Involvement

Guidelines for Inclusive Road Races <https://www.nchpad.org/fppics/InclusiveRoadRacesBrochure.pdf>

Accessible Gardening https://www.nchpad.org/fppics/NCHPAD_Accessible%20Gardening.pdf

What is a Joint-Use Agreement? Change Lab Solutions <https://www.changelabsolutions.org/product/what-joint-use-agreement>

Take Your Parent to PE Week <https://www.activeschoolsus.org/take-your-parent-to-pe-week>

Alabama Farm to School <http://alabamafarmentoschool.org/>

National Physical Education and Sport Week <https://www.shapeamerica.org/events/pesportweek/National-PE-and-Sport-Week.aspx>

Global School Play Day

<https://www.globalschoolplayday.com/>

Special Education Services, Alabama State Department of Education

<https://www.alsde.edu/sec/ses/Pages/home.aspx>

Alabama Parent Education Center (resource for parents)

<http://www.alabamaparentcenter.com/>

Nutrition Education

Inclusive Nutrition Education https://www.nchpad.org/fppics/NCHPAD_Inclusive%20Nutrition%20Education.pdf

National School Breakfast Week <https://schoolnutrition.org/Meetings/Events/NSBW/2019/>

National School Lunch Week <https://schoolnutrition.org/Meetings/Events/NSLW/2019/>

School Lunch Hero Day <https://schoolnutrition.org/SLHD/>

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For more information, visit www.nchpad.org and <https://www.alabamapublichealth.gov/disability/index.html>