

# MISSOURI COORDINATED SCHOOL HEALTH NEWSLETTER

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## OUR MISSION

The MCSHC advocates and supports the Whole School, Whole Community, Whole Child model in every Missouri school to ensure students learn to be healthy and are healthy to learn.

## OUR VISION

All Missouri students are healthy, safe, engaged, supported and positively challenged for a successful future.



## MCSHC Member Spotlight

Congratulations to Joyce Lara for her continued dedication to tobacco education prevention!



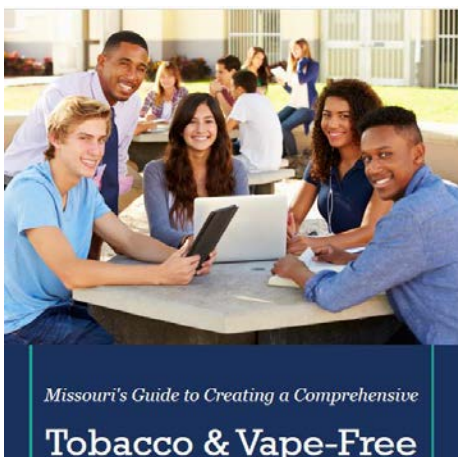
**Healthy Schools, Healthy Students... That is the goal of *Missouri's Guide to Creating a Comprehensive Tobacco & Vape-Free School District*.** With students spending a third of their waking hours in school, providing them a safe tobacco and vape-free environment protects them from the harms of secondhand smoke and electronic cigarette aerosol, improves their school attendance, shows positive role modeling, and helps change the social norm around tobacco-use.

***Missouri's Guide to Creating a Comprehensive Tobacco & Vape-Free School District*** defines a comprehensive tobacco and vape-free school policy, why it is important, steps to adapt and resources to implement and enforce the model policy, as well as frequently asked questions.

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“Schools across Missouri have expressed concerns over student’s use of electronic cigarettes in their buildings and are needing resources to help with this issue. The Guide provides a comprehensive approach to help reduce vaping and other tobacco use in school districts”, states **Joyce Lara**, Tobacco Use Prevention Specialist for the Department of Health and Senior Services, Tobacco Prevention and Control program. A comprehensive policy prohibits the use of tobacco products by staff, students, and visitors, 24 hours a day, seven days a week, inside school-owned buildings or vehicles, on school-owned property, and during school-sponsored student trips and activities. In addition, the policy includes definitions of tobacco use, outlines enforcement, includes prevention, education, and treatment services for staff, students, and visitors, as well as a process for policy management: “Each of these components complement the other which result in protecting youth and adults from the harms of tobacco use and exposure and ultimately helps change the social norms and behaviors related to tobacco use and dependence and secondhand smoke and e-cigarette aerosol exposure.”

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*Schools have the authority to develop, adopt, and implement policies that are in the best interest of the students and staff.*

Essential elements of a comprehensive tobacco and vape-free school policy:

- Require a school environment that is free of tobacco and vaping product use at all times, including at off-site school events. The policy should apply to everyone who attends, works or volunteers at, or visits the school district.
- Include a rationale for the policy. Use scientific data about secondhand smoke, adolescent nicotine use and addiction, social norms, etc. to explain the purpose for adopting the policy and the benefits and protection it will deliver to the school environment and the students.
- Include definitions of products, school events, personnel, etc. in order to assure a common understanding of the policy, the products, and people involved.
- Include a strong enforcement component, including how violations are to be reported and consequences for violations specific to the group to which the violator belongs.
- Identify a meaningful date, such as the start of the new school year, to implement the policy or begin policy changes.

Before the beginning of the 2020-21 school year, all school districts will receive *Missouri’s Guide to Creating a Comprehensive Tobacco & Vape-Free School District* along with additional resources to help address smoking, chewing, and vaping. We hope that every school will use the *Guide* to review their current policy and determine what components that could be strengthened.

For more information contact Joyce Lara, at [joyce.lara@health.mo.gov](mailto:joyce.lara@health.mo.gov).

### SAVE the Dates

**28<sup>th</sup> Annual MCSHC Conference**

**December 3<sup>rd</sup> – Pre-Conference**

**December 4 & 5 – Conference**

**Holiday Inn Executive Center, Columbia**

### The Whole School, Whole Community, Whole Child Model: A GUIDE TO IMPLEMENTATION

provides step by step guidance for School Districts and Schools.

Learn more: [http://www.ashaweb.org/wp-content/uploads/2017/10/NACDD\\_WSCC\\_Guide\\_Final.pdf](http://www.ashaweb.org/wp-content/uploads/2017/10/NACDD_WSCC_Guide_Final.pdf)



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