Dear parent(s) and guardian(s),

District 11 is thrilled to inform you that Swigert Middle School is participating in a program called Building Resilience for Healthy Kids. This exciting program is created to cultivate, inspire, and research resilience in our children so that they grow up with the capacity to navigate adversity, recover from setbacks and adapt well to change.

Developed and implemented by Children’s Hospital and funded through the Colorado Springs community in January 2020, Healthy Kids is an innovative, upstream, school-based resilience program that partners 6th grade students with a Children’s trained health coach. The Health Coaches from Children’s have extensive training in health coaching, as well as a bachelor’s or master’s degree and national certification in health coaching. The coach works 1:1 with students to develop and foster resiliency skills utilizing motivational and strengths-based techniques over a 6-week period. During each 15-20-minute weekly coaching session, the health coach assists the student in identifying areas of their life in which they would like to build resilience, utilizes motivational and strengths-based techniques to support the student in developing goals and skills to improve resilience, and provides non-judgmental support to the child along the way.

Throughout the 21’-22 school year, each student will be provided a health coach who will work with the student for a portion of a semester, approximately 6 weeks. Dependent upon their team assignment, half of the students will receive coaching in the first half of the semester and the other half in the second half. The weekly one-on-one coaching sessions are approximately 15-30 minutes in length. The role of the coach is to support students in:
- Identifying and leveraging their strengths, past successes, and abilities, to continue to build resilience, and self-efficacy
- Creating their own meaningful and self-determined goals
- Providing non-judgmental support to the student along the way

Over the past two years, 1,500 Colorado Springs 6th grade students have participated in the Healthy Kids program.
An Evidence-Based Approach

This program is also a research study, and as a result has been approved by the school, hospital, and university Institutional Review Boards (IRB’s). The research conducted in this study is critical to current and future understanding of what contributes to building resilience in healthy children of this age group. Your child’s privacy is an utmost priority and all research and data will be kept confidential and will be used for research purposes only.

The students will complete questionnaires at the beginning and end of the program to measure their resilience, health behaviors, self-efficacy, and mood. The impact of health coaching in the school setting and its ability to improve these above items will be researched.

Also, this program has been developed with existing evidence-based tools created by the Center on the Developing Child at Harvard University and the Child & Youth Resilience Measure (CYRM), which are derived from factors needed for a child to build resilience.

Results demonstrates that students who participated in the Healthy Kids program experienced:

- increased resilience, self-efficacy, and emotional self-regulation
- decreased symptoms of anxiety and depression

What Students are Saying....

My health coach was very nice and would listen when I asked questions or made comments, and she would help me with all the problems I told her I had. I highly recommend health coaching for other 6th graders. It was really helpful and helped me with anything that stressed me out.

My health coach was so awesome, she took an interest in my daily activities and was very helpful when I needed assurance. My health coach taught me great life skills and helped me set my own goals in life. Thank you so much!!

I loved having someone to talk to that didn’t judge me for my opinions and listened. I would love to do this program again.

This has really been a great experience. I feel that the health coaches were very understanding and willing to listen. I never felt like I had expectations to meet, only goals to keep that were optional and helped me. This program is something that really helped me, and I recommend it to 6th graders everywhere because it is a great way to help both in and out of school.

Contact and UnEnrollment Information

If you would like to unenroll your student in this program, please contact Emily Pyle, Children’s program manager by Friday, January 28th.

Emily.Pyle@childrenscolorado.org

Again, we express sincere excitement in boosting your child’s resilience, communication skills and leadership potential. At Children’s Hospital Colorado Springs, we can’t think of a better to invest in our future, than investing in our community’s youth.

Sincerely,
The Healthy Kids Team