

How Healthy is Your School?

While we're waiting to begin the webinar, take a minute to tell us how healthy your school is!

1. Go to <https://www.actionforhealthykids.org/school-health-survey/>.
2. Follow the prompts to complete the survey.
3. Check your email for your results and for resources to help your school continue to do great work.



ACTION FOR HEALTHY KIDS

Focus on the Whole Child:

An Introduction to the Whole School, Whole Community, Whole Child (WSCC) Model

Today's Presenters



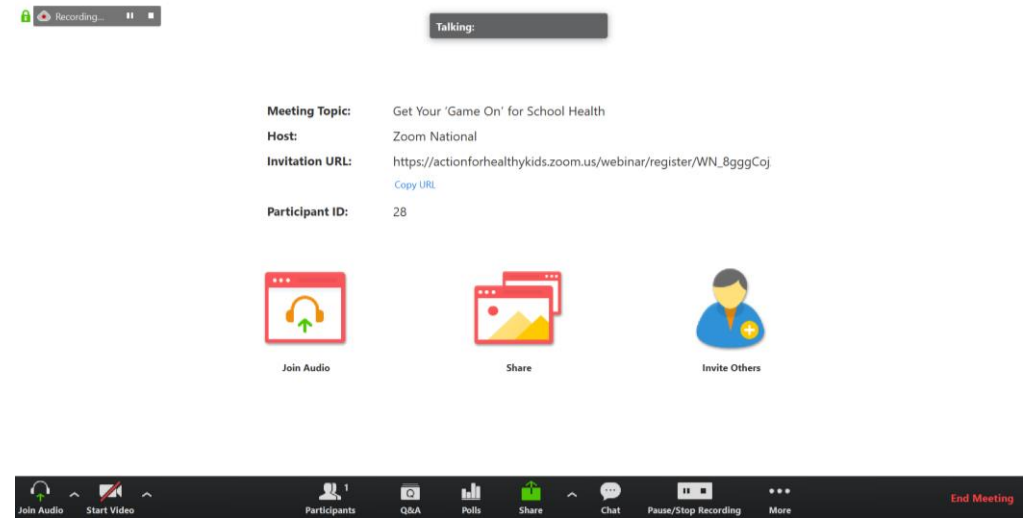
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Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



Agenda

- » Action for Healthy Kids Overview
- » Whole School, Whole Community, Whole Child (WSCC) Model Overview
- » Putting WSCC into Action
- » Additional Resources
- » Q&A



Who Are We?

Action for Healthy Kids' (AFHK) vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.



The Learning Connection



1 in 3 U.S. children are overweight or obese


Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.²

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.³

Participation in breakfast programs is associated with:


- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement!¹



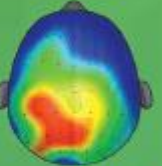
High quality diets (and increases in micronutrients¹) improve cognition and the ability to perform well during short-term memory tests.⁵

Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.⁶

A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴




after 20 minutes of sitting quietly



after 20 minutes of walking



Physical activity is positively associated with students' cognitive functioning¹ which includes ability to pay attention, memory, and IQ test scores.



Participation in PE class is associated with better grades, test scores, and classroom behavior.¹

Tell Us About Yourself

What is your role?

- a. School staff
- b. District staff
- c. Parent
- d. Community member
- e. Other



Tell Us About Yourself

How familiar are you with the WSCC model?

- a. Very familiar
- b. Somewhat familiar
- c. Not familiar at all





WHOLE

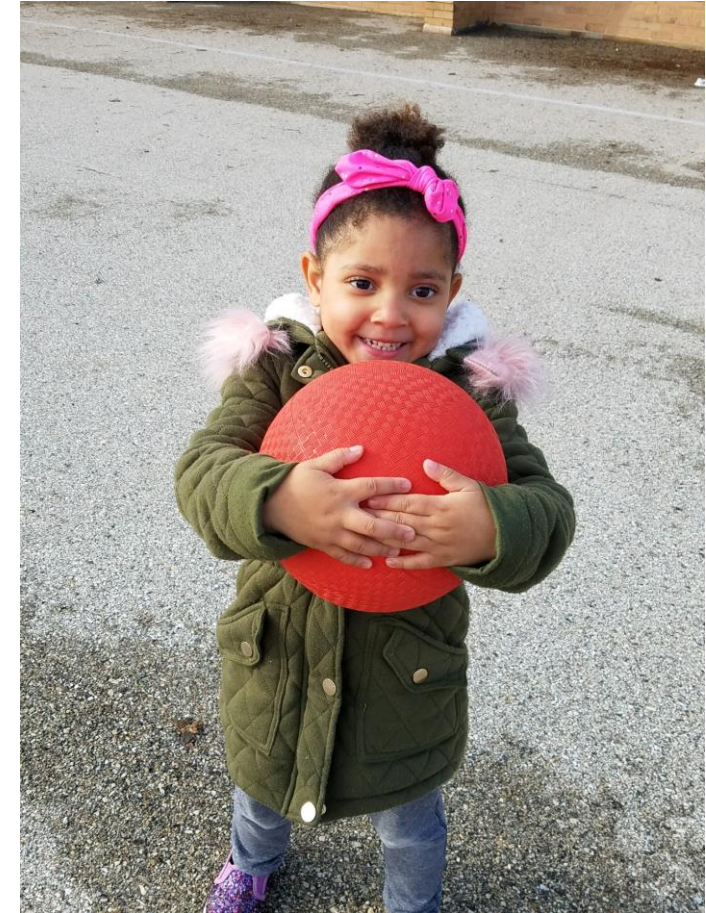
» SCHOOL

» COMMUNITY

» CHILD

Whole Child

The health of a child is multi-dimensional.



10 Key Components Within Schools to Achieve Health & Learning for Students



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**HEALTH
EDUCATION**

**PHYSICAL
EDUCATION
& PHYSICAL
ACTIVITY**

**NUTRITION
ENVIRONMENT
& SERVICES**

**HEALTH
SERVICES**

**SOCIAL
& EMOTIONAL
CLIMATE**

**COUNSELING,
PSYCHOLOGICAL, &
SOCIAL SERVICES**

**PHYSICAL
ENVIRONMENT**

**EMPLOYEE
WELLNESS**

**FAMILY
ENGAGEMENT**

**COMMUNITY
INVOLVEMENT**

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SOCIAL & EMOTIONAL CLIMATE

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COUNSELING, PSYCHOLOGICAL, & SOCIAL SERVICES

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FAMILY ENGAGEMENT

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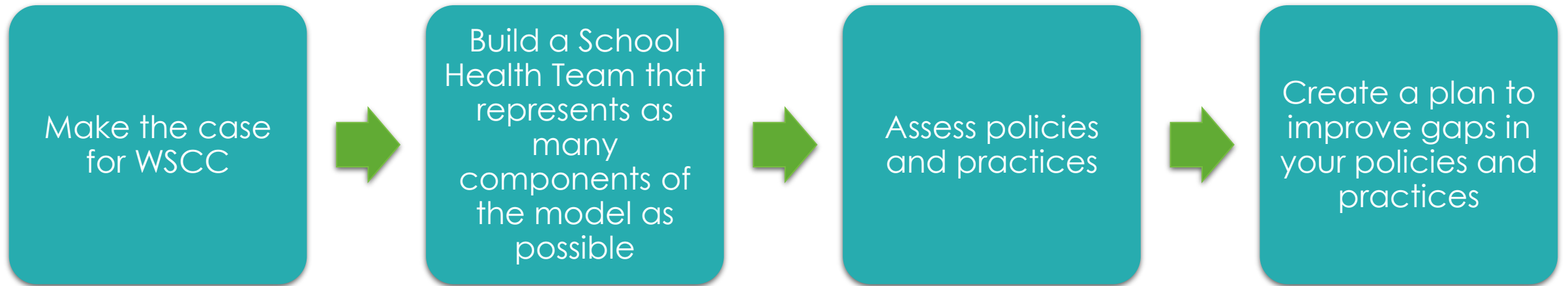
COMMUNITY INVOLVEMENT

Community



The WSCC model focuses on the child and school as members of a larger community.

Tips for Putting WSCC into Action



Use WSCC model as a tool address challenges in your school or district!

WSCC in Action

Let's get practical and apply each component to a health issue we face in our communities.

School Breakfast



WSCC in Action

Which of the 10 key components can you apply to each health issue?

Chronic Absenteeism



WSCC in Action

How has your school, district or community tackled student health issues using a coordinated WSCC approach?



WSCC in Action – District Success

Fort Worth Independent School District

It takes a community to create change!

Ask yourself: *“What can I do to get more individuals from diverse departments on board?”*

Georgi Roberts: georgi.roberts@fwisd.org



Resources to Support Your Work

- » Learn more about the Whole School, Whole Community, Whole Child model
 - <https://www.actionforhealthykids.org/whole-school-whole-community-whole-child/>
 - <http://www.ascd.org/programs/learning-and-health/wscs-model.aspx>
- » Whole Child Network: <http://www.ascd.org/programs/The-Whole-Child/Whole-Child-Network.aspx>
- » Gather a WSCC team:
 - <https://www.actionforhealthykids.org/step-1/>
- » Assess policies and practices:
 - WellSAT
 - <http://www.wellsat.org/>
 - School Health Index
 - <https://www.actionforhealthykids.org/step-2/>

Questions?

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Every kid healthy, active and ready to learn

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