How Healthy is Your School?

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

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.
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.

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

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

Participation in breakfast programs is associated with:
- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement

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

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

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

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

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

https://www.actionforhealthykids.org/the-learning-connection/
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 Child

The health of a child is multi-dimensional.
10 Key Components Within Schools to Achieve Health & Learning for Students
10 Key Components Within Schools to Achieve Health & Learning for Students

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

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

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

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

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

COUNSELING, PSYCHOLOGICAL, & SOCIAL SERVICES
10 Key Components Within Schools to Achieve Health & Learning for Students

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

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

COMMUNITY INVOLVEMENT
The WSCC model focuses on the child and school as members of a larger community.
Tips for Putting WSCC into Action

1. Make the case for WSCC
2. Build a School Health Team that represents as many components of the model as possible
3. Assess policies and practices
4. Create a plan to improve gaps in your policies and practices

Use WSCC model as a tool address challenges in your school or district!
Let’s get practical and apply each component to a health issue we face in our communities.

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

Chronic Absenteeism
How has your school, district or community tackled student health issues using a coordinated WSCC approach?
It takes a community to create change!

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

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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/


» 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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