

WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

Working together to improve learning & health in schools



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WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL

Many Vermont schools and Local Education Agencies have created *wellness teams* to work on health-related policies, procedures, programs, and activities. These teams are often modeled after the components of the Centers for Disease Control & Prevention's *Coordinated School Health* model, or follow the tenants of the ASCD *Whole Child* framework. In 2014, CDC and ASCD created the *Whole School, Whole Community, Whole Child* model. This model:

- Expands the eight domains of Coordinated School Health to 10 domains
- Combines the Coordinated School Health model with the Whole Child framework
- Integrates health and education to improve academic achievement
- Promotes more alignment, integration, and collaboration between health and education to achieve improved cognitive, physical, social, and emotional development

The Health Department is committed to promoting the use of Whole School, Whole Community, Whole Child model. This model can be used by school and community partners to improve population health and academic achievement outcomes through a collaborative approach among schools, communities, and the children and families they serve. The model can be used to achieve goals outlined in school continuous improvement plans and school wellness policies, and integrated into a multi-tiered system of supports.

PHYSICAL ACTIVITY AND NUTRITION

Schools play a critical role in improving the dietary and physical activity behaviors of children and adolescents. Schools can create environments supportive of students' efforts to eat healthy and be active by implementing school wellness policies and programs that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors throughout the school day. Representatives from different segments of the school and community, including parents and students, can work together to maximize healthy eating and physical activity opportunities for students.

Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that young people are healthy and ready to learn

1 HEALTH EDUCATION

- Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.
- Ensure nutrition education is part of a [comprehensive school health education curriculum](#).
- Require health education from pre-kindergarten through grade 12.

2 PHYSICAL EDUCATION & ACTIVITY

- Offer at least 60 minutes of physical activity every day through before, during, and after-school opportunities by implementing a [Comprehensive Physical Activity Program](#), also see Agency of Education [Education Quality Standard](#)
- Require daily recess for students, preferably before lunch: [CDC Recess in Schools](#)
- Collaborate with the School Nurse to ensure accommodations for students with special or chronic health needs are in place so that all students can participate in PE

3 NUTRITION ENVIRONMENT & SERVICES

- Establish school environments that support healthy eating by placing all foods on campus under the direction of Food Service staff, including dietary needs for students with medically required accommodated foods, e.g. allergies or metabolic disorders; a-la-carte foods, school stores, vending machines and fundraisers
- Develop policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the [Smart Snacks in School](#) nutrition standards*
- Integrate [Farm to School](#) activities into the cafeteria and classroom. Utilize [Agency of Agriculture Farm to School Grant program](#) for funding and technical assistance opportunities.
- Ensure that foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Review eligibility for the [Community Eligibility Provision](#) (CEP) to offer breakfast and lunch at no charge to all students

4 HEALTH SERVICES

- Identify student needs related to physical activity, nutrition, and obesity and coordinate care within school and at all school-sponsored activities.
- Help to ensure all students receive annual well-care visits in their medical home where medical providers will perform recommended height, weight, BMI, cholesterol, and blood pressure screenings, in addition to important anticipatory guidance about physical activity, nutrition and other healthy protective and risk taking behaviors.

5**COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES**

- Provide leadership in advocacy and coordination of effective school physical activity and nutrition policies and practices.
- Ensure students have access to needed health, mental health, and social services.
- Create referral systems for students with signs of eating disorders, binge eating, or other weight concerns to the appropriate school staff such as the school nurse, counselor, psychologist, or school social worker

6**SOCIAL & EMOTIONAL CLIMATE**

- Create a school environment that encourages a healthy body image, shape, and size among all students and staff, is accepting of diverse abilities, and does not tolerate weight-based teasing.
- Review [harassment, hazing and bullying prevention policies](#) for your school. Revise and update as needed

7**PHYSICAL ENVIRONMENT**

- Establish a physical environment that promotes physical activity and healthy eating by maintaining a safe environment and preventing unintentional illness and injury.
- Include staff training and have procedures on safety in and around the school environment that include playgrounds, sports areas, and bathroom facilities.
- Assist in planning for and implementing physical access accommodations for student with mobility limitations, e.g. access to all student appropriate activities and events

8**EMPLOYEE WELLNESS**

- Establish goals for healthy eating and physical activity for school employees.
- Engage in school staff wellness programs such as the [Vermont Education Health Initiative](#), and promote employee wellness by encouraging employees to access their primary care provider for recommended preventive care, vaccines, and chronic disease management.
- Become a [Breastfeeding-Friendly Employer](#), as breastfed babies have a reduced risk of childhood obesity and type-2 diabetes.

9**FAMILY ENGAGEMENT**

- Provide opportunities for family members to participate in school based activities that promote healthy eating and physical activity. For example: host family nights, dinner celebrations, [Safe Routes to School](#) events, [Farm to School](#) programs, newsletters, etc.
- Work with families to increase student enrollment [in school meal program](#) and free meals program
- Refer parents to the Center for Disease Control and Prevention (CDC) [Parents for Healthy Schools](#)

10 COMMUNITY INVOLVEMENT

- Partner with community groups, organizations, agriculture community, and local businesses to develop and implement [Local Wellness Policies](#), share resources, and volunteer to support health-related activities.
- Engage municipal governments, employers, schools, and health care providers to develop community-wide strategies to address physical activity and nutrition activities and opportunities such as shared use agreements and food access initiatives.
- Fund or support Hunger Free Vermont's [The Learning Kitchen](#) program in your school or community to help teach youth and families how to prepare healthy foods on a budget

*Required activities under the [Healthy Hunger Free Kids Act](#)

MORE INFORMATION

Vermont Department of Health WSCC Website

<http://healthvermont.gov/children-youth-families/school-health/whole-school-whole-community-whole-child>

Vermont Department of Health School Physical Activity and Nutrition:

<http://healthvermont.gov/wellness/physical-activity-nutrition/school-and-early-child-care>

Vermont Agency of Education- Healthy and Safe Schools:

<http://education.vermont.gov/student-support/healthy-and-safe-schools>

Vermont Agency of Agriculture, Food, and Markets- Farm to School:

http://agriculture.vermont.gov/producer_partner_resources/market_access_development/farm_school

Center for Disease Control and Prevention (CDC) Healthy Schools

<http://www.cdc.gov/healthyschools/index.htm>