



Adams 12 Five Star
School District

WSCC's IMPACT

During the 2015-2016 School Year:

- WSCC is operating in **40 schools**
- Impacted the lives of more than **28,000 students and families**

WHY SHOULD WE CARE?

- Adams County is ranked 21st out of 25 counties in the area of child well-being
- An estimated 5,000 students are without access to medical, vision, mental health or dental care
- In Adams County, 29% of children are overweight or obese

TESTIMONIAL

"We've made a commitment to integrate health and wellness into our schools. This is an important effort because research and first-hand experience clearly show that healthy students are more likely to be academically successful students."

*Adams 12 Five Star Schools
Superintendent Chris Gdowski*

ADAMS 12 HEALTH & WELLNESS TEAM PURPOSE STATEMENT:

"To integrate health and wellness programs, policy, and practice more deeply into the day-to-day life of schools and students in order to encourage development of the whole child - one who is academically successful, healthy, motivated, and engaged."



The Case For The Whole School, Whole Community, Whole Child (WSCC) Model (Formerly Coordinated School Health [CSH])

The Whole School, Whole Community, Whole Child (WSCC) Model is recommended as a strategy for improving students' health and learning in our nation's schools.

Why Schools?

The healthy development of children and adolescents is influenced by many societal institutions. After the family, the school is the primary institution responsible for the development of young people in the United States.

- Schools have direct contact with more than 95% of our nation's youth ages 5–17 years, for about 6 hours a day, and for up to 13 critical years of their social, psychological, physical, and intellectual development.
- Schools play an important role in improving students' health and social outcomes, as well as promoting academic success.

Why School Health? Healthy Schools = Successful Students!

The health of young people is strongly linked to their academic success, and the academic success of youth is strongly linked with their health. Thus, **helping students stay healthy is a fundamental part of the mission of schools.** After all, schools cannot achieve their primary mission of education if students and staff are not healthy.

- Health-related factors, such as hunger, chronic illness, or physical and emotional abuse, can lead to poor school performance.
- Health-risk behaviors such as substance use, violence, and physical inactivity are consistently linked to academic failure and often affect students' school attendance, grades, test scores, and ability to pay attention in class.

The good news is that school health programs and policies may be **one of the most efficient and effective means** to prevent or reduce risk behaviors, prevent serious health problems among students, and may help close the educational achievement gap.

Why WSCC?

School health programs and policies in this country have resulted, in large part, from a wide variety of federal, state, and local mandates, regulations, initiatives, and funding streams. The result, in many schools, is a "patchwork" of policies and programs with differing standards and requirements. In addition, the professionals who oversee the different pieces of the patchwork come from multiple disciplines: education, nursing, social work, etc., each bringing specialized expertise, training, and approaches.

Coordinating the parts of school health into a systematic approach enables schools to:

- Eliminate gaps/reduce redundancies across many initiatives and funding streams.
- Build partnerships and teamwork among school health and education professionals.
- Build collaboration and enhance communication among public health, school health, and other education and health professionals in the community.
- Focus efforts on helping students engage in protective, health-enhancing behaviors and avoid risk behaviors.

Reference: <http://www.cdc.gov/healthyyouth/cshp/case.htm>

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The 10 Components of The Whole School, Whole Community, Whole Child (WSCC) Model

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



1. Health Education — Health Education assists students in living healthier lives.

2. Physical Education & Physical Activity — The outcome of a quality physical education program is a physically educated person who has the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

3. Nutrition Environment & Services — Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students, and provides learning experiences in nutrition and health as well as links to nutrition-related community services.

4. Health Services — Services provided to students to appraise, protect, and promote health.

5. Counseling, Psychological, and Social Services — Services provided to improve students' mental, emotional, and social health. These services improve the health of the students and the health of the school environment.

6. Social & Emotional Climate — A school environment created to improve students' and staff members mental, emotional, and social health.

7. Physical Environment — A school atmosphere supported by programs and policies that nurture positive behavior, assure safety, and promote a feeling of belonging and respect for all student, staff, and families. This component involves the physical and aesthetic surroundings, climate, and culture of the school.

8. Employee Wellness — Work-site health promotion programs that encourage and support staff in pursuing healthy behaviors and lifestyles.

9. Family Engagement — In order for health behaviors to become a part of the lives of the young people, reinforcement and support outside the classroom is critical and families play an integral part.

10. Community Involvement — As with Family Engagement, in order for health and wellness to become a part of young people's lives, community members and community organizations also play an essential role.

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BENEFITS TO BEING A PART OF THE TEAM:

- Ensure that you (or your department) has a voice and active role in the process
- Garner school wide support for your goals, needs, and priorities
- Make a real difference in the health and lives of students and families
- Give back to your school community by sharing your time and talents
- Do something new and different, and be a positive influence on young children and teens
- HAVE FUN!



The School Wellness Team — Roles & Responsibilities

Whole School, Whole Community, Whole Child (WSCC) WSCC Overview

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School Wellness Team Member Expectations

- Attend all scheduled meetings during the school year
- Participate in completing a School-wide Health Assessment
- Participate in writing/implementing two distinct School Health Improvement Plans based on the results from the School-wide Health Assessment
- Take an active role in all School Wellness Team activities
- Assist in monitoring progress toward meeting team objectives
- Become familiar with both the research linking health and academics and the District's Wellness Policy (Superintendent Policy 3720)
- Be a spokesperson for integrating health and wellness into the school culture

Qualifications and Requirements

- Interest in working as part of a team to address health/wellness gaps at your school
- Dedication to helping ensure that policies and programs are implemented that create healthy schools and successful students
- Ability to travel to school district locations
- Willingness to adhere to RMC Health grant policies and procedures
- Good communication and organizational skills. Reliability is a must!
- Confident in ability to contribute expertise and skills to team meetings
- Ability and willingness to communicate with the Adams 12 School Wellness Coordinator throughout the school year

Time Commitment

- Be able to commit to the team for a minimum of one school year
- Monthly: Approximately 1-2 hours for team meetings
- Preparing for meetings: Approximately 1-2 hours initially, per meeting, when completing the assessment and writing the two School Health Improvement Plans
- Training: One full day PD Event plus webinars, and conference calls, as needed



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Adams 12 Health & Wellness Team—2013-2015 Highlights and Successes

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



- **Implemented Year 1 & Year 2 of the three year RMC Health Grant** (\$167,000—\$175,000 annually)
 - ◆ 25 Adams 12 Schools successfully participated in work around WSCC during the 2014-2015 school year, resulting in each school writing at least two distinct School Health Improvement Plans (SHIPs)
 - ◆ **80% of Adams 12 schools** will be actively participating in the RMC Health Grant **by the 2015-2016 school year**
- **Implemented a \$200,000 Kaiser Grant** that helped Adams 12 increase students' physical activity through the SPARK PE program, Playworks active recess program, and Brain Boosts in the Classroom initiative.
- **Student and Family Outreach Program** enrolled over **156 students** in comprehensive health insurance and enrolled **231 families** in food assistance programs
- **The Adams 12 District Health Advisory Committee (DHAC)** was formed and began its important work in Spring 2015.
- **Totes of Hope Program** — 20 schools (a 100% increase over 2013-2014) are distributing **backpacks of food** to a total of **1,000 homeless and food-insecure students** each Friday to help ensure they have food to eat over the weekend
- **Cooking Matters** — New partnership has brought **free nutrition and healthy cooking classes** for low-income children, teens, parents, and families to Adams 12 schools. The two courses offered at schools this spring, two this summer, and four scheduled for fall teach families how to cook healthy, eat healthy, and shop healthy on a very tight budget
- **Tobacco Policy** — **Leads the change in Superintendent policy format** to include more education, cessation resources, and community service as alternatives to suspension. Tobacco Free signs are currently being updated across the district, tobacco health education kits are being purchased for all middle and high schools, and a procedural document has been created to help schools implement the new policy
- **Golden Sneaker** — During the 2014-15 school year, **nine schools** who showed that they are making a cultural shift in wellness received the traveling Golden Sneaker award, a check for \$300 - \$500 to implement new wellness programs, and a permanent banner signifying the school's dedication to health and wellness

Everyone has a strength and has something to share. Parents, school staff, and community members that care. Share your strength; help create healthy schools and successful students.



WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

