

# The WSCC Model: Whole School, Whole Community, Whole Child



*A guide to implementation of a Coordinated School Health Model*

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# Acknowledgements

Thanks to the Oklahoma Health Improvement Plan (OHIP) Coordinated School Health Workgroup for creating this guide along with other resources. The partners include:



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## What is the Whole School, Whole Community, Whole Child (WSCC) Model?

The Whole School, Whole Community, Whole Child (WSCC) model is a combination of the CDC's Coordinated School Health Model and the ASCD's Whole Child model. WSCC is an ecological approach that is directed at the whole school, with the school in turn drawing its resources and influences from the whole community and serving to address the needs of the whole child. The WSCC model puts the child at the center, representing the idea that children and youth should be the focus of decision-making; thus, all policies, practices, and programs should support a healthy, safe, engaged, supported, and challenged child. The WSCC model increases alignment and integration between health and education to improve each child's cognitive, physical, social, and emotional development; therefore, addressing barriers to every child's capacity for learning.

A quality WSCC initiative integrates and collaborates between health and education across the community, schools, and the WSCC sectors to improve each child's physical, cognitive, and emotional development.



**The key to action is collaborative development of district level and local school policies, processes, and practices to**

## The purpose of WSCC

Improving student wellness helps students succeed in school. It is critical that schools promote health and wellness. Failure to do so may undermine schools' overall goal to provide high quality education for all students. Students are most influenced to lead healthy and productive lives when the schools, parents, and other community groups work collaboratively. Each of these groups has unique roles for accessing students, identifying and sharing resources, and impacting health behaviors of children and youth. The 10 components of the Whole School, Whole Community, Whole Child model can serve as a catalyst for systemic

changes in schools to promote student health and educational outcomes.



## The Role of Health in Academic Achievement

*Research shows that schools with a systematic, coordinated, and integrated approach to students' health have fewer incidences of behavioral problems, improved school attendance rates, enhanced interpersonal relationships, and higher student achievement.*

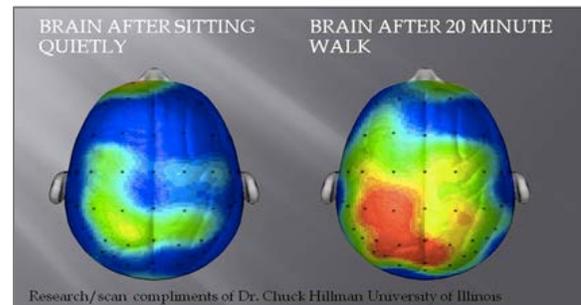
*-Gene Carter, Association for Supervision and Curriculum Development*

### THE LINK BETWEEN LEARNING AND STUDENT HEALTH

It is important to understand the close supportive relationship between healthy schools and students' achievement. Students who are in good health and who have their social and emotional needs met can concentrate better on learning than those who are sick or distracted.

Schools that create a comprehensive approach to health promotion and effectively address the complete physical, emotional, intellectual, and social well-being of students and staff are more effective in creating an environment where students can learn.

According to Active Living Research, healthy lifestyles can have both immediate and long-term benefits on academic performance. For example, almost immediately after engaging in physical activity, children are better able to concentrate on classroom tasks, which can enhance learning. Regular participation in physical activity has shown links to improved brain health and standardized test scores, increased attention and ability to stay on task, reduction of disruptive classroom behavior, and a decrease in school absences.



**Enhanced brain functioning after 20 minutes of walking**

Because emotional and physical health are critical to the development of the whole child, health should be fully embedded into the educational environment for all students. “Health and learning”:

- Is a multifaceted concept that includes the intellectual, physical, civic, and mental health of students;
- Provides coordinated and comprehensive health efforts that give students and staff effective teacher, school, family, community, and policy resources;
- Supports the development of a child who is healthy, knowledgeable, motivated, engaged, and connected;
- Is the reciprocal responsibility of communities, families, schools, teachers, and policymakers

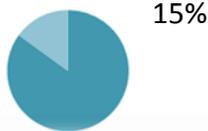


## Why is there a need to implement the Whole School, Whole Community, Whole Child (WSCC) model in Oklahoma?

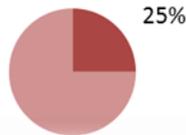
- 22% of Oklahoma children under the age of 18 are trapped in poverty. (<http://oica.org>)
- 14% of Oklahoma children under age 18 are uninsured ([www.statehealthfacts.org](http://www.statehealthfacts.org))
- The teen birth rate for ages 15-19 is 38.5 per 1000 females (Oklahoma ranked 49th out of all 50 states) (<http://oica.org>)

### 2013 Youth Risk Behavior Survey indicated that among Oklahoma high school students

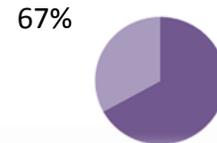
Students that have seriously considered attempting suicide in past 12 months



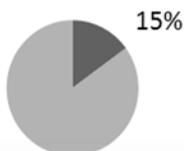
Students that have been in a physical fight on school property in the past 12 months



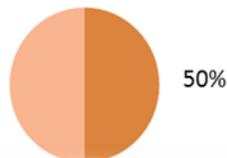
Students that did not eat breakfast at all during the 7 days before the survey



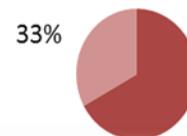
Students that seriously considered attempting suicide in the past 12 months



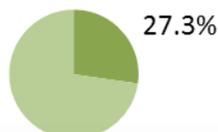
Students who had ever had sexual intercourse



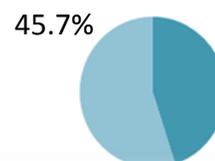
Students that have had at least one drink of alcohol on one or more days during the past 30 days



Students who have ever felt sad or hopeless almost every day for two weeks or more during the past 12 months



Students that have tried cigarette smoking



## Health Education

Formal, structured health education provides students with opportunities to obtain the skills, knowledge, and attitudes necessary to make quality health decisions, achieve health literacy, and to promote the health of others, whether it is friends, family, or community members. Comprehensive school health education includes curricula and instruction for students in pre-K through grade 12. A variety of topics are discussed, including:



- Alcohol and other drug use and abuse
- Healthy eating/nutrition
- Mental and emotional health
- Personal health and wellness
- Physical activity
- Safety and injury prevention
- Sexual health
- Tobacco use
- Violence prevention

Did you know...

...that Oklahoma is the ONLY state in the nation that has **no requirement** for health education in schools.



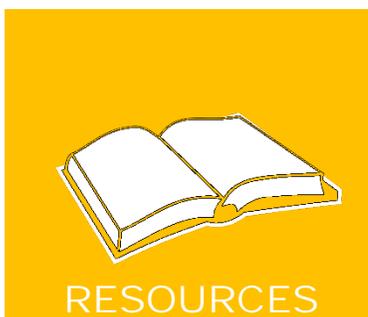
- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>
- Oklahoma Health and Safety Standards - <http://sde.ok.gov/sde/sites/ok.gov.sde/files/C3%20PASS%20PE.pdf>



- AIDS prevention Education – HB 1476
- Healthy and Fit School Advisory Committee – SB 1459
- Healthy and Fit Kids Act – SB 1627
- Chase Morris Sudden Cardiac Arrest Prevention – SB 239
- Annual High School Student CPR Training – HB 1378
- Automated External Defibrillators (AED) – SB 932



- Health Smart – <http://www.etr.org/healthsmart/>
- Coordinated Approach to Child Health (CATCH) – <http://www.catchinfo.org>
- Making Proud Choices - [www.TulsaCampaign.org](http://www.TulsaCampaign.org)
- Making a Difference - [www.TulsaCampaign.org](http://www.TulsaCampaign.org)



- Oklahoma State Department of Health, local county health educators - [https://www.ok.gov/health2/documents/Health%20Educator%20Map\\_2nd%20quarter%202016%20\(2\).pdf](https://www.ok.gov/health2/documents/Health%20Educator%20Map_2nd%20quarter%202016%20(2).pdf)
- UCO's Institute for Coordinated School Health - <http://www.uco.edu/ceps/icsh/>
- Oklahoma Department of Education Health Lesson Plans - <http://sde.ok.gov/sde/physical-education-and-health>



Incorporate a health lesson into each core subject class.

## Physical Education and Physical Activity

A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity.

CSPAP consists of coordination among five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family



and community engagement. Physical education is a school-based instructional opportunity for students to gain the necessary skills and knowledge for developing an active lifestyle. Physical activity includes a multitude of activities that consist of bodily movement, for example, taking the stairs, weight lifting, walking, basketball, and mowing the lawn are all different ways to be physically active. There are many benefits associated with physical activity:

- Higher test scores
- Improved overall grades
- Improved attendance
- Better classroom behavior
- Improved concentration and attentiveness



- Oklahoma Academic Standards for Physical Education - <http://sde.ok.gov/sde/physical-education-and-health>
- National PE Standards - <http://www.shapeamerica.org/standards/pe/>



- Requirements set by the Oklahoma State Department of Education concerning physical education and activity programs <http://sde.ok.gov/sde/search/node/Physical%20Education>



- Coordinated Approach to Child Health (CATCH) - <http://catchinfo.org/>
- Sports, Play and Active Recreation for Kids (SPARK) - <http://www.sparkpe.org/what-is-spark/>
- Go Noodle - <https://app.gonoodle.com/login>



- Comprehensive School Physical Activity Programs - <http://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>
- Action Based Learning Labs (ABLL) - <http://abllab.com/>
- P.E. Central - <http://www.pecentral.org/>
- RECESS+ - <http://recesstulsa.com/what-we-do.html>
- Teach Train Love - <http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/>



Energize your kids for at least three minutes with a brain break such as "Go Noodle".

## Nutrition Environment & Services

Nutrition services provide meals that meet federal nutrition standards for the National School Lunch and Breakfast Programs, accommodate the health and nutrition needs of all students, and help ensure that foods and beverages sold outside of the school meal programs meet Smart Snacks in school nutrition standards.

Students can practice healthy eating through their selections made in the cafeteria, school store, concession stands, vending machines, or even classroom parties. Nutrition education is essential in providing the

knowledge and skills needed to make healthy choices daily. Most often, schools provide children two of their

three meals a day and maybe a snack in between, this

is the perfect setting to exemplify healthy habits and

provide students with nutritious meals. Research has

shown linkage between healthy eating and learning

outcomes, and helps to ensure that students are able

to reach their full potential.





STANDARDS

- Free and Reduced Income and Eligibility Guidelines - <http://www.fns.usda.gov/school-meals/income-eligibility-guidelines>
- USDA Nutrition Standards for School Meals - <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>



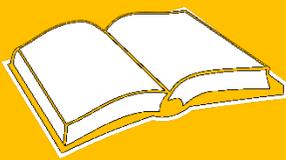
REQUIREMENTS

- USDA food and nutrition program requirement for participating schools - <http://sde.ok.gov/sde/child-nutrition-programs#programs>



BEST PRACTICES

- Oklahoma Farm to School - <http://okfarmtoschool.com>
- State Fresh Fruit and Vegetable Program (FFVP) - <http://www.fns.usda.gov/sites/default/files/FFVPFactSheet.pdf>
- Coordinated Approach to Child Health (CATCH) - <http://catchinfo.org/>
- DoD Fresh Fruit and Vegetable Program - <http://www.fns.usda.gov/fdd/dod-fresh-fruit-and-vegetable-program>



RESOURCES

- Child Nutrition Program - <http://sde.ok.gov/sde/child-nutrition-links-resources>
- Oklahoma Team Nutrition - <http://www.fns.usda.gov/tn/team-nutrition>
- Choose My Plate - <http://www.choosemyplate.gov>
- Oklahoma School Nutrition Association - <http://www.snaofok.org/>
- Center of Disease Control, School Health tools - <http://www.cdc.gov/healthyschools/npao/resources.htm>

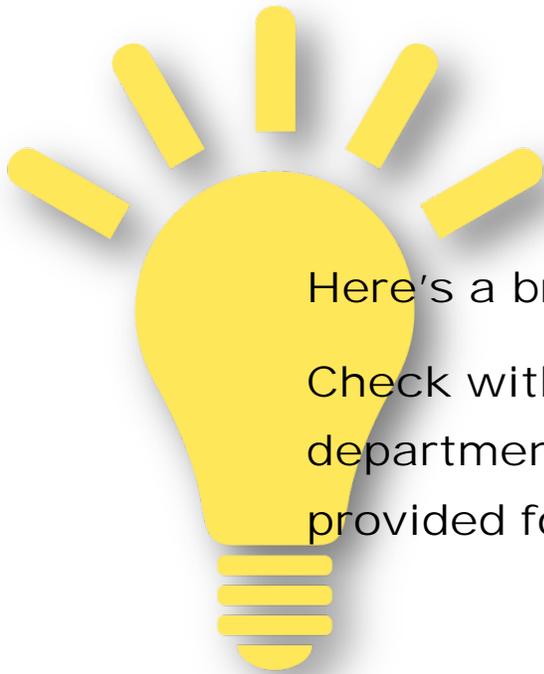


ACTION

Encourage Students to drink more water throughout the day.

## Health Services

Health services connect school staff, families, community, and health care providers to promote the health care of students and a healthy and safe school environment. Health services provide first aid, emergency care, care for chronic conditions, in addition to wellness promotion of both staff and students. The most common provider is the school nurse, who collaborates with community partners to assist in providing services beyond what the school can provide.



Here's a bright idea:

Check with your local health department to see what services are provided for little to no cost.



- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- Oklahoma’s School Immunization Law- Title 70 Sections 1210.191-193
- Oklahoma’s State Department of Health Immunization Regulations- Title 310. Chapter 535
- Oklahoma Vision Screening Law- Title 310, Chapter 531
- Diabetes Management Law- Title 70, Section 24-156
- Oklahoma Anaphylaxis Medication- Title 70 Chapter 143Oklahoma CPR training Act- Title 70 Section 1210.199



- Open Airways - <http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools/>



- The Center for Health and Health Care in Schools - <http://www.healthinschools.org/> Center for Disease Control: Management of Chronic Conditions - <http://www.cdc.gov/healthyschools/chronicconditions.htm>
- Center of Disease Control, School Health tools - <http://www.cdc.gov/healthyschools/npao/resources.htm>



Work with local organizations to create a referral process and resource list.

## Counseling, Psychological, & Social Services

Different health assessments and interventions can be done in order to address psychological, academic, and social barriers to learning. These services are provided to improve students’ mental, emotional, and social health and include individual and group assessments, interventions and referrals. Professionals such as certified school counselors, psychologists, and social workers provide these services, and contribute not only to the health of the students, but also to the health of the school environment.



- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- Second Wind Fund - <http://www.thesecondwindfund.org/>
- Wings Foundation - <http://www.wingsfound.org/>



Ask a local counselor or social worker to donate one day of service to students and families.

## Social and Emotional Climate



Social and Emotional School Climate refers to the psychosocial aspects of students' educational experience that influence their social and emotional development. This can impact student engagement in activities, relationships with other students, family, staff, and community, and academic performance. A positive social and emotional climate is conducive to effective teaching and learning. Positive environments promote health, growth, and development by providing a safe and supportive learning environment.



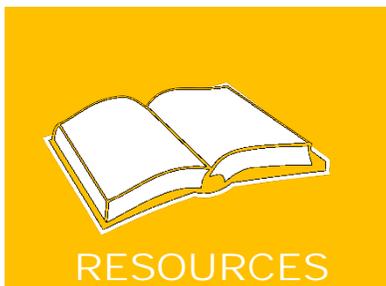
- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- School Safety and Bullying Prevention Act: Oklahoma State Statute HB 1661 - <http://sde.ok.gov/sde/bullying-prevention>
- Suicide Prevention in Public Schools: Oklahoma State Statute HB 1623 - <http://sde.ok.gov/sde/suicide-prevention>



- Bullying prevention curriculum & lesson plans <http://sde.ok.gov/sde/bullying-prevention>
- Substance abuse prevention curriculum & lesson plans <http://sde.ok.gov/sde/substance-abuse-prevention>
- Suicide prevention curriculum & lesson plans <http://sde.ok.gov/sde/suicide-prevention>
- Teen dating violence prevention curriculum & lesson plans <http://sde.ok.gov/sde/teen-dating-violence-prevention>
- Youth violence prevention curriculum & lesson plans <http://sde.ok.gov/sde/youth-violence-prevention>



- Character.Org - <http://character.org/>
- Community Matters - <http://community-matters.org>
- It Gets Better Project - <http://www.itgetsbetter.org/>
- Stop Bullying - <http://www.stopbullying.gov/>
- Welcoming Schools - <http://www.welcomingschools.org/>



Have each student identify a trusted adult.

## Physical Environment

The physical environment creates a safe school environment, both physically and aesthetically, including the building, land and surrounding area. A healthy school environment will address a school's physical condition during



normal operation as well as during renovation, and protect occupants from physical threats and biological and chemical agents in the air, water, or soil including those purposefully brought into the school.



- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- 24/7 Tobacco free schools - [https://www.ok.gov/health/Wellness/Tobacco\\_Prevention/24\\_7\\_Tobacco-Free\\_Schools.html](https://www.ok.gov/health/Wellness/Tobacco_Prevention/24_7_Tobacco-Free_Schools.html)



- Healthy School Report Card - <http://www.healthyschoolcommunities.org/hsrc/pages/reportcard/Index.aspx>
- School Health Guidelines - <http://www.cdc.gov/healthyschools/npao/schoolenvironment.htm>
- Shared Use Schools - [http://www.heart.org/HEARTORG/Affiliate/Support-Shared-Use-In-Oklahoma\\_UCM\\_437687\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Affiliate/Support-Shared-Use-In-Oklahoma_UCM_437687_SubHomePage.jsp)



- National School Climate Center - <http://www.schoolclimate.org/>
- National Program for Playground Safety - <http://playgroundsafety.org/>
- Healthy Schools, Healthy Kids - <https://www.epa.gov/schools>
- Safe Routes to School - <http://www.saferoutesinfo.org/>



Ensure that all students are aware of what to do in emergency situations such as active shooter or extreme weather situations.

## Employee Wellness

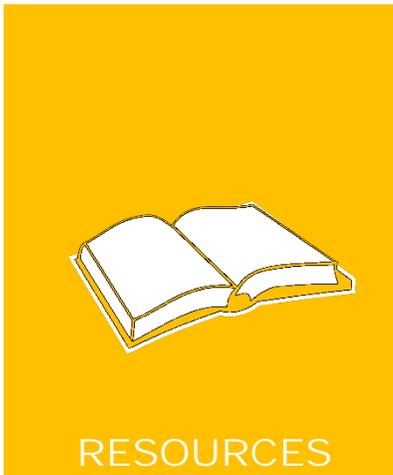
While schools are a learning environment and safe place for students, it is also a worksite for teachers, administrators, and staff. Schools can provide opportunities for staff members to improve both their mental and physical health through programs and policies such as a tobacco free campus, health assessments, and fitness programs. Partnerships between school districts and health insurance providers can help offer resources; employee wellness programs and healthy work environments can help to decrease insurance premiums, reducing employee turnover, and cutting costs of substitutes. With a healthy school environment, school employees are likely to be more productive and less likely to be absent. School staff serves as role models for the students and can model healthy behavior, increasing the attention of students.



- Healthy and Fit Advisory Committee – Senate Bill 1627



- Conduct needs assessments to develop employee wellness programs around needs and interests



- Workplace Health Promotion - <http://www.cdc.gov/workplacehealthpromotion/>
- School Wellness Champion Start-up Kit - [http://thrivingschools.kaiserpermanente.org/wpcontent/uploads/2014/12/KP\\_School\\_Wellness\\_Champion\\_ToolKit.pdf](http://thrivingschools.kaiserpermanente.org/wpcontent/uploads/2014/12/KP_School_Wellness_Champion_ToolKit.pdf)
- Guidance and resources for employee wellness - [https://www.healthiergeneration.org/take\\_action/schools/employee\\_wellness/](https://www.healthiergeneration.org/take_action/schools/employee_wellness/)
- Resources, webinars, success stories and guidance on supporting employee wellness in schools <http://thrivingschools.kaiserpermanente.org/wellness-resources/school-employee-wellness/>



Partner with a local health club for discounted rates for faculty and staff.

## Family Engagement

The relationship between families and schools intertwines and reinforces student health and learning in multiple settings – at home, in school, during out-of-school programs, and in the community. Together, families and school staff can support and improve the learning, development, and health of students. Family engagement with schools is a shared responsibility of both school staff and families. School staff is committed to making families feel welcome and engaging families in a variety of meaningful ways, while families are committed to actively support their child’s learning and development.





- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- Healthy Hungry Free Kids Act of 2010 - (<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>)
- Sharing BMI with parents



- Grandparent’s Day - <https://grandparentsday.org/>
- Watch dogs - <http://www.fathers.com/watchdogs/>



- The Harvard Family Research Project - <http://www.hfrp.org/family-involvement>
- Parent Teacher Association - National-<http://www.pta.org/index.cfm>, Oklahoma-<http://www.okpta.org>
- John Hopkins’ National Network of Partnership - <http://www.csos.jhu.edu/p2000/>
- Parent Engagement: Strategies for Involving Parents in School Health-  
[http://www.cdc.gov/healthyyouth/protective/pdf/parent\\_engagement\\_strategies.pdf](http://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf)



Engage families by hosting a diverse interactive family fun night that offers various opportunities for all.

## Community Involvement



With the involvement of community groups, organizations, and local businesses in schools, the school, students, and families will benefit when leaders and staff at the district or school solicit and coordinates information, resources, and services available. The partners within the community can share resources and volunteer

to support learning. Schools and their families can also contribute to their community through community service learning opportunities and by sharing school facilities with community members.

Community partnerships may include:

- Community-based organizations
- Cultural and civic organizations
- Social service agencies
- Faith-based organizations
- Businesses
- Health clinics



- Oklahoma Academic Standards for Health - <http://sde.ok.gov/sde/physical-education-and-health>



- Healthy Hungry Free Kids Act of 2010 - (<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>)
- Sharing BMI with parents



- North Carolina Public Schools Toolkit for Parent, Family, and Community Involvement - <http://www.ncpublicschools.org/parents/toolkit/>
- School Health Guidelines - <http://www.cdc.gov/healthyschools/npao/family.htm>



- Family, School, and Community Engagement - [http://www.nationalpirc.org/engagement\\_webinars/](http://www.nationalpirc.org/engagement_webinars/)



Partner with a community organization to offer diverse interactive opportunities for students, faculty, staff, and families.

# CALL TO ACTION!

The key to **ACTION** is collaborative development of community, district level and local school policies, processes, and practices to improve health and learning.

*It's easy as ABC!*



**A**

Adopt as many of the ten WSCC components as possible.

**B**

Be the change by implementing recommended health standards and strategies.

**C**

Connect and develop partnerships to resource WSCC efforts.

For more information, foundational resources, and funding opportunities, please visit

<http://WSCC.health.ok.gov>.