

Healthy School Environments for Students

Audio Descriptive Text

Title: Chapter 2. Healthy School Environments; Healthy School Environments for Students. Image of the Whole School, Whole Community, Whole Child (WSCC) model. Image of Active Child icon. Highlighted wedges of the WSCC model: Nutrition Environment and Services; Physical Education & Physical Activity; and Health Services. Pop-out images of the center of the WSCC model: safe; healthy; challenged; supported; and engaged.

Video Summary

- The Whole School, Whole Community, Whole Child (WSCC) model provides a framework for addressing school health policies, practices, and programs.
- *Parents for Healthy Schools* focuses on three of ten WSCC components: nutrition environment and services, physical education and physical activity, and health services.
- Schools see improved educational outcomes and improved overall student health and wellness when practices to support eating healthy foods, being physically active, and managing chronic health conditions are followed.

Audio Script

Schools are an ideal place for students to learn about and practice healthy behaviors.

Schools are an important setting to promote healthy eating and physical activity and address chronic health conditions. More than 95% of young people in the United States are in school for 13 critical years of their development.

The Whole School, Whole Community, Whole Child model, which was developed by ASCD and CDC, provides a framework for addressing school health policies, practices, and programs to ensure that students are healthy and ready to learn.

There are ten components in this model. *Parents for Healthy Schools* focuses on three of these components: nutrition environment and services, physical education and physical activity, and health services. School leaders should address their policies, processes, and practices across these components to help students be safe, healthy, challenged, supported, and engaged. In addition, this model depicts the need for the school, family, and community to work together to ensure students are healthy and academically successful.

Healthy students do better in school. Research supports the connection between students being physically active, eating healthy foods, and managing their chronic health conditions, with improved test scores, grades, school attendance, and classroom behaviors. Examples of improved classroom behaviors include being more focused and not getting into trouble.

When schools follow practices to support eating healthy foods, being physically active, and managing chronic health conditions, they see improved educational outcomes and improved overall health and wellness of their students.

With the focus being on these three components of the Whole School, Whole Community, Whole Child model, the goal is for schools to:

- Educate students about healthy nutrition, physical activity, and managing chronic health conditions;
- Provide opportunities for students to practice healthy eating and physical activity behaviors; and
- Provide access to health services for students with chronic health conditions.

Involving parents in school health activities can be an important strategy for getting schools to promote healthy school nutrition environments and services, opportunities for physical activity throughout the school day, and health services to support for students with chronic health conditions.