



# Integrating School Health Services Across the WSCC Framework



School health services staff can help students stay at school, safe and ready to learn. Here are some evidence-based strategies and promising practices for using the **Whole School, Whole Community, Whole Child (WSCC)** approach across the school setting to promote health services and active, healthy lifestyles for students with chronic health conditions.

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| <b>Health Services</b>                                | <ul style="list-style-type: none"> <li>■ Deliver clinical services to students with acute and chronic health conditions.</li> <li>■ Educate students and their caregivers about chronic health conditions and coordinate care with external health care providers.</li> <li>■ Train appropriate school staff on how to provide resources that support students with chronic health conditions.</li> </ul> |
| <b>Nutrition Environment and Services</b>             | <ul style="list-style-type: none"> <li>■ Provide options for children with special dietary needs, per federal regulations.</li> <li>■ Help manage the nutritional needs of students with chronic health conditions, including food allergies and diabetes.</li> </ul>   |
| <b>Physical Education and Physical Activity</b>       | <ul style="list-style-type: none"> <li>■ Encourage all students to participate in physical activity, regardless of ability, unless health conditions prevent it.</li> <li>■ Ensure access to free drinking water in the gym and other physical activity areas.</li> </ul>   |
| <b>Health Education</b>                               | <ul style="list-style-type: none"> <li>■ Make sure that students get comprehensive health education that includes information on common chronic health conditions.</li> <li>■ Use CDC's Health Education Curriculum Analysis Tool to help improve the delivery of health education.</li> </ul>  |
| <b>Community Involvement</b>                          | <ul style="list-style-type: none"> <li>■ Involve local hospitals, health care plans, health departments, school-based and community health centers, and other health organizations in school health initiatives.</li> <li>■ Connect with out-of-school programs about access to health services and students with chronic health conditions.</li> </ul>   |
| <b>Family Engagement</b>                              | <ul style="list-style-type: none"> <li>■ Give parents opportunities to learn about chronic health conditions and school health services.</li> <li>■ Encourage families to participate in school-based programs and activities that promote healthy behaviors.</li> </ul>  |
| <b>Employee Wellness</b>                              | <ul style="list-style-type: none"> <li>■ Create a healthy work environment for staff.</li> <li>■ Encourage school staff to model healthy behaviors.</li> </ul>  |
| <b>Physical Environment</b>                           | <ul style="list-style-type: none"> <li>■ Provide a safe physical environment, both outside and inside school buildings, by ensuring proper cleaning, maintenance, and ventilation and limiting exposure to chemicals and pollutants.</li> </ul>   |
| <b>Social and Emotional Climate</b>                   | <ul style="list-style-type: none"> <li>■ Promote a positive school climate where respect is encouraged and students can seek help from trusted adults.</li> </ul>   |
| <b>Counseling, Psychological, and Social Services</b> | <ul style="list-style-type: none"> <li>■ Identify, track, and provide direct care to students with emotional, behavioral, mental health, or social needs.</li> <li>■ Help students with chronic health conditions during transitions, such as changes in schools or family structure.</li> </ul>  |

Visit [www.cdc.gov/healthyschools/wscoc/strategies.htm](http://www.cdc.gov/healthyschools/wscoc/strategies.htm) for more information and additional examples on how to integrate school health services strategies using the WSCC framework.

