



Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach

David Birch, Donna Videto

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There is increasing evidence that health and academic success go hand in hand. Now educators and health professionals have a new model—the Whole School, Whole Community, Whole Child (WSCC) approach—to use in promoting health and learning in the schools. This new approach, developed by leaders in education and health, is a transition from the coordinated school health (CSH) model that was introduced in 1987.

Promoting Health and Academic Success is a new resource for the transition from CSH to WSCC. Written by national leaders in education and school health, some of whom were involved in the development of WSCC, this book provides direction for education and school health professionals interested in promoting student health. It is valuable for individuals and groups interested in advocating for WSCC and for those engaged in the planning, implementation, and evaluation of this new approach.

The book also is a resource for both undergraduate and graduate students in courses that address a coordinated approach to school health. Each chapter includes application activities that engage students in translating their learning in the context of WSCC simulations. In addition, the School Health in Action feature provides case studies that demonstrate the impact school health programs are having in schools across the United States.

Applicable to both students and professionals, *Promoting Health and Academic Success* includes an appendix that presents a thorough guide to using school health assessment tools created by organizations such as the Centers for Disease Control and Prevention, Association for Supervision and Curriculum Development, and the National Association of State Boards of Education. Following is a partial listing of the tools:

- The **School Health Index** helps schools improve health and safety policies.
- The **State Schools Health Policy Database** facilitates sharing of policies across states.
- The **Health Education Curriculum Analysis Tool** encourages children to adopt and maintain health-enhancing behaviors.
- The **Physical Education Curriculum Analysis Tool** assists schools in analyzing their curricula and comparing it to national physical education standards.
- A **Parent Engagement** tool shares strategies for involving parents in school health.

The book is presented in five parts. **Part I** unveils the new WSCC model, explains its components, and provides a historical overview of coordinated school health. **Part II** offers insights into the Whole Child initiative and examines the evidence linking health and academic success. **Part III** explores the crucial role of school administration in ensuring success, ways to meet the diverse needs of students and their families, and methods for getting the community involved. **Part IV** delves into planning, implementation, and evaluation aspects of WSCC. **Part V** looks to the future for WSCC and provides perspectives from the field. The **appendix** supplies the assessment instruments and tools.

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