



NORTH CAROLINA  
**Healthy Schools**

# Whole School, Whole Community, Whole Child

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NCIOM Meeting

October 2017

# Healthy Schools Team

- Ellen Essick, PhD
  - Section Chief
- Nakisha Floyd
- Burt Jenkins
- Kelly Langston
- Dwayne Madison
- Susanne Schmal
- Les Spell



NORTH CAROLINA  
**Healthy Schools**



# WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

# NC State Board Goal: Every Student is Healthy, Safe and Responsible



*Healthy Responsible Students*

**North Carolina State Board of Education**

# State Board Objectives

1. Create and maintain a safe and respectful school environment
2. Promote healthy, active lifestyles for students
3. Decrease the number of students who are chronically absent, dropout, or suspended out of school
4. Decrease violence and crime in schools



# Whole School, Whole Community, Whole Child Resolution

NORTH CAROLINA STATE BOARD OF EDUCATION

*Resolution Establishing a*  
**A WHOLE SCHOOL, WHOLE COMMUNITY,  
 WHOLE CHILD FRAMEWORK**  
*for the State Board of Education*

- WHEREAS,** the North Carolina Constitution declares that the people have a right to the privilege of education, and that it is the duty of the State to guard and maintain that right, and
- WHEREAS,** the North Carolina Constitution establishes the North Carolina State Board of Education as a body whose duty is to make all needed rules and regulations as it supervises and administers the free public school system, subject to laws enacted by the General Assembly, and
- WHEREAS,** the North Carolina State Board of Education acknowledges the critical linkages to education that help ensure the privilege of education for all of its children, including initiatives and programs that support student health and safety and that develop student responsibility, and
- WHEREAS,** the Board acknowledges that other State and local agencies, along with educators, parents, and the community, have significant roles in meeting the needs of children and in removing barriers to their success, and
- WHEREAS,** the barriers to success for many children include poverty, poor health, unsafe environments, lack of access to services and supporting infrastructure needed to support their long-term health and safety and that will ensure their access to a quality public education that strives for high academic achievement for all, and
- WHEREAS,** research shows that the health of students is inextricably linked to their academic achievement, and
- WHEREAS,** public schools, health agencies, parents and communities share a common goal of supporting the health and academic achievement of adolescents, and
- WHEREAS,** *the Whole School, Whole Community, Whole Child model* emphasizes the relationship between educational attainment and health, by putting the child at the center of a system designed to support both, and
- WHEREAS,** *the Whole School, Whole Community, Whole Child model* focuses attention on the pre-K-12 child; emphasizes a school-wide approach; and acknowledges learning, health, safety and the school as being a part and reflection of the local community, and
- WHEREAS,** the Healthy Active Children policy is grounded in *the Whole School, Whole Community, Whole Child model* and requires that all Local Education Agencies maintain a School Health Advisory Council,
- NOW THEREFORE BE IT,**
- RESOLVED,** that the North Carolina State Board of Education adopts *the Whole School, Whole Community, Whole Child model* as a framework for supporting the health behaviors and academic performance of students, and
- RESOLVED,** that the North Carolina State Board of Education directs staff to change the name of the North Carolina State Board Interagency Committee, whose work it is to identify wrap-around services needed by public school students and to ensure coordination and collaboration of these services from State agencies and related external partners, to now be known as the North Carolina State Board of Education Whole Child NC Committee, and
- RESOLVED,** that the North Carolina State Board of Education encourages Local Education Agencies to use *the Whole School, Whole Community, Whole Child model* as a framework for creating collaborative school/community relationships and improving students' learning and health, and
- RESOLVED,** that Board members direct the Secretary to the State Board of Education to enter a copy of this resolution into the official minutes of the North Carolina State Board of Education.

  
 William W. Colby, Chairman  
 North Carolina State Board of Education

  
 June St. Clair Atkinson, State Superintendent  
 North Carolina Department of Public Instruction

November 3, 2016



NORTH CAROLINA  
**Healthy Schools**

# Whole School, Whole Community, Whole Child

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WSCC Pilot

# CSH to WSCC



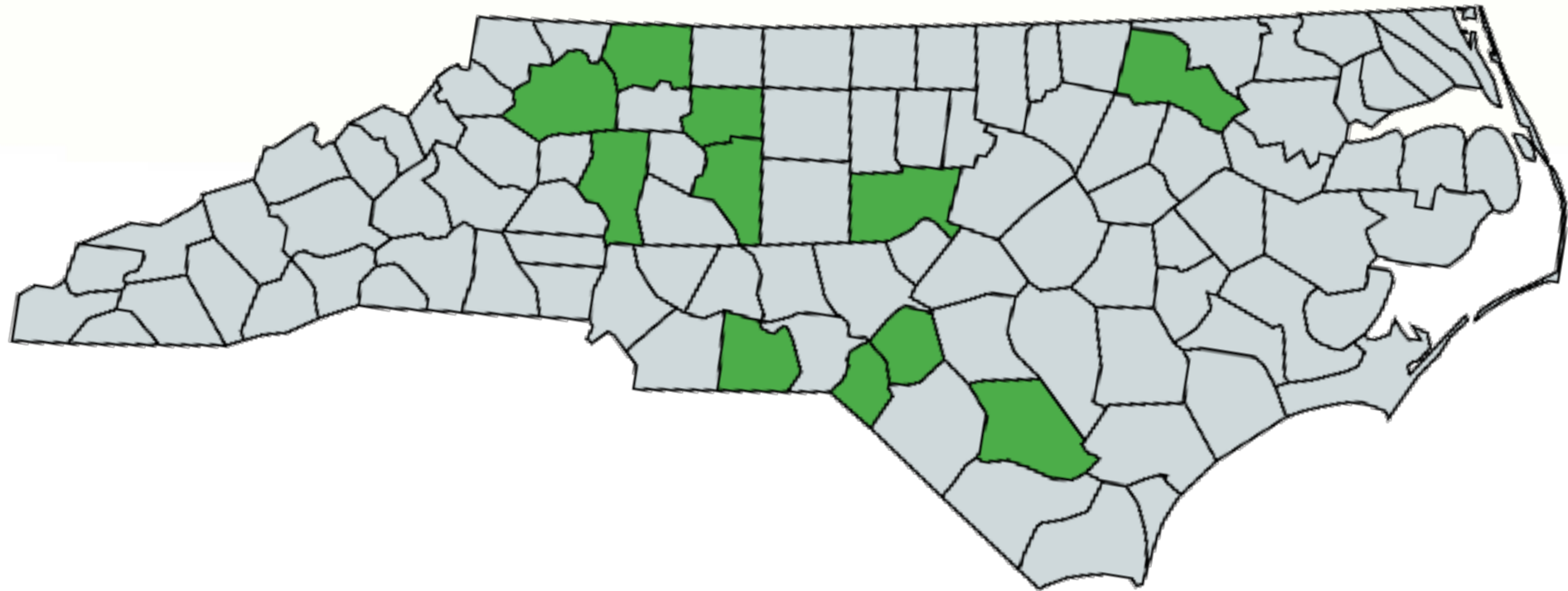


# WSCC Pilot Districts

- Anson County Schools
- Bladen County Schools
- Chatham County Schools
- Halifax County Schools
- Hoke County Schools
- Iredell-Statesville Schools
- Scotland County Schools
- Surry County Schools
- Thomasville City Schools
- Wilkes County Schools
- Winston-Salem/Forsyth County Schools



# Pilot District Locations



# Tentative Timeline of Events

Select WSCC  
Pilot School  
Districts  
January  
2017

YRBS  
Implementation  
March 2017

State SHAC  
and Pilot  
Training  
April 3-4,  
2017

Healthy  
Schools  
Staff to Meet  
with Pilot  
Districts  
February  
2017

Pilots  
Complete  
Assessment  
Tool Prior to  
April Meeting  
March 2017

Implementation  
of Action Plans  
August 2017

# Available Resources

- Pilot Districts
  - Professional development
  - Quarterly meetings
  - Assessment Tool help
  - Local data
  - Action Planning guidance
  - Dedicated team
  - Annual SHAC and Pilot meetings
- All LEAs
  - Monthly webinars
  - Assessment Tool access
  - Action Plan access
  - Access to team
  - Annual SHAC meeting

# Data Driven Prevention + Data Responsive Problem Solving = Healthy School Environment



# Health Data Collection

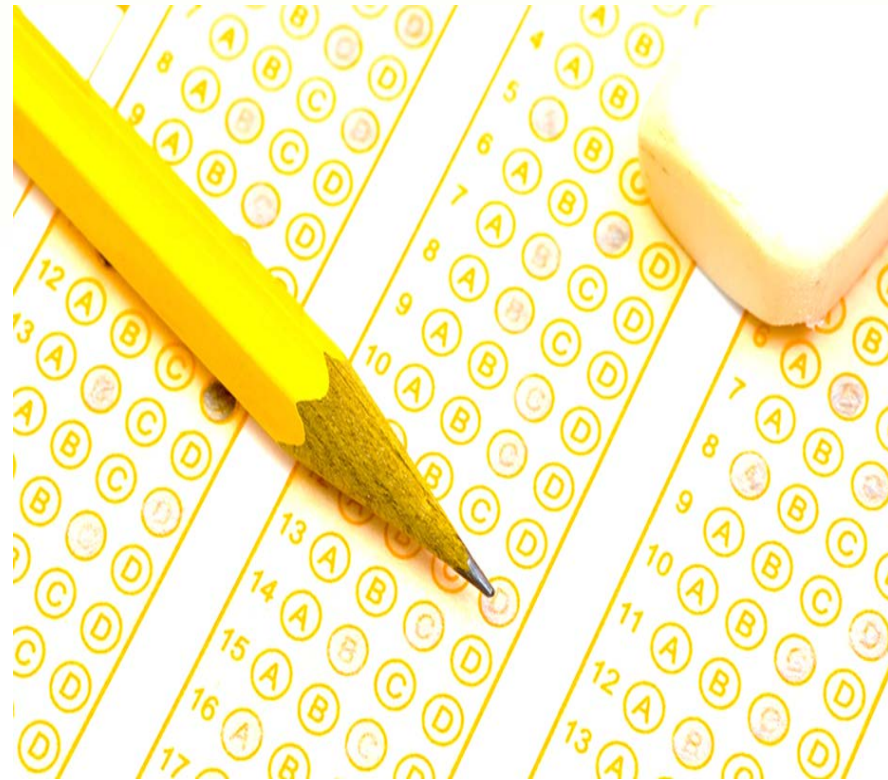
**HAC Progress Report**

**Youth Risk Behavior Survey**

**School Health Profiles**

**School Health Services Report**

**NC Teacher Working Conditions**





## Action plan



Choose an item

Goal/Vision:	I
Objective(s):	I
Data Sources:	I

Identify tasks, activities, or strategies to achieve objective	Team		Timeline	Resources necessary		Potential barriers		Communication strategies
	A. Lead	B. Team Members		A. Resources Available	B. Resources Needed	A. Who or what organization	B. How?	
Step 1 I	A	I	I	A	I	A	I	I
	B	I		B	I	B	I	
	C	I				C	I	
Step 2 I	A	I	I	A	I	A	I	I
	B	I		B	I	B	I	
	C	I				C	I	
Step 3 I	A	I	I	A	I	A	I	I
	B	I		B	I	B	I	
	C	I				C	I	
Step 4 I	A	I	I	A	I	A	I	I
	B	I		B	I	B	I	
	C	I				C	I	

Benchmarks / Evidence of Progress	I
Evidence of Success	I



# active kids learn better

physical activity at school is a win-win for students and teachers

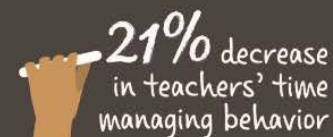
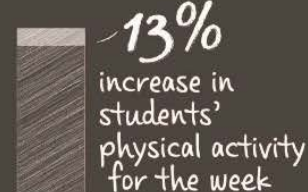
GRADES:



STANDARDIZED TEST SCORES:

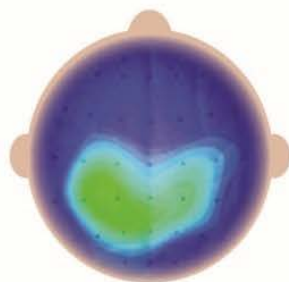


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

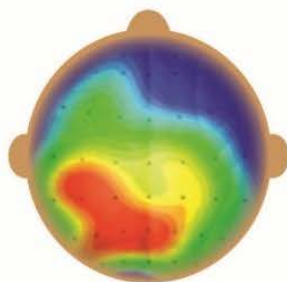


## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



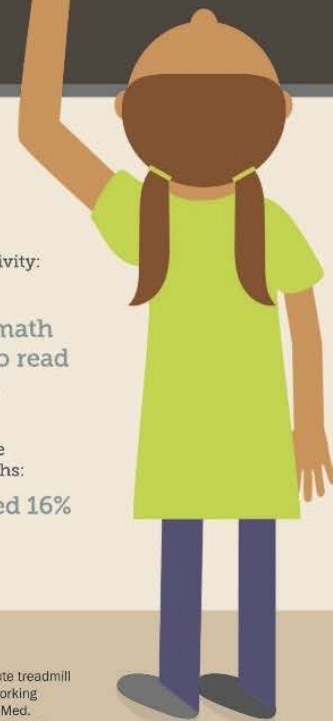
after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:  
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:  
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lamboume K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamiyo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

## BREAKFAST CHANGES LIVES

..... HOW? .....



### KIDS WHO EAT SCHOOL BREAKFAST...

#### MISS LESS SCHOOL



They attend an average of  
**1.5 more days**  
per year

#### DO BETTER IN MATH:



They average  
**17.5% higher**  
math test scores

**MORE ATTENDANCE** + **HIGHER MATH SCORES** =

**20%** more likely to  
graduate high school



### AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:



High school graduates on average earn

**\$10,000**  
more annually



Less likely to experience

**HUNGER**  
as adults



### BUT HERE'S THE PROBLEM

**NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.**

**21 MILLION**

U.S. kids get free or reduced-price  
school lunch



**Only 1/2 of those kids**  
get breakfast, even though they're eligible



Too many kids are showing up to school  
hungry. And hungry kids can't learn.

### BREAKFAST CAN CHANGE THEIR LIVES

**No Kid Hungry starts with breakfast**

Learn how you can help at: [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)



Deloitte

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## Every student in the NC Public School System graduates from high school...

12

Common Goal: Keeping Children in School

**School Nurses assess and coordinate information in completing student health care plans. They provide, or teach and oversee staff in providing, direct care and procedures:**

- Help students, families and their physicians to better control chronic health conditions during the school day through Care Coordination activities.
- Good management of health conditions = less time missed from school and more ability to be attentive.
- In North Carolina about 90% of students with illness or health issues who are assessed by the school nurse, when present, are returned to class.
- School nurses identify and intervene with health related issues that contribute to chronic absenteeism for students.

# Next Webinar

- Meeting Facilitation and SHAC 101
  - October 24<sup>th</sup>, 2017
  - 10:00 am
- Family Engagement and Community Involvement
  - November 28<sup>th</sup>, 2017
  - 10:00 am

# Contact Us!

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- Website

  - <http://www.nchealthyschools.org>