

EIGHT COMPONENTS OF A COORDINATED APPROACH TO SCHOOL HEALTH

The coordinated approach to school health provides the framework for the eight components to work together to improve students' health and capacity to learn. None of the components is new. Every school and district already has most, if not all, in place. Each component makes a unique contribution while complementing the others. Some will be better developed than others and might serve as a catalyst to strengthen less-developed components. No matter how much is already in place, few districts have comprehensive policies and practices to support implementation of a coordinated approach. This chapter provides guidance for strengthening policies for implementing each component so that, in concert, the eight components can address health barriers to learning and promote academic achievement.

Each section addresses an individual component and provides recommendations and, where appropriate, requirements for policy language. This language models best practice for the development of school health policies. School districts may choose to use the policy recommendations as written or adapt them to address local needs and reflect community priorities. When developing policies, districts will need to consider their unique circumstances, challenges, opportunities and available resources. These considerations include the health concerns, preferences and practices of the diverse ethnic and cultural populations in every community.



Not unlike what has occurred at school and district levels, some components have received more attention than others have due to health trends and emerging data and research. Consequently, there is some disparity in the length of the eight sections and quantity of information provided.

The eight sections are:

1. **Comprehensive School Health Education**
2. **School Health Services**
3. **Physical Education**
4. **School Nutrition Services**
 - Component 1: Nutrition Education and Promotion
 - Component 2: School Foods and Beverages
 - Component 3: Environment to Promote Healthy Eating
5. **School Behavioral Health Services**
6. **Staff Wellness**

Chapter 3: Eight Components of a Coordinated Approach to School Health

7. Healthy School Environment

Component 1: Social Emotional School Environment

Component 2: Physical School Environment

8. School-Family-Community Partnerships

Each section contains:

- ✧ A definition for the component that expands the definition that appears in Chapter 1
- ✧ The rationale for the component (why it is important)
- ✧ Policy recommendations
- ✧ Implementation strategies
- ✧ Applicable legislation
- ✧ References
- ✧ Resources

