

“Healthy students are better learners & academic achievement bears a lifetime of benefits.”



CDC Physical Activity Guidelines supported by The Daily Mile

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC)

The WSCC is a framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school and the importance of evidence-based policies and practices.

- **Physical Activity**
 - Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity.
- **Social and Emotional Climate**
 - A positive social and emotional school climate is conducive to effective teaching and learning. Such climates promote health, growth, and development by providing a safe and supportive learning environment.
- **Family Engagement**
 - Families and school staff work together to support and improve the learning, development, and health of students.

HEALTHY SCHOOLS SCHOOL HEALTH INDEX

The SHI enables schools to identify strengths and weakness of health and safety policies and programs. The Daily Mile can be part of the School Improvement Plan for improving student health. The SIP evaluates programs on importance, cost, time, commitment, and feasibility. The Daily Mile excels in all categories making it a Top Priority Action.

SCHOOL HEALTH GUIDELINES

CDC synthesized research and best practices to promote student health

- **Guideline 4 – Comprehensive Physical Activity Program**
 - Implement a comprehensive physical activity program with quality physical education as the cornerstone.
- **Guideline 5 – Health Education**
 - Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.
- **Guideline 6 – Health, Mental Health, and Social Services**
 - Provide Students with Health, Mental Health, and Social Services to Address Healthy Eating, Physical Activity, and Related Chronic Disease Prevention.

NATIONAL HEALTH EDUCATION STANDARDS (NHES)

The NHES were developed to establish, promote, and support health-enhancing behaviors for students in grades PreK-12.

- **Standard 3**
 - Students will demonstrate the ability to access services to enhance health.
- **Standard 7**
 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Talk to your school about The Daily Mile and how it contributes to quality student & teacher health today!

Sign up your school at www.thedailymile.us