

## Applying the WSCC Model to Promote Health and Wellness

The Whole School, Whole Community, Whole Child (WSCC) Model provides a framework for schools to use when creating a healthy environment that supports student success. The model is centered on students and calls for collaboration across school, community, and health sectors to meet the needs and support the potential of each student.

Place your health and wellness issue in the center of the model and write opportunities for support across all 10 component areas to comprehensively address the issue and promote health and wellness.

Work with community partners to offer Bicycle Rodeos, Bike Swaps, bike clubs, and family bike rides. Partner with City/County's to improve the built environment for safer walking and bicycling routes. Work with local business, churches, and retirement community to support culture of walking/biking.

Engage parents in understanding barriers to walking and bicycling. Provide safety tips to parents to support their decision for children to walk/bike to school. Provide maps for safer routes. Support the organization of Walking School Buses and Bike Trains as ongoing events. Use major events as a forum to connect with parents more generally.

Encourage and incentivize staff to walk or bike to work. Provide education on safe bicycle commuting and staff bicycle parking options.

Conduct School Hazard Observation Assessment to identify areas for improvement. Add bike racks in a visible location. Locate schools within a walkable and bikeable distance. Make improvements to infrastructure (sidewalks, trails and crossings)

Utilize walking/biking to support goal setting skills to enhance health (standard 6). Incorporate lessons on active transportation to enhance students abilities to advocate for personal, family, and community health (standard 8).

Incorporate Walk! Bike! Fun! curriculum into PE classes, support walking/biking field trips, and Remote Drop Off days - giving students to opportunity to put walking/biking into practice

Promote the use of healthy snacks on Walk and Bike to School Days, Walking Wednesdays, and other walking or bicycling events.

Encourage collaboration between health services staff members and physical education teachers to establish a healthy environment that promotes physical activity messages and activities. Support a reduction in parent transportation to reduce exhaust that may exacerbate asthma.

Encourage students to walk daily outdoors as a form of self care/therapy to contribute to improvements in mental health, mental clarity, and time to process emotions.

School staff encourage students to walk or bike to school and other destinations and do not have prohibitive policies. Identify improvements for students to feel safe from bullying when walking or bicycling.

