

EQUATION FOR SUCCESS

Every Kid Healthy, Active and Ready to Learn

All kids must develop the lifelong habits necessary to become healthy, successful adults. In order for this to happen, schools, families and communities must commit to working together to build a culture that supports the Whole Child*.

Our Equation includes the healthy eating and physical activity building blocks required for an environment in which every kid is healthy, active and ready to learn. It's a framework for coordinated action in support of improved school and student health, which are prerequisites to academic success.



**TOOLS AND
RESOURCES**

+



**PROGRAMS AND
PRACTICES**

+



**STAFF, FAMILY, STUDENT
AND COMMUNITY
ENGAGEMENT**

=

**EVERY
KID
HEALTHY**

OUR LONG-TERM GOAL

All AFHK partner schools will become health promoting, by providing a school environment where nutrition, physical education and physical activity supports learning to ensure all students are healthy, active and ready to learn.

*The Whole School, Whole Community, Whole Child (WSCC) model highlights ten key school health components to ensure students are safe, engaged, supported, challenged and healthy. AFHK's work directly impacts five WSCC components (Health Education, Physical Education and Physical Activity, Nutrition Environment and Services, Family Engagement, and Community Engagement) and generally supports all components, in a coordinated way that positively impacts student health and academic success

The following are the activities and outcomes we track to assess our progress towards ensuring every kid is healthy, active and ready to learn.

TOOLS AND RESOURCES

Through AFHK, schools have access to a variety of tools and resources to support them in becoming health promoting.

Assessment Tools: Identify strengths and areas of opportunity to allow schools to determine health priorities.

Wellness Policies and Action Plans: Develop wellness policies that meet federal requirements and related action plans that serve as road maps for school health initiatives.

Trainings: Help school staff, families and communities build knowledge and skills to support school health initiatives.

Technical Assistance: Provide guidance from school health experts to help schools successfully implement initiatives.

Financial Resources: Award school grants for implementation of initiatives focused on school and student health.

PROGRAMS AND PRACTICES

To promote healthy eating and physical activity, a school must implement sustainable programs and practices in the following areas:

Health Education: Provide age-appropriate, culturally sensitive, sequential health education that incorporates physical activity and healthy eating.

Physical Education: Teach age-appropriate, sequential, standards-based PE several times a week where students engage in moderate to vigorous physical activity.

Physical Activity: Implement a Comprehensive School Physical Activity Program (CSPAP) that includes physical education and physical activity before, during and after school.

School Meals: Ensure students have access to a healthy breakfast and lunch.

Healthy School Food Outside of Meals: Provide access to healthy foods/beverages wherever they are served, sold or offered on campus.

STAFF, FAMILY AND COMMUNITY ENGAGEMENT

To ensure impact and sustainability, schools engage staff, families and communities in the following ways:

School Health Teams or Committees: Meet at least quarterly and oversee school health initiatives.

Family Involvement: Provide families opportunities to be involved in school decision making and volunteering to support school health initiatives.

Communication with Families: Communicate with all families about school health activities and programs in culturally and linguistically-appropriate ways using a variety of methods.

Community Involvement: Provide community members with partnership and volunteer opportunities to enrich school health initiatives.

Staff Role Modeling: Promote the modeling of healthy eating and physical activity behaviors in alignment with student health initiatives.

HEALTH AND EDUCATIONAL OUTCOMES



ACADEMIC SUCCESS

Students demonstrate improved attendance, classroom behavior and academic performance.



BEHAVIORAL CHANGE

Students adopt behaviors associated with healthy eating and physical activity.



KNOWLEDGE OF HEALTHY BEHAVIORS

Students increase their awareness of behaviors associated with healthy eating and physical activity.



HEALTHY SCHOOL ENVIRONMENTS

Schools promote health by providing a school environment where nutrition, physical education and physical activity best practices support learning.



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