

Building Representative School Health Teams

Building representative school health teams helps to ensure your team is supporting the Whole

Child. Think outside the box! When looking at your school health team or committee consider using the Whole School, Whole Community, Whole Child (WSCC) model, developed by the Centers of Disease Control and Prevention (CDC) and the Association for Supervision and Curriculum (ASCD), as your template.

This model represents a collaborative approach to health and learning and emphasizes the role of schools families and communities in supporting student success across ten key child health components.

Consider who in your community can speak to the different areas of child health and can be an advocate for change and improvement. Leverage the collective experiences, knowledge and expertise across school staff, families and community partners. Take a look at the ideas below and consider initiating a conversation.



Health Education

Similar to classroom teachers, health education teachers are at the forefront of promoting and instilling healthy behaviors for students. Engaging them in your School Health Team will help elevate the voices of students and make sure that the decisions being made by your team are directly getting in front of the students.

Physical Education & Physical Activity

The more we move, the better we feel! Go beyond PE class and think of ways those skills and activities can be replicated to create more physical activity throughout the school day, at home or as an after-school program by bringing in your PE Teacher or Coach.

Nutrition Environment & Services

Food services staff and school-based dietitians are the conduit between your SHT and your students' nutrition environment. Many of the decisions your team will likely be considering are going to be related to the foods purchased, served and sold on school grounds, and the marketing of those food items. Having their support and voice on the team is critical.

Health Services

School nurses and school-based health providers will provide crucial information for what the current climate and needs for students are. They'll help provide direction for what your SHT should tackle and give input on how to prioritize different topics.

Counseling, Psychological & Social Services

A School Counselor or Student Services staff can shed light on student perspectives and the needs of students who working to overcome experienced trauma. Engage these team members to help support cross-curricular programming, easily adaptable to meet the various needs of students.

Social & Emotional Climate

Social Emotional Learning is integrated into every aspect of the day, and most classroom teachers are already implementing strategies that support development of the various competencies. Connect with classrooms and specialty teachers, such as Music or Art, and explore ways to increase intention behind SEL integration throughout the school day.

Physical Environment

Building services staff know the way around the school grounds. Connect with them to explore spacing options or building enhancements. They may be aware of a room that can be used for a SEL lab, a place to install a water refilling station or help share some landscaping techniques for a school garden.

Employee Wellness

Staff wellness is a critical component of school health. Ensure you're addressing health strategies to prevent burnout and support employee health by connecting with the Principal, Superintendent or other School Administration staff.

Family Engagement

For behaviors and learnings promoted during the school day to stick, they must be practiced at home, too! Ask parents and caregivers to be involved in your SHT to ensure that students are receiving the same messages at both home and at school. Having them on the SHT will also shed light on what the school, and your team, can be doing to support healthy behaviors for your whole community.

Community Involvement

Connect with local non-profits or organizations, such as the YMCA or Parks and Recreation, to explore outdoor physical activity programs or conservation through gardening.



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