



NORTH CAROLINA
Healthy Schools

Leadership North Carolina

December 6, 2018

How Healthy Are You?

Sit If:

- You do not exercise 3-4 times a week for at least 30 minutes
- You smoke
- You are not within 10 pounds of your ideal weight over or under
- You do not eat breakfast 4 out of 7 days a week
- You drive 10 miles over the speed limit 50% of the time

Why Schools?

- A review of 25 years of research indicates that there are over 100 studies showing school health programs positively impact health behaviors, health outcomes, and academic achievement.



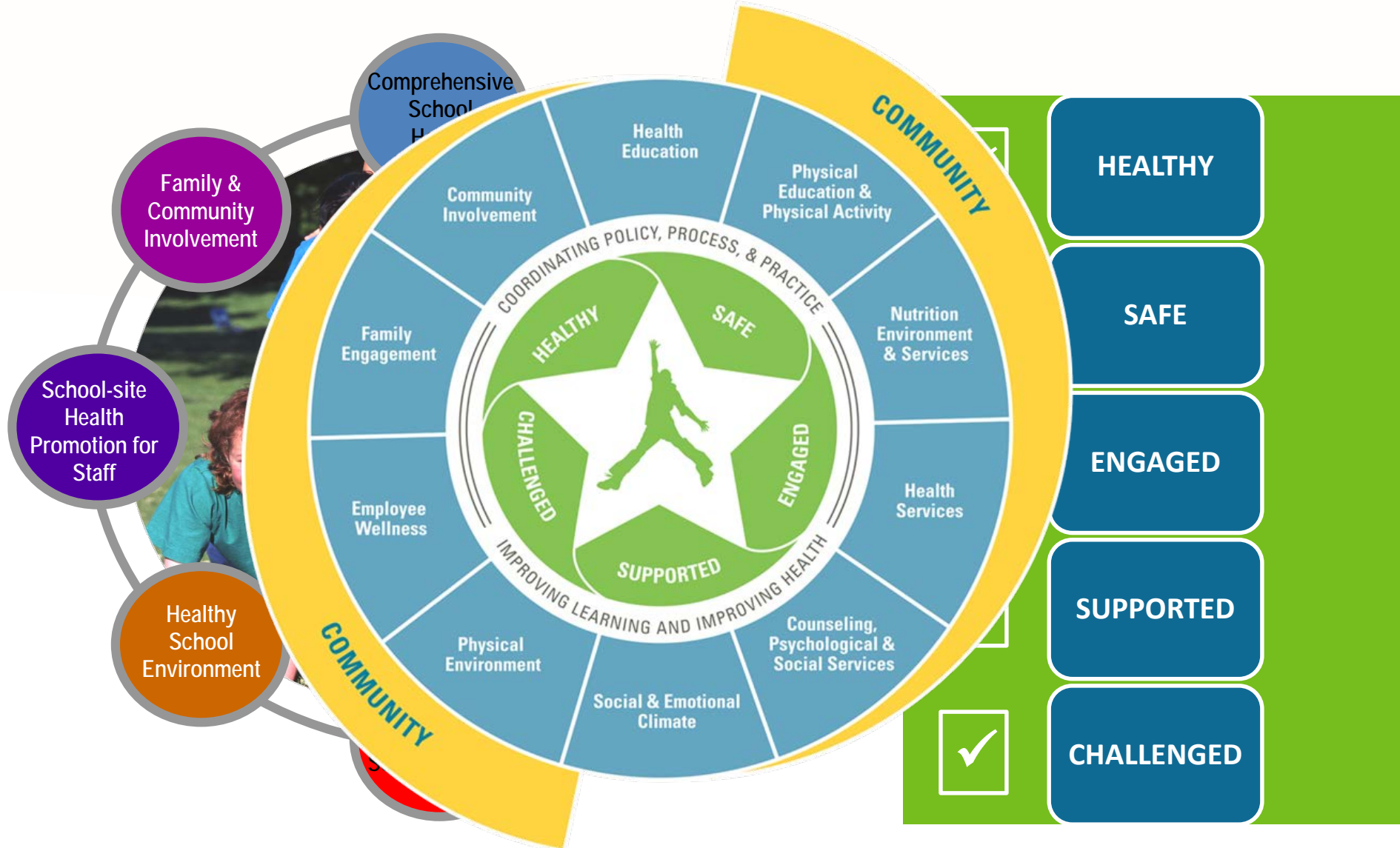
NC State Board Goal: Every Student is Healthy, Safe and Responsible



Healthy Responsible Students

North Carolina State Board of Education

CSH to WSCC



WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

Healthy Children
Learn Better



Leandro vs. State Board of Education



Whole Child NC

Established 9/3/2015 as an advisory committee to the State Board of Education.

Identifies and reviews the challenges of at-risk school-aged population such as poverty, safety, health and other non-academic barriers.

Makes recommendations to the State Board of Education, other state agencies and education stakeholder groups as to how best to facilitate access for all public school children to receive the opportunity for a sound basic education.

Whole School, Whole Community, Whole Child Resolution

NORTH CAROLINA STATE BOARD OF EDUCATION

Resolution Establishing a
**A WHOLE SCHOOL, WHOLE COMMUNITY,
WHOLE CHILD FRAMEWORK**
for the State Board of Education

WHEREAS, the North Carolina Constitution declares that the people have a right to the privilege of education, and that it is the duty of the State to guard and maintain that right, and

WHEREAS, the North Carolina Constitution establishes the North Carolina State Board of Education as a body whose duty is to make all needed rules and regulations as it supervises and administers the free public school system, subject to laws enacted by the General Assembly, and

WHEREAS, the North Carolina State Board of Education acknowledges the critical linkages to education that help ensure the privilege of education for all of its children, including initiatives and programs that support student health and safety and that develop student responsibility, and

WHEREAS, the Board acknowledges that other State and local agencies, along with educators, parents, and the community, have significant roles in meeting the needs of children and in removing barriers to their success, and

WHEREAS, the barriers to success for many children include poverty, poor health, unsafe environments, lack of access to services and supporting infrastructure needed to support their long-term health and safety and that will ensure their access to a quality public education that strives for high academic achievement for all, and

WHEREAS, research shows that the health of students is inextricably linked to their academic achievement, and

WHEREAS, public schools, health agencies, parents and communities share a common goal of supporting the health and academic achievement of adolescents, and

WHEREAS, *the Whole School, Whole Community, Whole Child model* emphasizes the relationship between educational attainment and health, by putting the child at the center of a system designed to support both, and

WHEREAS, *the Whole School, Whole Community, Whole Child model* focuses attention on the preK-12 child; emphasizes a school-wide approach; and acknowledges learning, health, safety and the school as being a part and reflection of the local community, and

WHEREAS, the Healthy Active Children policy is grounded in *the Whole School, Whole Community, Whole Child model* and requires that all Local Education Agencies maintain a School Health Advisory Council,

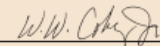
NOW THEREFORE BE IT,

RESOLVED, that the North Carolina State Board of Education adopts *the Whole School, Whole Community, Whole Child model* as a framework for supporting the health behaviors and academic performance of students, and

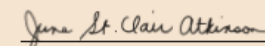
RESOLVED, that the North Carolina State Board of Education directs staff to change the name of the North Carolina State Board Interagency Committee, whose work it is to identify wrap-around services needed by public school students and to ensure coordination and collaboration of these services from State agencies and related external partners, to now be known as the North Carolina State Board of Education Whole Child NC Committee, and

RESOLVED, that the North Carolina State Board of Education encourages Local Education Agencies to use *the Whole School, Whole Community, Whole Child model* as a framework for creating collaborative school/community relationships and improving students' learning and health, and

RESOLVED, that Board members direct the Secretary to the State Board of Education to enter a copy of this resolution into the official minutes of the North Carolina State Board of Education.



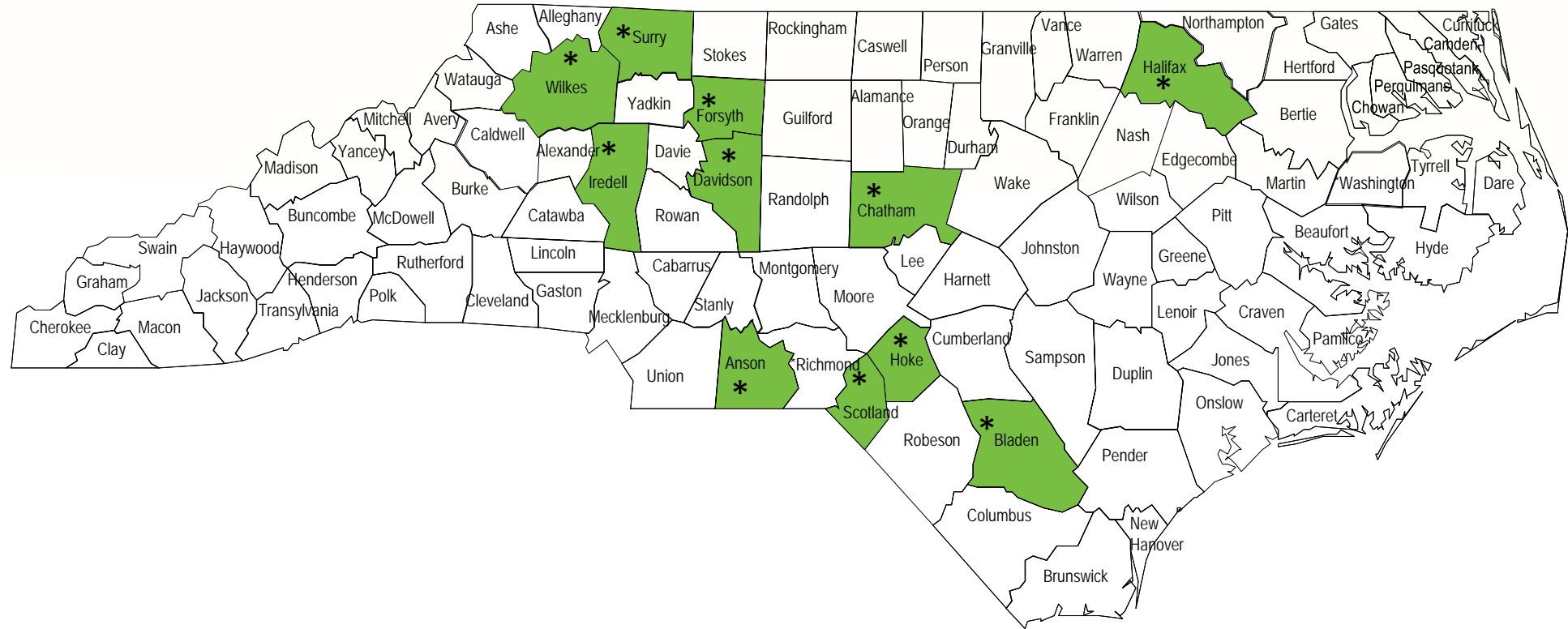
William W. Cohey, Chairman
North Carolina State Board of Education



June St. Clair Atkinson, State Superintendent
North Carolina Department of Public Instruction

November 3, 2016

NC WSCC Pilot Districts



Note: Thomasville City Schools is LEA for WSCC Pilots, not all of Davidson.

WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

NC Assessment Tool



Health Data Collection

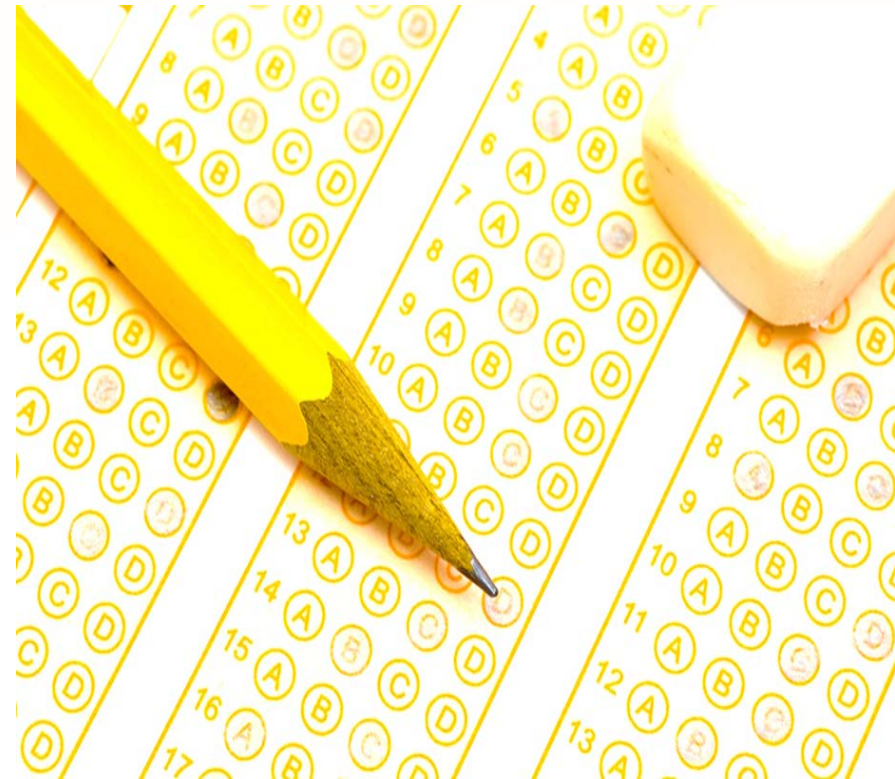
HAC Progress Report

School Health Profiles

School Health Services Report

NC Teacher Working Conditions

Youth Risk Behavior Survey



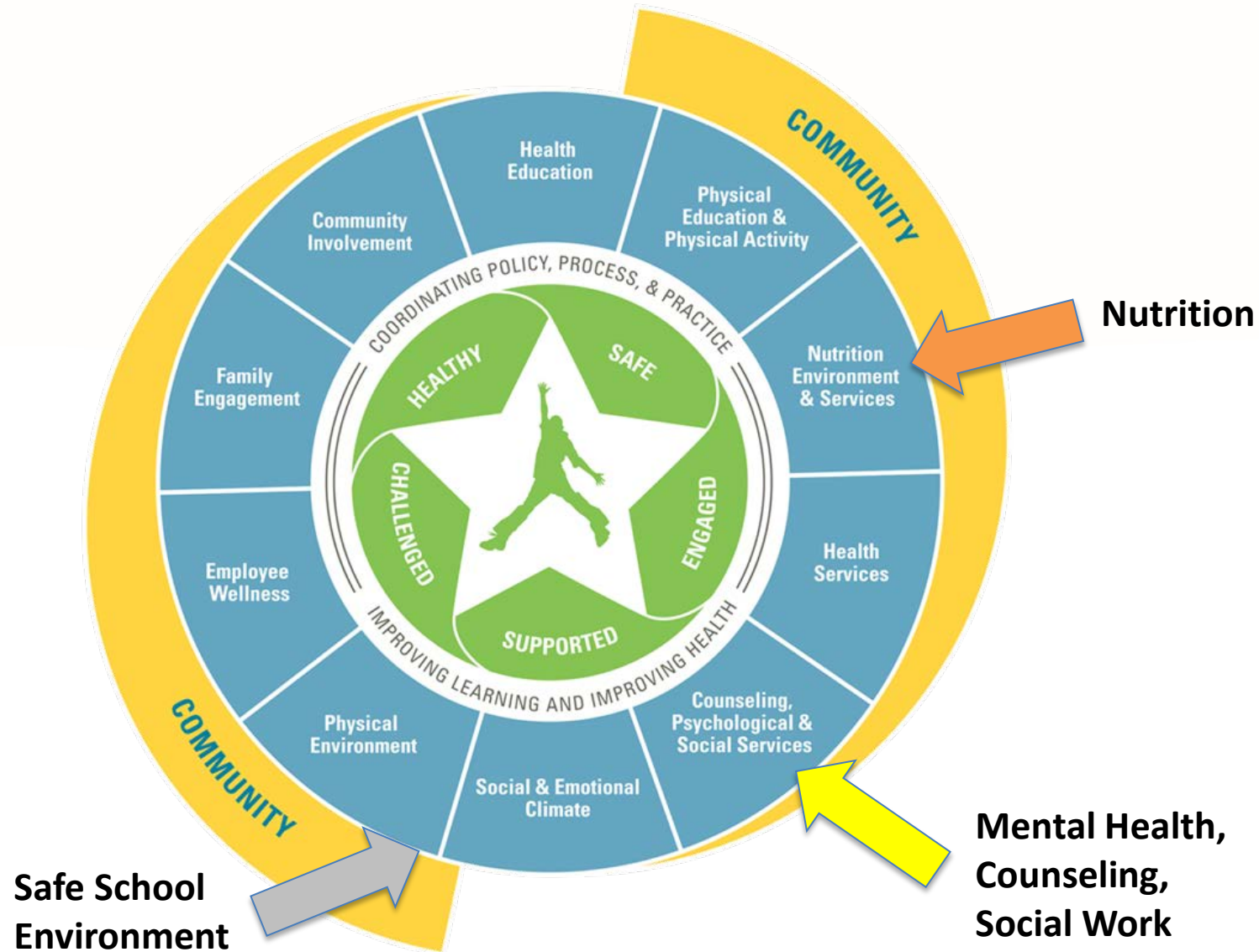
Healthy Active Children Policy



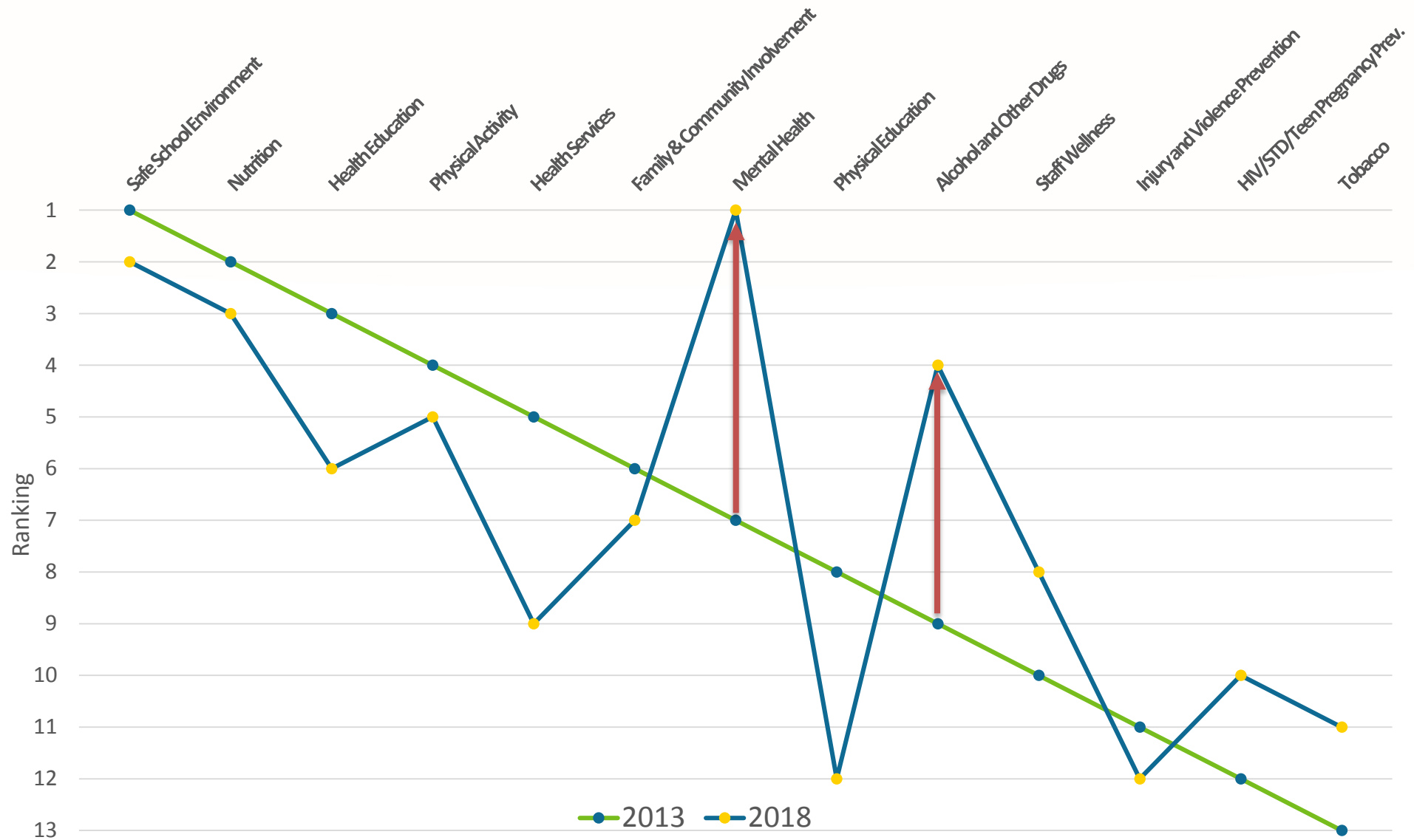
School Health Advisory Councils (SHACs)

- A group of individuals representing the 10 areas of the Whole School, Whole Community, Whole Child Model
- Required of each school district in North Carolina
- SHAC members are intentionally selected to include community representatives and decision makers
- Meets regularly to determine priorities for addressing the health needs of students

Top Areas of Focus in 2018



SHAC Focus Areas 2013 vs. 2018



YOUTH RISK BEHAVIOR SURVEY

YRBS



NC Students by the Numbers







Health Education

**Percentage of High School Students Who
Currently Smoked Cigarettes**


2007

23%

2017

12%





**Physical
Education &
Physical Activity**

Percentage of High School Students Who Played Video or Computer Games or Used a Computer 3 or More Hours Per Day

2007

21%

2017

42%





**Nutrition
Environment
& Services**

**Percentage of High School Students Who Did Not Eat Breakfast
During the 7 Days Before the Survey**

2007

17%

2017

14%





**Health
Services**

Average North Carolina School Nurse to Student Ratio


2006 – 2007

1:1,340

2016 – 2017

1:1,073





**Counseling,
Psychological &
Social Services**

**Percentage of High School Students Who Felt Sad or Hopeless
Every Day for ≥ 2 Weeks in a Row**

2007

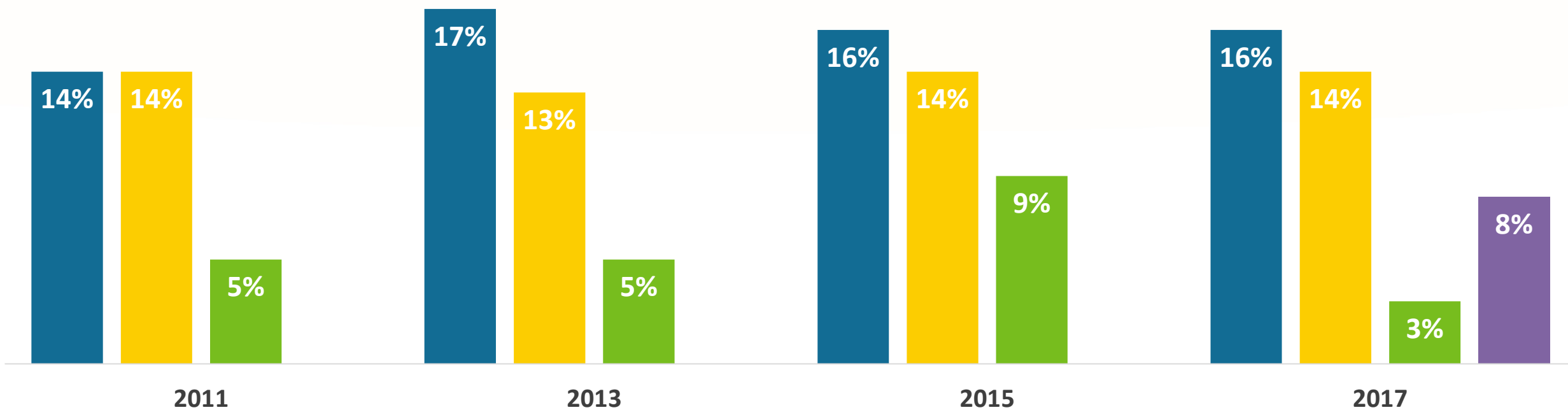
27%

2017

29%

Suicidal Behaviors

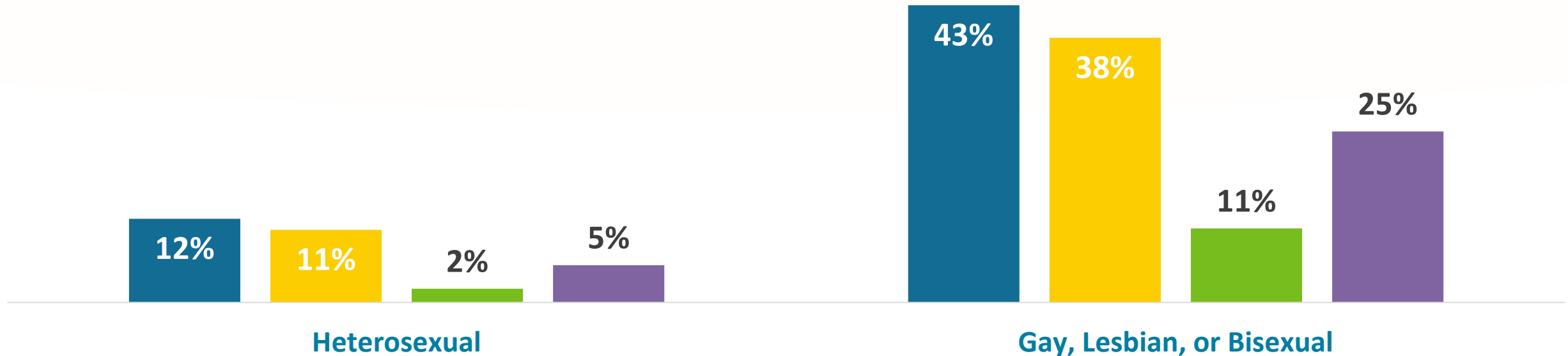
2011-2017 NC High School Students



- Seriously Considered Attempting Suicide During Past 12 Months
- Made a Plan for Suicide Attempt During Past 12 Months
- Made a Suicide Attempt During the Past 12 Months That Resulted in an Injury Needing Treatment by a Medical Professional
- Attempted Suicide

Suicidal Behaviors

2017 NC High School Students



- Seriously Considered Attempting Suicide During Past 12 Months
- Made a Plan for Suicide Attempt During Past 12 Months
- Made a Suicide Attempt During the Past 12 Months That Resulted in an Injury Needing Treatment by a Medical Professional
- Attempted Suicide During the Past 12 Months



Social & Emotional Climate

Percentage of High School Students Who Have Seen
Other Students Being Bullied in Their School

2011

63%

2017

51%

Social & Emotional Climate

Percentage of High School Students Who Were
Electronically Bullied

2011

16%

2017

14%





Employee Wellness

Percentage of High School Students Who Strongly Agree or Agree
That Their Teachers Really Care About Them and
Give Them a Lot of Encouragement

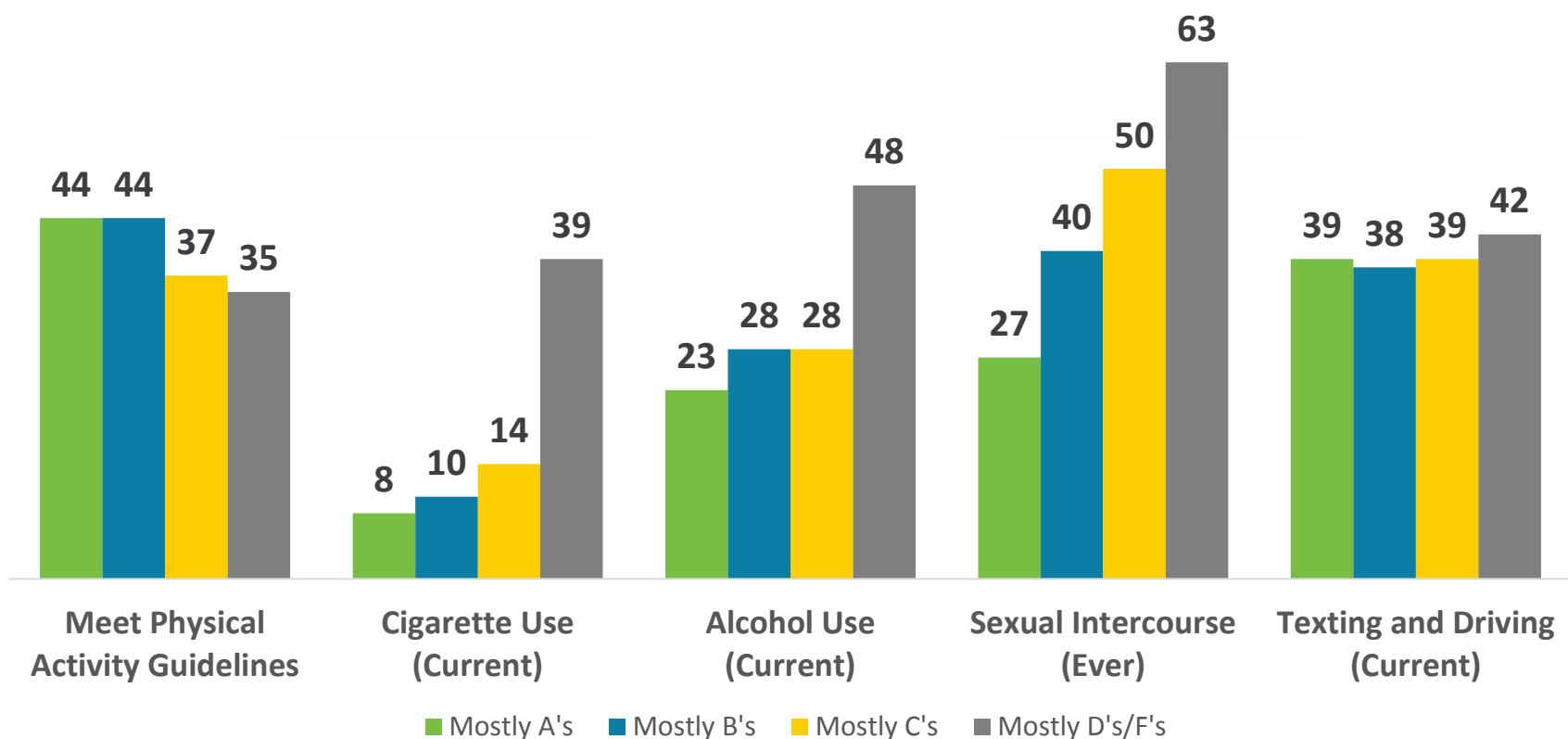
2011

60%

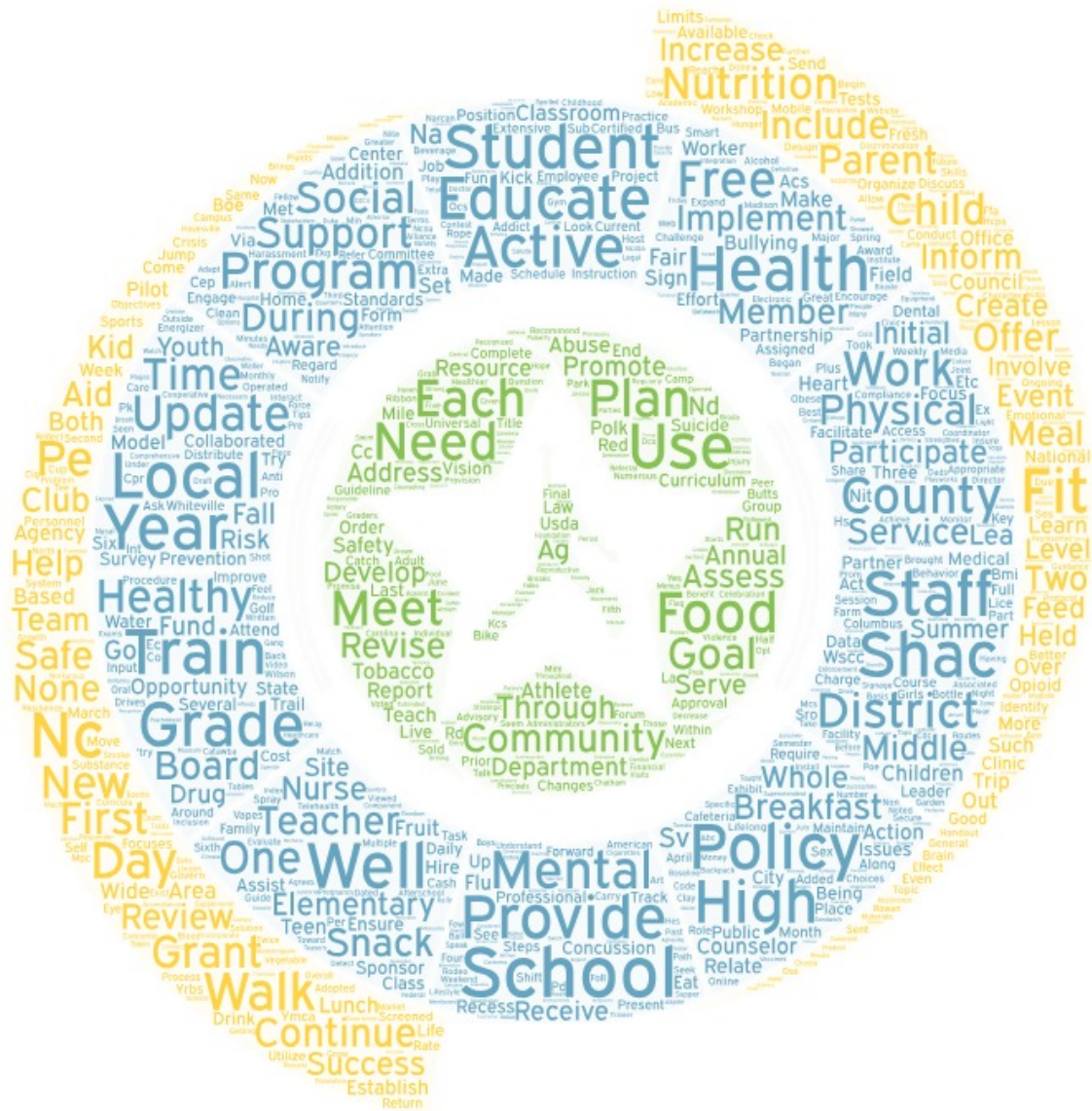
2017

55%

Health and Academics 2017 NC HS



SHAC Successes




Family Engagement

LEA SHAC Successes



ASHEVILLE CITY SCHOOLS

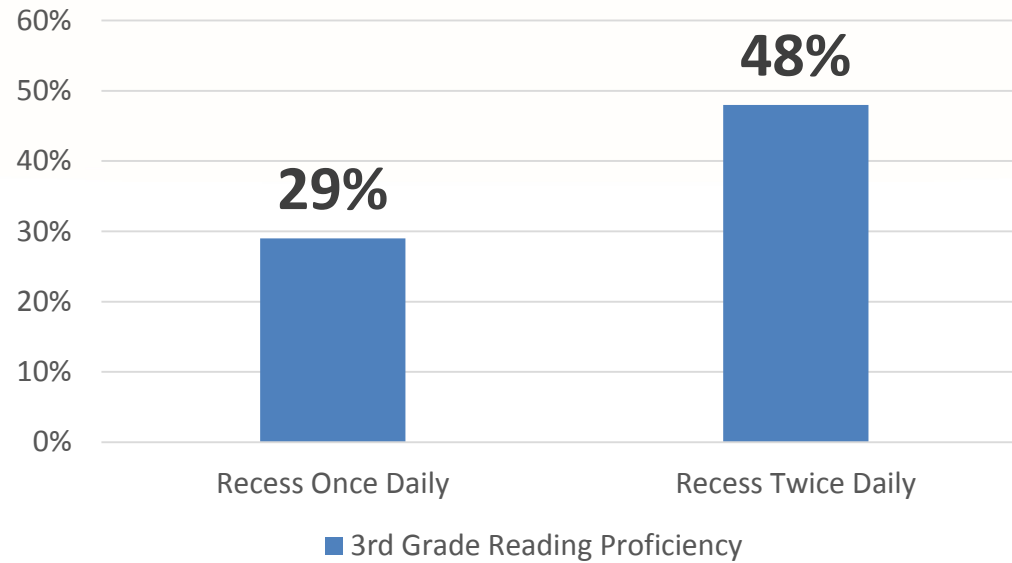
Learn. Discover. Thrive.



**Physical
Education &
Physical Activity**

LEA SHAC Successes

3rd Grade Reading Proficiency



Granville County
PUBLIC SCHOOLS

Committed to Excellence and Achievement for All



**Community
Involvement**

LEA SHAC Successes

- Medication Take-Backs



DISTRACTED DRIVING, DRUGS & ALCOHOL ARE KILLING OUR KIDS!



STAND TOGETHER

→ ATTENTION ←
ALL SURRY COUNTY
 → PARENTS & ←
 → HIGH SCHOOL STUDENTS ←

Our teens are at risk and it is time to Stand Together. Stand Together against drug use, *distractive driving* and alcohol.

CARING = ACTION!

This prom season, we are asking parents and students from all four Surry County high schools: East Surry, North Surry, Surry Central and Surry Early College to come together for an event like *nothing you've ever seen!*

*Not suitable for ages 12 & under.

WHEN
THURSDAY
MAY 4, 2017

TIME
7:00 PM

WHERE
EAST SURRY
HIGH SCHOOL
ON PRACTICE FIELD

BRING BLANKETS
& LAWNCHAIRS
HANDICAP ACCESSIBLE

DRUG TAKE BACK PROGRAM
FACILITATED BY SURRY CO. SHERIFF'S OFFICE.
NO QUESTIONS ASKED, JUST LEAVE THEM WITH THE SHERIFF.

**SPEAKERS • PRESENTATIONS • SIMULATIONS
PROM PLEDGE AND PRIZES!**

**PARENTS & STUDENTS
MUST SIGN THE PROM PROMISE
PLEDGE FOR STUDENT TO BE
ELIGIBLE FOR PRIZES.**

SPONSORED BY:
EHS S.A.D.D. COMMITTEE
NATIONWIDE INSURANCE
PAAK MORGAN
NC HIGHWAY PATROL
PILOT MTN POLICE DEPT
PILOT MTN RESCUE SQUAD
SURRY CO. SHERIFF'S OFFICE
ULTIMATE TOWING

For questions contact Martha Cook @ 2595 or Pam Morgan at 368-8204



SURRY COUNTY SCHOOLS

Lighting Pathways to Global Success

LEA SHAC Successes



WSCC – Where Do You Fit In?

- Spin the student at the center of the Whole School, Whole Community, Whole Child Model
- Brainstorm ways you can support the component the spinner landed



Get Involved!

- Volunteer to be a SHAC member
- Be a school volunteer
- Donate resources
- Provide mini-grants for schools
- Ask county commissioners/city council for support



Healthy Children Learn Better!



Contact Information

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