

FOIL Spring Conference 2018
Support for Safe and Successful Students: Prevention and Education



Strengthening Mental/Emotional Health through the Whole School, Whole Community, Whole Child (WSCC) Approach

Overview

The Whole School, Whole Community, Whole Child (WSCC) approach focuses on collaboration with key leaders from the fields of health, public health, education, and school health—to strengthen a unified and collaborative approach designed to improve learning and health in our schools. The WSCC model focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community.

The FDOE's Office of Healthy Schools and Bureau of Family and Community Outreach facilitate the Florida Partnership for Healthy Schools in guiding and recognizing Florida Healthy School Districts including the area of mental/emotional health. Districts interested in being recognized for their efforts work in teams to complete the annual Florida Healthy School District (FHSD) Self-Assessment Tool to measure how their current policies, practices, and procedures align with the highest standards of the Whole School, Whole Community, Whole Child (WSCC) Model. Districts meeting these highest standards will have a positive impact on the health of students and staff and earn recognition at the bronze, silver and gold levels.



Required K-12 Comprehensive Health Education

1. Community health
2. Consumer health
3. Environmental health
4. Family life
5. Injury prevention and safety
6. Internet safety
7. **Mental and emotional health**
8. Nutrition
9. Personal health
10. Prevention and control of disease
11. Substance use and abuse
12. Teen dating violence (grades 7 through 12)

Health Education Courses
K-5: One course for each grade level
6-8: Eight courses
9-12: Nine courses
To preview courses, visit:
<http://www.cpalms.org/Public/>

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The three WSCC model areas supported through the Office of Healthy Schools and Bureau of Family and Community Outreach include: Health Education, Physical Education & Physical Activity, Social & Emotional Climate.

1. Health Education: This instruction equips students with the knowledge and skill they need to be healthy throughout their lifetime. Comprehensive health education is required K-12 and addresses 12 component areas under Florida State Statute [1003.42 \(2\)\(n\)](#).

Mental and emotional health: Focuses on human emotions (joy, anger, fear, stress, etc.) and their impact; positive coping skills, including stress management; building self-esteem; positive social relationships; responsible decision making; suicide prevention; other intentional injury prevention; depression and other mental illnesses; and communication skills.

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- Resources:
 - [Elementary Comprehensive Health Education Toolkit \(PDF\)](#)
 - [Secondary Comprehensive Health Education Toolkit \(PDF\)](#)
 - [Youth Risk Behavior Survey](#)-providing mental/emotional youth risk behavior data, reports and offering districts an opportunity to request customized infographic fact sheets.
 - [School Health Profiles Survey](#)-conducted every other year to provide current status of health education practices, activities and the professional development needs of Florida teachers and school staff.
 - Professional development:
 - [Healthy Schools Statewide Summer Academy](#)-featuring session on mental/emotional health topics including: school culture and climate; resilience: addressing peer conflict by developing social competence; Rights, Respects, and Responsibility Curriculum; Human Trafficking; Drugs, brains, behaviors: science behind addiction; Emotional wellbeing impact student success; Utilizing YRBS Data in Behavioral Health Lessons.
 - [Sexual Health Education 101 Online 10 hour Course](#) for teachers and school Nurses.
 - The FDOE administers the [Florida Tobacco Prevention Training](#) for Educators through the School Board of Palm Beach County. Florida certified teachers and school counselors are eligible to take this online professional development distance-learning course.
2. **Physical Education & Physical Activity:** Physical education standards addressing mental/emotional health are found in the Responsible Behaviors and Values Strand. Standards and benchmarks focus on responsible personal and social behaviors in physical activity settings, social interaction/respecting differences, self-management, sportsmanship, bullying, personal strategies to manage body weight, stress management and the benefits of being physically active.
- Resources
 - [Physical Education Toolkit \(PDF\)](#)
3. **Social & Emotional Climate:** Establishing a healthy school environment addresses students' social and emotional well-being which impacts engagement in school activities, relationships with peers, staff, family, community, and academic performance. Schools that foster positive social and emotional school climates support effective teaching and learning, as well as the health, growth, and development of students.
- Resources:
 - District and School level technical assistance and training for bullying prevention, discipline data collection
 - School climate survey guidance and support

Contacts:

- Penny Taylor, Florida Department of Education, Penny.Taylor@fldoe.org
- Brooks Rumenik, Florida Department of Education, Brooks.Rumenik@fldoe.org