

Draft Whole Child Matrix - PHYSICAL HEALTH

WCWG Draft Definition

Provide students with health and wellness information, practices and opportunities necessary to develop lifelong healthy habits, including opportunities for physical activity and healthy food choices.

Themes	Existing Resources					
	Student	Individual Schools	APS	Arlington County	Partners	Notes
WCWG themes aligned with ASCD Guiding Principles for HEALTHY						
1. APS supports and reinforces the health and well-being of each student (1)						
2. APS health education curriculum and instruction support and reinforce the health and well-being of each student by addressing the physical, mental, emotional, and social dimensions of health (2)						
3. APS physical education schedule, curriculum, and instruction support and reinforce the health and well-being of each student by addressing lifetime fitness knowledge, attitudes, behaviors, and skills (3)						
4. APS facility and environment support and reinforce the health and well-being of each student (and staff) member (4).						
5. APS collaborates with parents and the local community to promote the health and well-being of each student (6)						
6. APS supports, promotes, and reinforces healthy eating patterns and food safety in routine (10)						
Other ASCD Guiding Principles for Healthy						
APS addresses the health and well-being of each staff member (5)						
APS integrates health and well-being into the school's ongoing activities, professional development, curriculum, and assessment practices (7)						
APS sets realistic goals for student and staff health that are built on accurate data and sound science (8)						
APS facilitates student and staff access to health, mental health, and dental services (9)						

HEALTHY

Each student enters school healthy and learns about and practices a healthy lifestyle.

INDICATOR

COMPONENT

OUR school culture supports and reinforces the health and well-being of each student.

- ✓ School Climate & Culture
- Curriculum & Instruction
- Community & Family
- Leadership
- PD & Capacity
- Assessment

1

INDICATOR

COMPONENT

OUR school health education curriculum and instruction support and reinforce the health and well-being of each student by addressing the physical, mental, emotional, and social dimensions of health.

- School Climate & Culture
- ✓ Curriculum & Instruction
- Community & Family
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2

OUR school physical education schedule, curriculum, and instruction support and reinforce the health and well-being of each student by addressing lifetime fitness knowledge, attitudes, behaviors, and skills.

- ✓ School Climate & Culture
- ✓ Curriculum & Instruction
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3

OUR school facility and environment support and reinforce the health and well-being of each student and staff member.

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4

OUR school addresses the health and well-being of each staff member.

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5

OUR school collaborates with parents and the local community to promote the health and well-being of each student.

- School Climate & Culture
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6

OUR school integrates health and well-being into the school's ongoing activities, professional development, curriculum, and assessment practices.

- ✓ School Climate & Culture
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- Community & Family
- ✓ Leadership
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- ✓ Assessment

7

OUR school sets realistic goals for student and staff health that are built on accurate data and sound science.

- School Climate & Culture
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- Community & Family
- ✓ Leadership
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- ✓ Assessment

8

OUR school facilitates student and staff access to health, mental health, and dental services.

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9

OUR school supports, promotes, and reinforces healthy eating patterns and food safety in routine food services and special programming and events for students and staff.

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10

Physical Health and Activity

APS provides students with health and wellness information, practices and opportunities necessary to develop lifelong healthy habits, including opportunities for physical activity and healthy food choices.

List	Group	Identified Needs/Services (3/31)	Health & well-being	Curriculum	Collaborate	Nutrition	Environment	Different Bucket	Not sure
Gaps	School	Outreach to families about summer activities						FACE	
Gaps	School	More school nurses					X		
Gaps	School	Cross school activities at the elementary level					X		
Gaps	School	Recognition of and respect for children with food allergies					X		
Gaps	School	Flexible learning spaces (open space, outside, moveable furniture, etc.)					X		
Gaps	School	Use schools as venues for family physical activities					X		
Gaps	School	Classroom physical activity equipment					X		
Gaps	School	Healthier choices in cafeteria, ability to prepare food and cook in schools				X			
Gaps	School	Diversity food menus				X			
Gaps	School	Healthier food options at school functions				X			
Gaps	School	Relationship with new vendors who can provide healthier food options				X			
Gaps	School	Farm to table with active growing and harvesting			X				
Gaps	School	Increase boy/girl scout access and support from AP			X				
Gaps	School	Extended day programs			X				
Gaps	School	Extended day programs			X				
Gaps	School	Opportunity for PE all 4 years of high school		X					
Gaps	School	Substance abuse education and science of addition and mental health		X					
Gaps	School	Health classes in grades 11 and 12		X					
Gaps	School	Consistent best practices across all schools for recess, PE, eating in classroom, etc.		X					
Gaps	School	Brain Breaks in every class	X						
Gaps	School	Guidance lesson on mindfulness, stress management	X						
Gaps	School	Climate of movement in classes for all ages	X						
Gaps	School	Indoor recess activities that are engaging and stimulating	X						
Gaps	School	Claremont mandatory morning recess at drop off	X						
Gaps	School	Oakridge 1. Kinesthetic classrooms, 2. Free morning fitness classes all year (twic	X						
Gaps	School	More recess	X						
Gaps	School	Recess break, sunlight, fresh air	X						
Gaps	School	All schools involved in promoting biking/walking to school	X						
Gaps	School	Schools need more recesses shorter times (15 minutes every hour), indoor reces	X						
Gaps	School	Climate of physical exercise throughout the day	X						
Gaps	School	More active/athletic options for indoor run activities	X						
Gaps	School	Indoor recess must be physical activity time	X						
Gaps	School	Change in policy on indoor recess, not so often	X						
Gaps	School	AM 10 min. warm up to get body awake and ready for learning	X						

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