

Revisions from Mark Jones

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 promotes the health and well-being of each member of the school community (1)						
2. APS delivers instruction to engage and inform students in physical, mental, emotional, and social health and well-being (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) <u>APS engages students in physical activity throughout regular school hours, and promotes and facilitates physical activity beyond school hours (7).</u>						
4. APS physical resources facility and environment support and reinforce <u>promote and facilitate</u> the health and well-being of each student and staff member (4).						
5. APS collaborates with parents and the local community to promote <u>and facilitate</u> the health and well-being of each student (6)						
6. APS supports, promotes and <u>facilitates reinforces</u> healthy eating patterns and food safety in routine (10)						

NOTES

Block 1. There was a question raised in the meeting about whether the school board would want "school community" defined. Personally, I don't think that is necessary here. The sentence is a broad statement and I don't think that a definition will be very helpful. If we decide to define it then perhaps: "each member of the school community, including						
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students, their families and staff.”						
<p>Block 3: I think that given the revisions in Block 2, the previous Block 3 is superfluous so I used this block to incorporate the concept of physical activity throughout the regular school hours and beyond. I debated about whether it should be “school day” or “regular school hours.” I looked for information on the APS website as to a consistent label, but could not find a standard term. I used “regular school hours” thinking that Arlington Mill and perhaps future schools (other current schools?) do not just have classes during the day. Nonetheless, I think there is not a big difference in either “school day” or “school hours” and if others think “school day” is best, I am fine with that too.</p>						
<p>Block 4: I changed “facilities” to “physical resources” because facilities might be read by some as being limited to APS buildings.</p>						
<p>Blocks 3, 4, 5 and 6: I paired the verbs “promotes and facilitates” because promote alone sounds like a school could satisfy a health goal just by using colorful wall posters and social media messages. I think we all see it as more than just promotion, in that it includes “facilitation” of these concepts. I think the addition of “facilitate” makes clearer that schools should be intentional and active in these goals.</p>						