

The coordinated school health approach embraces the link between health and education. It contains eight essential components, with the ultimate goal being to fulfill young people's over-all health* needs so that students can be in the classroom and learning.

The eight-component model involves the entire school system, home and community working in a coordinated way to support the health of young people in a school setting and

to eliminate duplication and gaps. Resources and energy are strengthened in this coordinated, concentrated effort.

The result is a cohesive team that has a sum greater than its parts, working to benefit the health and well-being of students.

**The term "health" is used in the broadest sense. Health is much more than simply the absence of disease; health involves optimal physical, mental, social, and emotional functioning and well-being.*

—World Health Organization, 1996

HEALTH EDUCATION

Classroom instruction that addresses the physical, mental, emotional and social dimensions of health.



FAMILY AND COMMUNITY INVOLVEMENT

Partnerships among schools, parents and community groups to maximize resources and expertise in supporting the health of young people.



HEALTH SERVICES

Preventive services, education, emergency care, referral and management of acute and chronic health conditions to ensure health of students.



THE 8 COMPONENTS OF COORDINATED SCHOOL HEALTH

PSYCHOLOGICAL AND COUNSELING SERVICES

Activities that focus on cognitive, emotional, behavioral and social needs in the school and home.



HEALTHY SCHOOL ENVIRONMENT

The school's physical, emotional and social climate, providing a safe physical plant and a healthy, supportive environment for learning.



HEALTH PROMOTION FOR STAFF

Assessment, education and wellness activities for school faculty and staff.



PHYSICAL EDUCATION

School-based instructional program that provides students with the skills, knowledge, attitudes and confidence to be physically active for life.



NUTRITION SERVICES

Reinforcement of classroom-based nutrition education, promotion of healthy eating behaviors and integration of nutritious, affordable and appealing meals.

