WHOLE CHILD, HEALTHY CHILD

AGENDA 2020
Introduction: Healthy Children Learn Better

From the time a child wakes in the morning to the time they go to sleep at night, many factors influence their ability to succeed in school. Is their ability to focus in class limited by hunger or not moving enough during the day? Do they have the knowledge and skills necessary to make healthy choices? Are they struggling socially to connect with their peers? Are they emotionally impacted from carrying responsibilities bigger than they can manage alone? Factors such as these significantly influence a child’s experience at school and their ability to achieve. Supporting the needs of the Whole Child is an essential part of achieving the vision of Every Child Succeeds.

Denver Public Schools (DPS) is committed to creating equitable and inclusive environments where we ensure success of the Whole Child. We believe our school environments should encourage students to pursue their passions and interests, support their physical health and strengthen the social/emotional skills they need to succeed. The Whole Child focus is evidence of our belief that all students deserve and benefit from safe and supportive learning environments that nurture and cultivate their talents and abilities in all areas of their development and their lives.

As specified in the Denver Plan 2020, Denver Public Schools is committed to providing equitable and inclusive environments where we ensure students are:

- Healthy
- Supported
- Engaged
- Challenged
- Safe
- Socially and Emotionally Intelligent
Where We’ve Been

In 2010, DPS created the Health Agenda 2015, a five-year strategic plan to promote the health and wellness of every student. The collaborative efforts driven by this plan produced many successful outcomes including a dramatic increase in the number of students eating nutritious breakfast, the number of students enrolled in health insurance, the number of students receiving healthcare through a School-Based Health Center, and the number of school nurses, school psychologists and school social workers providing vital support to students.

In 2015, DPS released the Denver Plan 2020, a strategic plan outlining five key goals to help Every Child Succeed. Within this plan, DPS articulated supporting the Whole Child as one of those five goals. This focus on the Whole Child expands our collective vision to address many other key elements of wellness in addition to health. Therefore, we have evolved the Health Agenda into the Whole Child, Healthy Child Agenda 2020, and broadened the scope of our vision for the work to include the many other disciplines that will support achievement of the Whole Child goal. Over the last year, DPS conducted a community engagement process to inform the development of the Whole Child, Healthy Child Agenda 2020. We gathered input from approximately 4,000 DPS community members through surveys, focus groups and meetings. Based on this input and endorsed by the DPS Health Advisory Council, we have established objectives and performance metrics that will drive our work in the coming years.

Where We Are Going

As the goals in the Denver Plan 2020 chart our path to our overall vision of Every Child Succeeds, the objectives and performance measures in the Whole Child, Healthy Child Agenda 2020 will drive specific change efforts to provide enhanced Whole Child supports and track progress over time. Beginning in school year 2016-17, schools will incorporate a Whole Child focus into their Unified Improvement Plans. Additionally, DPS will develop and launch a Whole Child Resource Bank to support every school in achieving their Whole Child goals and a measurement system to track our progress and ensure the accountability of our efforts.
Where We Will Focus Our Efforts

The focus of DPS’ Whole Child, Healthy Child Agenda 2020 is guided by the Whole School, Whole Community, Whole Child model (WSCC) developed by the U.S. Centers for Disease Control and ASCD. The WSCC model is an ecological approach directed at the whole school, with the school in turn drawing its resources and influences from the whole community to address the needs of the whole child.

The ten focus areas of the Whole Child, Healthy Child Agenda 2020 include:

- **Health Education:** Health education provides students with opportunities to acquire information and skills necessary to make healthy decisions.

- **Physical Education and Physical Activity:** Physical education classes and structured physical activity throughout the school day provides students with the opportunity to learn about and practice physical fitness.

- **Nutrition Environment and Services:** The school nutrition environment and services provide students with opportunities to learn about and practice healthy eating.

- **Health Services:** School health services provide students with the prevention and intervention support necessary for maintaining good health.

- **Counseling, Psychological, and Social Support Services:** Counseling, psychological and social support services provide students with the prevention and intervention support necessary for maintaining mental, behavioral and social-emotional health.

- **Physical Environment:** A healthy and safe physical school environment provides surroundings that ensure the safety and overall well-being of students and staff.

- **Employee Wellness:** Employee wellness supports provide educators with opportunities to acquire information and practice behaviors that lead to physical, social, emotional, spiritual and financial well-being. Healthy educators provide a powerful role model for students.

- **Family Engagement:** Providing health education opportunities to DPS families helps reinforce student health in multiple settings including home, school, out-of-school programs and in the community.

- **Community Involvement:** Supporting the Whole Child is a community-wide effort. Our schools, students, and families benefit from information, resources and services available from community-based organizations, businesses, cultural and civic organizations, social service agencies, faith-based organizations, health clinics, colleges and universities, and other community groups.
Vision is only realized through action. Our objectives provide guidance on where DPS will focus its efforts to provide the supports necessary to achieve our Whole Child goal. The performance metrics provide clear path for how we will measure success.
Health Education

Objective
Increase the number of students receiving evidence-based comprehensive health education.

Performance metric
• 80% of students in grades ECE, K, 1, 3, 5, 6 and 9 will receive comprehensive health education.
Physical Education and Physical Activity

Objective 1
Increase standards and evidence-based physical education programming for students in district-run schools.

Performance metrics
- 85% of Physical Education teachers will ensure students are moderate to vigorously active at least 50% of every physical education class period.
- 100% of Physical Education teachers will have a Physical Education endorsement.
- 10 schools will pilot the implementation of the national recommendation of physical education minutes.

Objective 2
Increase the amount of student physical activity before, during and after school.

Performance metrics
- 75% of schools offer physical activity opportunities before school.
- 75% of teachers will use an in-class movement structure during the school day.
- 100% increase in the number of after school programs that incorporate physical activity.
Nutrition Environment and Services

**Objective 1**
Increase student participation in school meal programs.

**Performance metric**
- 70% of students will participate in the school lunch program.

**Objective 2**
Increase student access to nutritious foods within schools.

**Performance metrics**
- 50% of schools will enact guidelines on balanced and proportioned food that is accessible at school.
- 50% increase in the number of schools with gardens participating in garden to cafeteria programs.
Health Services

Objective
Increase the number of students who receive a universal health screening and referral for follow-up services, when applicable.

Performance metrics
• 75% of students in grades ECE, K, 1, 2, 3, 5, 7, 9 and 12 will receive a universal health screening.
• 100% of students who do not meet screening benchmarks will be referred for follow-up services.
• Of students receiving a referral for follow-up services, there will be a 50% increase of students receiving services.
Counseling, Psychological, and Social Support Services

Objective
Increase the number of schools implementing evidence-based social, emotional and behavioral interventions at the universal, targeted and intensive levels in all schools.

Performance metrics
• 100% of schools will implement and sustain at least four evidence-based interventions to meet student social, emotional and behavioral health needs. At least two interventions will be at the universal level, one at the targeted level and one at the intensive level.
• 100% of schools will coordinate school-based programs and services to ensure effective service delivery across the universal, targeted and intensive tiers of support.
Social and Emotional School Climate

**Objective**
Increase the number of schools implementing evidence-based, culturally inclusive approaches and practices to support an emotionally safe school climate.

**Performance metric**
- 100% of schools will implement at least three approaches and practices at the universal level.
Physical Environment

Objective
Increase the number of DPS facilities implementing evidence-based practices to ensure healthy and safe physical environments.

Performance metric
• 100% of DPS facilities will implement at least three practices to ensure healthy and safe physical environments.
Employee Wellness

Objective
Increase the number of employees, schools and central administration sites utilizing employee wellness resources.

Performance metrics
- 70% of employees will complete an annual Employee Needs and Interest Survey and Health Risk Assessment.
- 80% of schools implement 10 evidence-based employee wellness practices.
- 100% of central administration sites implement 10 evidence-based employee wellness practices.
Family Engagement

Objective
Increase the number of evidence-based health education sessions offered to parents and families.

Performance metrics:
• 50% increase in the number of health education sessions offered to parents and families.
• 50% increase in the number of parents and families receiving health education.
Community Involvement

**Objective**
Ensure stakeholder participation in the planning and implementation of the Whole Child, Healthy Child Agenda 2020 including parents, students, staff and community partners.

**Performance metric**
- Develop and implement an annual community engagement plan including specific strategies and metrics to involve stakeholder groups.
Call To Action

To accomplish our goals, we must build upon all that we have learned and elevate our focus on the Whole Child. DPS cannot do this alone; all community members have a role to play in making this vision a reality. As we mobilize around the objectives and performance measures outlined in this document, we’ll have even more specific asks of each of our communities. In the meantime, we hope that you will gather support and momentum in YOUR role around supporting the Whole Child:

- **DPS leaders and educators:** we ask you to focus resources on achieving the objectives and performance metrics within this agenda. As a district, we will hold ourselves accountable to achieving this agenda by school year 2020.
- **Parents, families and students:** we ask you to partner with school and district leadership to champion progress within your schools, advocate for school-level improvements and help share the stories of this progress.
- **Community, government and funding partners:** we ask you to consider committing more of your time, talent and resources to help us achieve this agenda.

Together, we can make the vision real – *Every Child Succeeds.*