## Whole Child Tenet #1

**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 |
|---|---|
| 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**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |
| OUR school integrates health and well-being into the school’s ongoing activities, professional development, curriculum, and assessment practices. | **School Climate & Culture**  
**Curriculum & Instruction**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |
| OUR school facilitates student and staff access to health, mental health, and dental services. | **School Climate & Culture**  
**Curriculum & Instruction**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |
| 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  
Leadership  
PD & Capacity  
Assessment |
| OUR school collaborates with parents and the local community to promote the health and well-being of each student. | **School Climate & Culture**  
**Curriculum & Instruction**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |
| OUR school sets realistic goals for student and staff health that are built on accurate data and sound science. | **School Climate & Culture**  
**Curriculum & Instruction**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |
| 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. | **School Climate & Culture**  
**Curriculum & Instruction**  
Community & Family  
Leadership  
PD & Capacity  
Assessment |

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