

How can Comprehensive School Health Improve Student Achievement?

**Public Health 2019
Ottawa ON
May 01 2019**

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Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

Background of the CIM

JCSH Vision:

Children and youth thriving in school communities committed to optimal learning, health, and well-being



Linking Comprehensive School Health to Student Success



What is the relationship of CSH as a whole student, whole school approach and the success of those students?



Collaboration of Research, Policy, and Practice

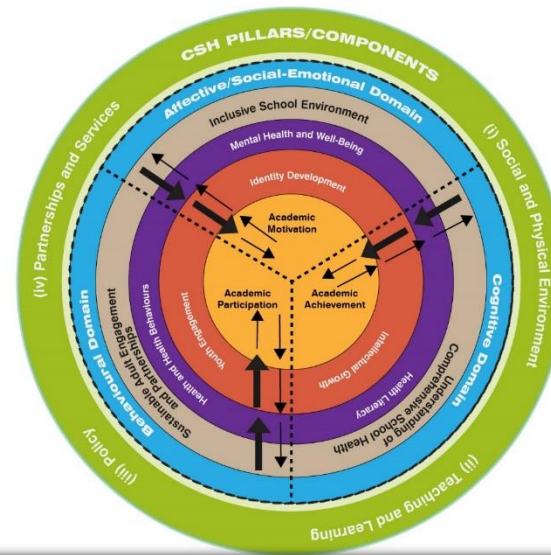


Core Indicators Model: Two Versions

Rubric Version 3

	Environmental Indicators	Health Indicators	Educational Indicators	
			Personal Growth:	Academic:
Affective/Social-Emotional	Inclusive School Environment	Mental Health and Well-Being	Identity Development	Academic Motivation
Behavioural	Sustainable Adult Engagement and Partnerships	Health and Health Behaviours	Youth Engagement	Academic Participation
Cognitive	Understanding of Comprehensive School Health	Health Literacy	Intellectual Growth	Academic Achievement

Core Indicators Circular Representation



Indicators:	
Environmental	
Health	
Educational	Personal Growth
	Academic

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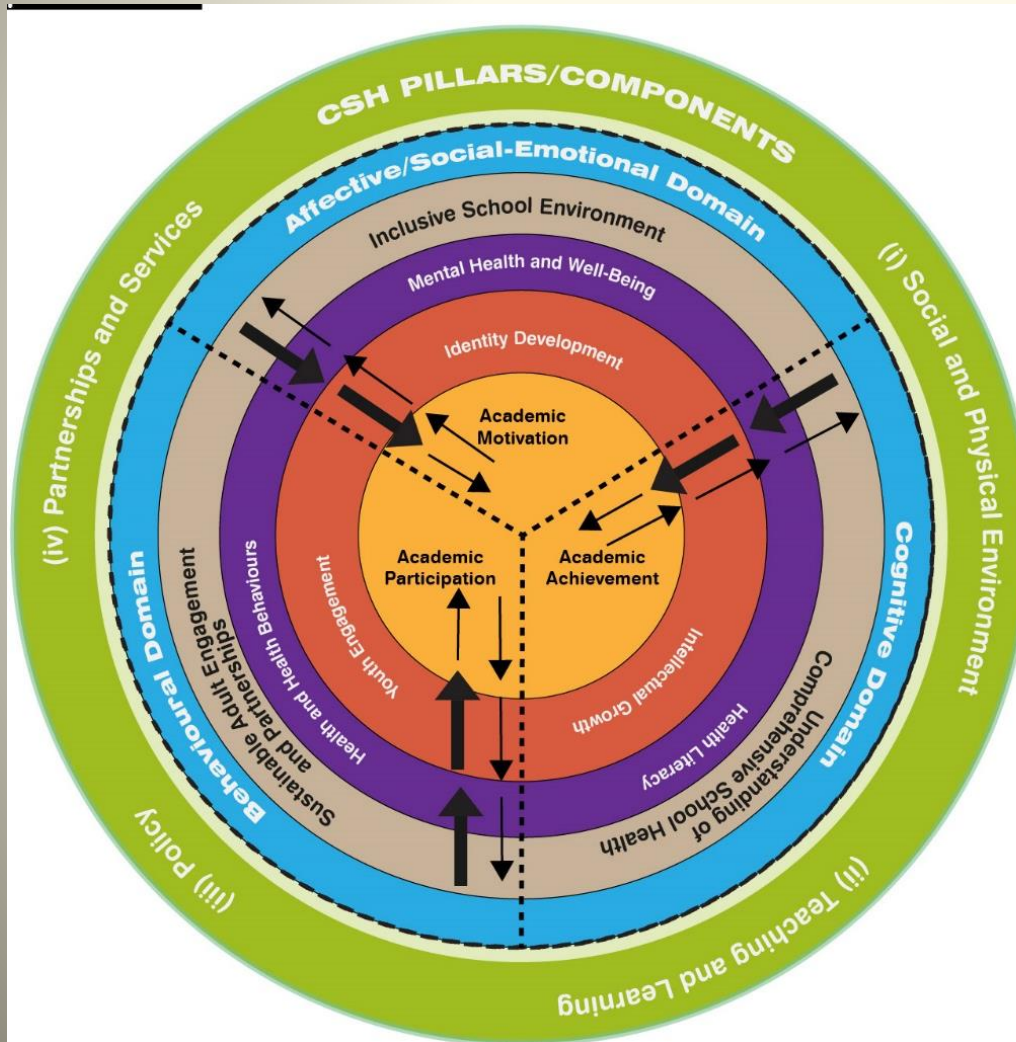


Core Indicators Model: Table Version

Core Indicators Model (CIM)

	Environmental Indicators	Health Indicators	Educational Indicators	
			Personal Growth:	Academic:
Affective/Social-Emotional	Inclusive School Environment	Mental Health and Well-Being	Identity Development	Academic Motivation
Behavioural	Sustainable Adult Engagement and Partnerships	Health and Health Behaviours	Youth Engagement	Academic Participation
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Core Indicators Model: Ecological Version



Indicators:		
Environmental		
Health		
Educational	Personal Growth	
	Academic	

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Core Indicators Model: Sample Measures

	Environmental Indicators	Health Indicators	Educational Indicators	
			Personal Growth	Academic
Affective / Social Environment	<p>Inclusive School Environment Students' safety: physical, mental, social, emotional, cultural, environmental.</p> <p>Accepting environment: identity, language, and ability; Positive school culture.</p>	<p>Mental Health and Well-being Students' and teachers' mental state, resiliency.</p> <p>Ill-being: Suicidal tendencies/ideation, attempts, Depression, Anxiety, Loneliness, Isolation, Stress levels</p>	<p>Identity Development Sense of self</p> <p>Worldview</p> <p>Spirituality</p> <p>Resilience</p>	<p>Academic Motivation Academic self-concept/self efficacy</p> <p>Academic self-regulation</p> <p>School connectedness</p> <p>Valuing school</p>
Behavioural	<p>Sustainable Adult Engagement and Partnerships Promote / implement CSH initiatives: Parent/guardian/family community.</p> <p>Professional development: teachers, staff, administrators.</p> <p>Partnerships: school community</p>	<p>Health/ Health Behaviours Physical activity (organized & unorganized). Sedentary behaviours - recreational screen time. Eating patterns - healthy body weight. Body image. Sleeping patterns. Oral health. Substance use. Sexual behaviour</p>	<p>Youth Engagement Number of extra-curricular activities in which youth participate</p> <p>Type of participation Variety of participation Quality of participation</p>	<p>Academic Participation Attendance/lates.</p> <p>Suspensions/expulsions.</p> <p>In-class participation.</p> <p>Drop-out rates</p> <p>Use of academic strategies</p>
Cognitive	<p>Understanding of Comprehensive School Health Awareness, understanding, support of CSH programs, policies, initiatives: ♣students, ♣school staff, ♣parents/guardians, ♣health partners, ♣community members</p>	<p>Health Literacy Policies, programs, practices by: ♣students ♣school staff ♣parents /guardians ♣ health partners ♣ community members</p>	<p>Intellectual Growth Critical thinking skills, creative thinking skills, communication skills. Metacognition - Understanding of responsibility for own learning. Goal-setting - knowledge construction</p>	<p>Academic Achievement Achievement test scores/standardized tests GPA/report cards (including comments sections) Individual Education Plans Certificates of Achievement</p>

CIM – Potential Steps Forward

Core Indicators Model of Comprehensive School Health and Student Achievement

Guide Sheet for Educators, Administrators

Background

Comprehensive School Health (CSH) is a whole-school, whole-student approach that is intentionally implemented to transform school culture, improving health behaviours among students while also increasing their overall achievement in school.



The Core Indicators Model (CIM) is a framework for use by schools to make the connections between student learning / academic achievement and the comprehensive school health / whole student approach. In other words, healthier kids are better learners.

This table will guide the format of this document.

	Core Indicators Model (CIM)			
	Environmental Indicators	Health Indicators	Educational Indicators	
			Personal Growth	Academic
Affective/Social-Emotional	Inclusive School Environment	Mental Health and Well-Being	Identity Development	Academic Motivation
Behavioural	Sustainable Adult Engagement and Partnerships	Health and Health Behaviours	Youth Engagement	Academic Participation
Cognitive	Understanding of Comprehensive School Health	Health Literacy	Intellectual Growth	Academic Achievement

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When we show students that we care about them and not just their results, then we create a better environment where students learn.

- CIM Framework Interview

Questions

“We need to prepare them [students] for their whole life, not just for a job or good academic success.”

