



**Empowering those  
committed to  
enhancing education**

**WELCOME**

# Classroom Activity Breaks

- ▶ [http://healthymeals.nal.usda.gov/hsmrs/Missouri/Extreme\\_Health\\_Challenge/18.classroom\\_activity\\_breaks.pdf](http://healthymeals.nal.usda.gov/hsmrs/Missouri/Extreme_Health_Challenge/18.classroom_activity_breaks.pdf)

**Sitting for just 10 minutes at a time increases fatigue and reduces concentration and attention.**

Eric Jensen in *Learning with the Body in Mind*

What (WHO) is



# Our Vision

The Whole  
Child

21<sup>st</sup> Century  
Skills

Equity

Legislative  
Influence



Professional  
Development

Leadership  
Development

Pre-Service Educators  
and Student Chapters



VIDEO



# Key Tenets

- ▶ Each student enters school healthy and learns about and practices a healthy lifestyle.
- ▶ Each student learns in an intellectually challenging environment that is physically and emotionally safe for students and adults.
- ▶ Each student is actively engaged in learning and is connected to the school and broader community.
- ▶ Each student has access to personalized learning and is supported by qualified, caring adults.
- ▶ Each graduate is challenged academically and prepared for success in college or further study and for employment in a global environment



How does the **Whole Child** fit in a world of achievement compacts, common core standards, and college readiness?

# Making the Case for Educating the Whole Child

We live in a global economy that requires our students to be prepared to think both critically and creatively, evaluate massive amounts of information, solve complex problems, and communicate well. A strong foundation in reading, writing, math, and other core subjects is still as important as ever, yet by itself is insufficient for lifelong success.

- ▶ Data taken from the 2010 Oregon Student Wellness Survey – Oregon Department of Human Services Addictions and Mental Health Division



# The Common Core and the Whole Child

- ▶ The **COMMON CORE** is about **CHALLENGING** ALL students to meet rigorous standards, positioning them to be college and career ready.
- ▶ The **WHOLE CHILD** is about creating a learning environment that extends beyond a short-term achievement mindset and places value on long term success.  
**ENGAGED – SAFE – HEALTHY – SUPPORTED**

# CHALLENGED

I feel that assigned school work is meaningful and important.

Grade 6 - 63%

Grade 8 - 41%

Grade 11 - 28%

I feel that most courses are interesting.

Grade 6 - 58%

Grade 8 - 38%

Grade 11 - 38%

I think the things I am learning in school are going to be important for later in life.

Grade 6 - 85%

Grade 8 - 70%

Grade 11 - 57%

# ENGAGED

I enjoyed being in school over the past year.

Grade 6 - 60%

Grade 8 - 48%

Grade 11 - 40%

I have lots of chances to be part of class discussions or activities.

Grade 6 - 86%

Grade 8 - 84%

Grade 11 - 86%



# SUPPORTED

My teacher(s) notices when I am doing a good job and lets me know about it.

Grade 6 - 79%

Grade 8 - 71%

Grade 11 - 68%

I can talk to teachers openly and freely about my concerns.

Grade 6 - 69%

Grade 8 - 52%

Grade 11 - 58%

Students are picked on by other students for working hard at our school.

Grade 8 - 36%

Grade 11 - 28%

## Children Living in Poverty (2010)

Range by County: 13% - 40%

Average - 22%

# HEALTHY

**24.3% of Oregon's children 10-17 are overweight or obese** (2007 Data Resource Center for Child and Adolescent Health)

**In the last 30 days.....**

**I've had 5 or more drinks in a row (within a couple of hours).**

Grade 6 - 3%

Grade 8 - 11%

Grade 11 - 21%

**Smoked cigarettes**

Grade 6 - 5%

Grade 8 - 13%

Grade 11 - 16%

**Used marijuana**

Grade 6 - 3%

Grade 8 - 12%

Grade 11 - 20%

**Used prescription drugs to get high**

Grade 6 - 0%

Grade 8 - 4%

Grade 11 - 8%

2010 Oregon Student Wellness Survey: Oregon Department of Human Services Addictions and Mental Health Division

# SAFE

I feel safe at my school.

Grade 6 - 86%

Grade 8 - 82%

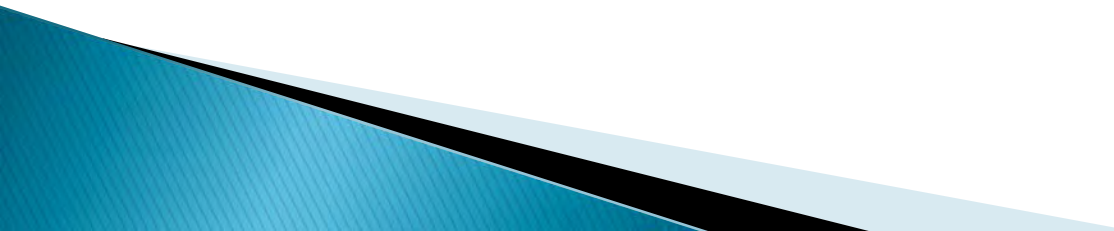
Grade 11 - 85%

I experienced some form of harassment in the last 30 days.

Grade 6 - 45%

Grade 8 - 53%

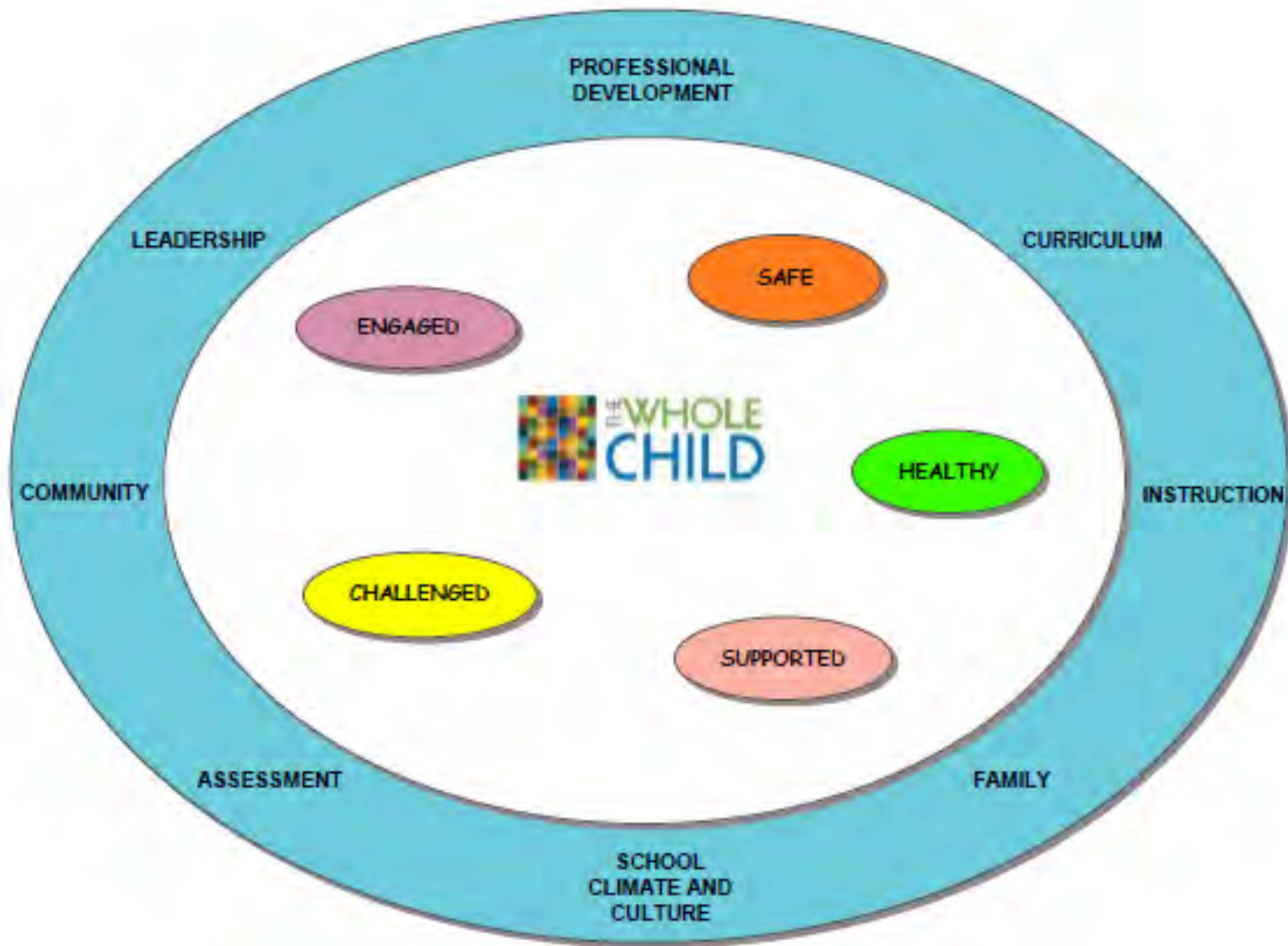
Grade 11 - 40%



# WHOLE CHILD School Improvement Tool

- ▶ <http://sitool.ascd.org/AccessSurvey.aspx?SurveyID=84K2n95&SID=d15b5320-fa61-4553-9314-dd32de363704>

## Exploring the Tool!





# A WHOLE CHILD approach requires

Collaboration, Coordination and Integration

**Educators,**

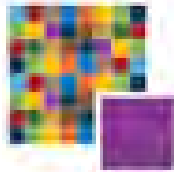
**Families**

**Polymakers** and

**Community Members**

<http://whatworks.wholechildeducation.org/examples-map/#>

# Congratulations to Canby High School Whole Child Award Winning School, 2015



WHOLE CHILD  
**NETWORK**  
of SCHOOLS

The ASCD Whole Child Initiative



**OREGON ASCD'S 2015  
EDUCATING THE WHOLE CHILD AWARD  
CANBY HIGH SCHOOL**





# How You Can Get Started

- ▶ Sign the [Whole Child Petition](http://www.wholechildeducation.org) ([www.wholechildeducation.org](http://www.wholechildeducation.org))
- ▶ Initiate a community conversation about the importance of educating **The Whole Child** with fellow students, educators, and community members. Go to [www.wholechildeducation.org](http://www.wholechildeducation.org) for resources to support your effort.
- ▶ Build your achievement compacts and school improvement plans around **The Whole Child**
- ▶ Become a school that supports

**The Whole Child**

# INVEST IN



Our children deserve it.  
Our future demands it.