

TEA Coordinated School Health Framework Overview

Texas Education Code, Title 2, Subtitle G, [Chapter 38, Subchapter A, 38.013-38.014](#)

COORDINATED HEALTH PROGRAM FOR ELEMENTARY, MIDDLE, AND JUNIOR HIGH SCHOOL STUDENTS.

The agency shall make available to each school district one or more coordinated health programs in ~~it~~

TEA's Eight Components of the Coordinated School Health Program

1. Health Education
2. Healthy and Safe School Environment
3. Counseling and Mental Health Services
4. Parent and Community Involvement
5. Staff Wellness Promotion
6. Health Services
7. Physical Education
8. Nutrition Services

1. Health Education

- Consists of a planned, sequential, K-12 curriculum that addresses
 - the physical dimensions of health.
 - the mental dimensions of health.
 - the emotional and social dimensions of health.
- The curriculum is designed to

4. Parent and Community Involvement

- Texas school districts offer an integrated school, parent, and community approach for enhancing the health and well-being of students.
- School health advisory councils, coalitions, and advocates for school health can build support for school health program efforts.
- Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

5. Staff Wellness Promotion

- Texas school districts offer opportunities for school staff to improve their health status through activities such as
 - health assessments
 - health education
 - health-related fitness

8. Nutrition Services

- Texas school districts offer access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.
- School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity.
- The school nutrition services offer students a learning laboratory for classroom nutrition and health education and serve as a resource for linkages with nutrition-related community services.
- Qualified child nutrition professionals provide these services.

[CATCH Alignment with WSCC](#) Whole School, Whole Community, Whole Child (WSCC) Model

Whole School

Whole Community

Whole Child

What is the WSCC model?

- The Whole t

professional development and training to ensure that they have the knowledge and skills to provide these services.

- All individuals in the school community support a healthy school nutrition environment by marketing and promoting healthier foods and beverages, encouraging participation in the school meal programs, role-modeling healthy eating behaviors, and ensuring that students have access to free drinking water throughout the school day.
- Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential.

3. Health Education

- Formal, structured health education consists of any combination of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions.
- When provided by qualified, trained teachers, health education helps students acquire the knowledge, attitudes, and skills they need for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others.
- Comprehensive school health fŶ

6. Health services

- School health services intervene with actual and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma or diabetes).
- In addition, wellness promotion, preventive services and staff, student and parent education complement the provision of care coordination services.
- These services are also designed to ensure access and/or referrals to the medical home or private healthcare provider.
- Health services connect school staff, students, families, community and healthcare providers to promote the health care of students and a healthy and safe school environment.
- School health services actively collaborate with school and community support services to increase the ability of students and families to adapt to health and social stressors, such as chronic health conditions or social and economic barriers to health, and to be able to manage these stressors and advocate for their own health and learning needs.
- Qualified professionals such as school nurses, nurse practitioners, dentists, health educators, physicians, physician assistants and allied health personnel provide these services.

7. Counseling, psychological and social services

- These prevention and intervention services support the mental, behavioral, and social-emotional health of students and promote success in the learning process.
- Services include psychological, psychoeducational, and psychosocial assessments; direct and indirect interventions to address psychological, academic, and social barriers to learning, such as individual or group counseling and consultation; and referrals to school and community support services as needed.
- Additionally, systems-level assessment, prevention, intervention, and program design by school-employed mental health professionals contribute to the mental and behavioral health of students as well as to the health of the school environment.
- These can be done through

- A comprehensive school employee wellness approach is a coordinated set of programs, policies, benefits, and environmental supports designed to address multiple risk factors (e.g., lack of physical activity, tobacco use) and health conditions (e.g., diabetes, depression) to meet the health and safety needs of all employees.
- Partnerships between school districts and their health insurance providers can help offer resources, including personalized health assessments and flu vaccinations.
- Employee wellness programs and healthy work environments can improve a district's bottom line by decreasing employee health insurance premiums, reducing employee turnover, and cutting costs of substitutes.

9. Community involvement

- Community groups, organizations, and local businesses create partnerships with schools, share resources, and volunteer to support student learning, development, and health-related activities.
- The school, its students, and their families benefit when leaders and staff at the

Comparison Chart	
TEA - Coordinated School Health Components	CDC - WCCC Model Components

Health Education

- Consists of a planned, sequential,

Nutrition Services

- Texas school districts offer access to