

WSSC Benefits and Impact on Student Learning and Health – Closed Captioning

WEBVTT

00:00:00.506 --> 00:00:14.546
[Music]

00:00:15.046 --> 00:00:17.976
>> As a parent of three
children, when I send my kids

00:00:17.976 --> 00:00:20.516
out the door in the
morning, I want to know

00:00:20.516 --> 00:00:23.326
that not only are they going to
be kept safe, but I want to know

00:00:23.326 --> 00:00:24.966
that they're going
to be cared for.

00:00:25.216 --> 00:00:28.086
>> I always like to think of
it as rather than us trying

00:00:28.086 --> 00:00:31.856
to have the kid fit into
the system, we're challenged

00:00:31.856 --> 00:00:34.416
with an opportunity to
how can we get the system

00:00:35.016 --> 00:00:35.666
to fit the kid.

00:00:36.056 --> 00:00:38.856
>> The benefit of rolling
out something like WSSC is

00:00:38.906 --> 00:00:42.976
that we're coming at an
issue from the perspectives

00:00:43.006 --> 00:00:45.976
of medical providers,
schools, public health folks.

00:00:46.356 --> 00:00:50.216
And so, so much more
that we can really look

00:00:50.216 --> 00:00:53.126
at almost every aspect of an
issue and work toward our goals

00:00:53.126 --> 00:00:54.156
in a more comprehensive way.

00:00:55.051 --> 00:00:57.051
[Music]

00:00:57.086 --> 00:00:59.376
>> From their health,
their wellness,

00:00:59.516 --> 00:01:02.386
their emotional health,
helping them deal with trauma,

00:01:02.666 --> 00:01:07.536
meeting their needs, making
sure they're fed, you know.

00:01:07.956 --> 00:01:11.106
And helping them to reach
their fullest potential

00:01:11.106 --> 00:01:12.366
in all aspects of life.

00:01:12.436 --> 00:01:14.506
That's what our real
purpose should be about.

00:01:14.806 --> 00:01:17.596
How can we serve kids to
their greatest benefit?

00:01:17.596 --> 00:01:20.976
It's about the whole child,
not just the academic piece,

00:01:20.976 --> 00:01:22.826
which we can always
try to connect them to.

00:01:23.056 --> 00:01:25.246
We, we describe it
as a win philosophy.

00:01:25.246 --> 00:01:27.026
So, a what I need philosophy

00:01:27.226 --> 00:01:29.086
that each child is
kind of unique.

00:01:29.136 --> 00:01:31.286
And so, because we
have so many programs,

00:01:31.346 --> 00:01:32.966
there's really something
for everybody.

00:01:33.226 --> 00:01:38.416
>> We're really pushing
to try and do services

00:01:38.416 --> 00:01:40.956
for these children and for
the community, as well.

00:01:41.586 --> 00:01:43.546
We've been pushing for dental.

00:01:43.546 --> 00:01:46.136
We have a new grant with
Sun Life, so we're going

00:01:46.196 --> 00:01:49.406
to be getting some healthcare
services on our campus.

00:01:49.406 --> 00:01:52.196
We provide counseling
services, sometimes,

00:01:52.196 --> 00:01:53.946
for both the children
and the parents.

00:01:54.246 --> 00:01:56.956
All of our kids eat free
breakfast, free lunch.

00:01:57.256 --> 00:01:59.176
And if they're here in the
evening, they get a snack.

00:01:59.536 --> 00:02:02.226
>> Even if it's for
a, a yoga break,

00:02:02.226 --> 00:02:05.656
that has been incorporated in
one of my daughter's classes

00:02:05.656 --> 00:02:08.266
or a morning extra
morning recess

00:02:08.356 --> 00:02:11.536
in my son's primary
elementary schools.

00:02:11.776 --> 00:02:14.906
You know, it's just proven that
they need to get up and move.

00:02:15.066 --> 00:02:17.666
>> We have so much up here, but
let's pull it down and come back

00:02:17.706 --> 00:02:18.626
to what we need to do.

00:02:18.626 --> 00:02:21.036
After we have our mindful
moments, they're ready to go.

00:02:21.036 --> 00:02:22.786

They understand that
it's time to learn.

00:02:23.046 --> 00:02:24.276

And just, really,
sets up the day.

00:02:25.061 --> 00:02:27.061

[Music]

00:02:27.106 --> 00:02:29.126

>> It's not a secret
that students

00:02:29.126 --> 00:02:30.786

that are healthy learn better.

00:02:31.096 --> 00:02:34.076

So, providing nutritious
meals at the cafeteria,

00:02:34.346 --> 00:02:36.866

making sure that they
have regular access

00:02:36.956 --> 00:02:39.226

to physical activity,
because we know that a lot

00:02:39.226 --> 00:02:40.436

of our students don't.

00:02:41.056 --> 00:02:43.156

Making sure that
they do have access

00:02:43.256 --> 00:02:45.166

to counseling service as
necessary.

00:02:45.166 --> 00:02:47.696

Those are things that have,
definitely, had an impact,

00:02:47.926 --> 00:02:50.746
not only on our academics,
but they've had an impact

00:02:50.956 --> 00:02:52.936
on discipline levels
here at the school site.

00:02:53.136 --> 00:02:55.916
>> It was a hard decision to go
away from our meetings being all

00:02:55.916 --> 00:02:58.166
about academics to
moving towards social

00:02:58.166 --> 00:02:59.676
and emotional side
of our students.

00:02:59.946 --> 00:03:02.296
As we moved in that
direction, teachers started

00:03:02.296 --> 00:03:05.866
to see their students writing
more, answering questions

00:03:05.866 --> 00:03:07.376
and moving towards
full sentences.

00:03:07.746 --> 00:03:10.576
So, by putting that,
that piece forward,

00:03:10.576 --> 00:03:12.756
far as the whole child
method, it allowed us

00:03:12.956 --> 00:03:14.996
to become even stronger
in the academic piece.

00:03:15.276 --> 00:03:18.796
And any day, after

school, we have quite a few

00:03:18.796 --> 00:03:20.426
after school programs going on.

00:03:20.796 --> 00:03:22.936
All of these are relevant
to what they want to do.

00:03:22.936 --> 00:03:25.076
I feel it keeps them
coming back to school,

00:03:25.296 --> 00:03:28.156
keeps our attendance high,
keeps these kids interested

00:03:28.156 --> 00:03:30.596
in what's going on
at their school.

00:03:30.666 --> 00:03:32.456
Keeps the parents
engaged, as well.

00:03:32.756 --> 00:03:35.286
>> A lot of the faculty
are living healthy

00:03:35.376 --> 00:03:37.706
and they are really
great examples.

00:03:37.866 --> 00:03:39.986
And they promote it
in their classrooms,

00:03:39.986 --> 00:03:42.556
keeping them hydrated,
being outside,

00:03:42.556 --> 00:03:43.956
having the brain breaks.

00:03:44.016 --> 00:03:46.336
Those kinds of things

have really helped kids

00:03:46.336 --> 00:03:48.256
to stay more focused
in their academics.

00:03:49.116 --> 00:03:51.116
[Music]

00:03:51.216 --> 00:03:53.786
>> When you start young and you,
kind of like, keep this growing

00:03:53.876 --> 00:03:56.536
up until their senior year of
high school, they have this idea

00:03:56.536 --> 00:03:59.696
in the back of their head that
students need to stay healthy.

00:03:59.696 --> 00:04:00.516
They need to stay active.

00:04:00.516 --> 00:04:01.996
They need to go outside.

00:04:01.996 --> 00:04:03.806
And especially, like,
once you're a senior

00:04:03.806 --> 00:04:04.986
and you graduate,
you're an adult.

00:04:05.026 --> 00:04:07.006
Like, your health and
wellness is in your hands.

00:04:07.256 --> 00:04:10.236
So, having this idea is super
important for young adults

00:04:10.236 --> 00:04:12.646
who are taking that
next step in their life.

00:04:12.826 --> 00:04:15.516
>> And now, we're starting
to change generations

00:04:15.516 --> 00:04:17.996
and how they see food,
how they see learning,

00:04:17.996 --> 00:04:21.066
how they see active
living in their lives.

00:04:21.106 --> 00:04:22.956
That's the real measurement
of how we're doing, I think.

00:04:24.516 --> 00:04:29.250
[Music]