



## THE 5 BENEFITS:

- Greater overall achievement
- Well-rounded students
- Decreased discipline problems and improved attendance
- Improved lifelong health
- Reduced disparities



## THE 5 ESSENTIAL PRINCIPLES:

- Taking a whole school approach to improve health and wellness
- Strong partnerships and synergy between health and education sectors
- Committed leadership from health champions and school health teams
- Use of assessments, action plans, and evaluation processes to guide school health initiatives
- Planning for sustainability

## THE 5 CORE COMPONENTS:

- Teaching and Learning
- Physical and Social Environment
- Evidence
- Policy
- Community Partnerships and Services