



# WSCC Model Components & Programming

## Health Education

- Handwashing (K–2nd)
- ■ Hygiene (3rd–4th)
- ■ Human Growth & Development (5th)  
*Online pre-test & 60-day post-test required*
- ■ Tobacco & Vaping Prevention (3rd–5th)  
*Online pre-test & 60-day post-test required for 4th grade*
- Drugs & Your Heart (5th)
- Tooth Fairy Assistant (Pre-K–K)
- ■ Dental Health (1st–5th)  
*Online pre-test & 60-day post-test required for 4th grade*

## Nutrition Environment & Services

- Nutrition in PE
- Blender Bike Class  
*funding for food must be provided by the school*
- Nutrition in the Classroom—Food Groups
- Nutrition in the Classroom—Food Labels
- Nutrition Science Experiment
- Little Bite Nutrition Breaks Series

## Physical Environment

- ■ Tornado Preparedness in PE
- Earthquake Preparedness in PE
- Flood Preparedness in PE
- Fire Preparedness in PE

## Family Engagement

- Nutrition—Blender Bike  
*funding for food must be provided by the school*
- Math and Literacy Activities
- Family Fitness Night
- Action Based Learning STEM Activities

## Physical Education & Physical Activity

- ■ Fitness in the Classroom
- Team Building in PE
- Tobacco & Vaping Prevention in PE (3rd–5th)
- Incorporating Core Curriculum into Your PE Class

## Social & Emotional Climate

- ■ Classroom Cohesion
- ■ Mindfulness
- Responsible Decision Making
- Conflict Resolution/Getting Along
- ■ Bully Prevention
- Bully Busters Assembly (K–2nd)
- ■ Stress Management

## Community Involvement (After School Programs)

- It's All About Kinesthetics (3rd–5th)
- Virtual It's All About Kinesthetics (3rd–5th)—facilitated by school
- Cooking Club (3rd–5th)—facilitated by school

## Employee Wellness

The program is facilitated through the IAK website including physical activity, nutrition, and habit challenges throughout the school year. Additional wellness programs and resources will be shared as well.

■ In-person

■ Virtual