



There are eight components of the Winter Park Health Foundation Coordinated Youth Initiative (based on the CDC Coordinated School Health Model) working together to promote the health of children and improve education outcomes within OCPS - Winter Park Consortium of Schools. Healthy School Teams have been formed at each of the 13 Winter Park Consortium schools with at least one representative for each of the following components:

1. **Comprehensive School Health Education:** Classroom instruction that addresses the physical, mental, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is developmentally appropriate and culturally sensitive. Designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.
2. **School Counseling, Psychological, and Social Services:** Activities that focus on cognitive, emotional, behavioral, and social needs of individuals, groups, and families. Designed to prevent and address problems, facilitate positive learning and healthy behavior, and enhance healthy development.
3. **Health Services:** Preventive services, education, and emergency care, referral, and management of acute and chronic health conditions. Designed to promote the health of students, identify and prevent health problems and injuries, and assure care for students.
4. **Nutrition Services:** Integration of nutritious, affordable, and appealing meals; nutrition education; and an environment that promotes healthy eating behavior for all children. Designed to maximize each child's education and health potential for a lifetime.
5. **Physical Education:** Planned, sequential instruction that promotes lifelong physical activity. Designed to develop basic movement skills, sports skills, and physical fitness, as well as to enhance mental, social, and emotional abilities.
6. **Healthy School Environment:** The physical, emotional, and social climate for the school. Designed to provide a safe physical plant, as well as a healthy and supportive environment that fosters learning.
7. **Health Promotion for Staff:** Assessment, education, and fitness activities for school faculty and staff. Designed to maintain and improve the health and well being of school staff, who serve as role models for the students.
8. **Parent/Community Involvement:** Partnerships among schools, families, community groups, and individuals. Designed to share and maximize resources and expertise in addressing the healthy development of children, youth, and their families.