

About the American School Health Association

Mission

The mission of the American School Health Association is to transform all schools into places where every student learns and thrives.

Vision

The American School Health Association envisions healthy students who learn and achieve in safe and healthy environments nurtured by caring adults functioning within coordinated school and community support systems.



The following *Core Beliefs in Action* focus on PreK-12 students.

They encompass five critical components of school health.

Why are these five beliefs important? The Whole School, Whole Community, Whole Child (WSCC) model serves as a unified and collaborative approach to health and learning. ASHA's Core Beliefs support this student-centered, integrated and collaborative approach that addresses the needs of the whole child.



Core Belief 1: Health and learning are directly linked and essential to the development of healthy, resilient citizens. Academic success is an excellent indicator of the overall well-being of youth and a primary predictor of adult health outcomes. This belief addresses the issue of disparities and the achievement gap and offers solutions.



Core Belief 2: Schools are uniquely positioned to help students acquire healthy habits for a lifetime. Schools prepare students to be college and career ready, which includes being a health literate adult. Health curricula should be science-based, medically-accurate, aligned with the National Health Education Standards, taught by highly-qualified professionals, and focused on healthy living skills.



Core Belief 3: A coordinated school health (CSH) approach is the most effective and efficient means of promoting healthy citizens. The CSH approach creates a system to support student academic achievement, eliminates gaps, and reduces redundancies across initiatives and funding streams through appropriately licensed and certified disciplines.



Core Belief 4: School health professionals should be highly-qualified and practice evidence-based health and education strategies. The need for undergraduate and graduate training in health education and the need for certified, licensed or state-endorsed professionals is addressed in this belief and supported through the *Healthy People 2020* objectives.



Core Belief 5: Schools should be safe, nurturing environments that facilitate learning for all. School climate, school connectedness and a caring and safe learning environment promote student success and teacher retention through parent and community partnerships, policies and practices. **All students should be challenged, supported, engaged, safe and healthy.**