



Integrating Out of School Time Across the WSCC Framework



Out of school time (OST) program leaders and staff are natural partners for extending the **Whole School, Whole Community, Whole Child (WSCC)** framework beyond the school day. Here are some evidence-based strategies and promising practices for using the WSCC approach to strengthen OST settings on school campuses and support student health and academic achievement.

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| Physical Environment | <ul style="list-style-type: none"> ■ Provide access to safe drinking water across the school building or campus before and after school. ■ Set up agreements that allow schools and OST programs to share space—for example, shared access to classrooms, gyms, and playgrounds; space for food storage and prep; and use and maintenance of school gardens. |
| Social and Emotional Climate | <ul style="list-style-type: none"> ■ Ensure food and physical activity are not used as rewards or punishments. ■ Foster social emotional learning by integrating positive youth development principles during program planning—for example, focusing on strengths and positive outcomes. |
| Counseling, Psychological, and Social Services | <ul style="list-style-type: none"> ■ Recognize the role that staff can play in connecting students and their families with services in the school or community. |
| Health Services | <ul style="list-style-type: none"> ■ Promote communication between school staff and OST providers to help manage the needs of students with chronic health conditions, such as food allergies, diabetes, and asthma. |
| Nutrition Environment and Services | <ul style="list-style-type: none"> ■ Use policies and practices that ensure that students have access to healthy foods and beverages in OST programs and during the summer. ■ Coordinate with school food services departments to sponsor programs to provide nutritionally balanced, low-cost or free meals and snacks throughout the calendar year. |
| Physical Education and Physical Activity | <ul style="list-style-type: none"> ■ Provide opportunities for students to be physically active before- and after-school—for example, intramural sports, walking clubs, and active transportation to and from school. ■ Integrate physical activity into after-school and summer programs that operate on school grounds. |
| Health Education | <ul style="list-style-type: none"> ■ Invite qualified personnel, such as Certified Health Education teachers, to provide nutrition education in after-school programs. |
| Community Involvement | <ul style="list-style-type: none"> ■ Invite qualified members of the community, such as university extension staff, to provide training and professional development or OST programs, or lead specific activities. ■ Involve staff members from OST programs, both school- and community-based, in school initiatives that address healthy eating, such as school wellness teams or wellness committees. |
| Family Engagement | <ul style="list-style-type: none"> ■ Provide opportunities for parents to learn about healthy eating or to practice being active with their children. ■ Design family event nights that include physical activity and healthy eating, such as brief “Stay and Play” activities. |
| Employee Wellness | <ul style="list-style-type: none"> ■ Encourage OST staff to model healthy eating and physical activity behaviors. ■ Provide OST staff with professional development opportunities related to physical activity, nutrition, and healthy lifestyle behaviors. |

Visit www.cdc.gov/healthyschools/wscclstrategies.htm for more information and additional examples on how to integrate out of school time strategies using the WSCC framework.

