



East  
Hartford  
Public  
Schools

The Whole Child Spotlight Series highlights innovative work to improve student academic, social, emotional, behavioral, and physical health outcomes using the Whole School, Whole Community, Whole Child (WSCC) model.

### East Hartford Middle School's **Empower Health Program**

- 15 minutes of dedicated time (Advisory period)
- On Mondays, all students in grades 6-8 participate in classroom activities based on the CASEL framework for social & emotional learning
- On Tuesdays through Fridays, students engage in physical activity that reinforces the social and emotional learning in the classroom
- Implementation led by school WSCC Team

**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**  
*A collaborative approach to learning and health*

WSCC is the CDC's framework for addressing health in schools. It's student-centered, emphasizing the role of the community and the use of evidence-based policies and practices.



## Social & Emotional Climate

## Physical Education & Physical Activity

### Empower Health & Whole Child Development

The program promotes **social & emotional climate** by teaching CASEL-aligned social and emotional learning skills. It then offers students opportunities to apply these skills and engage in **physical activity** through team-based games and independent activities (e.g., soccer, football, jump rope, and gaga ball).



### Impact of Empower Health

A recent survey of students and teachers highlights Empower Health's impact. For example, one student shared, "I love how the teachers thought of this for us." Another said, "This is something that I can use to let off some energy after class." Many students indicated that engaging in physical activity has helped them socially. An 8<sup>th</sup> grader mentioned, "Some of my friends are usually quiet but I get them to engage," while another said, "This has helped me make new friends."

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One teacher remarked that this was "the best thing that has happened! Thank you all!"

Learn more at  
**ctwscc.org**

This project is made possible by Grant Award NU58DP007315 from the Centers for Disease Control and Prevention (CDC) and the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). The content of this document does not necessarily reflect the official views of the CDC or the Department of Health and Human Services.

**UConn**