



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 Public Schools Intramural Swimming Program

- East Hartford Public Schools and East Hartford Parks & Recreation partnered to provide a free after-school swimming program for 20 high school students.
- The multi-week program provided the opportunity for students to strengthen swimming strokes, gain confidence in the water, and participate in lifeguard training.

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.



### Physical Education & Physical Activity

### Community Involvement

## Link to Whole Child Development

Students engaged in **physical activity** as they practiced strokes and built endurance. The program was enabled through **community partnerships** and sharing of resources, including certified instructors, lifeguards, and use of the high school's pool.



## Impact of Collaboration

This program provided a **creative solution to address multiple goals**. Students benefited by having access to an active intramural program, as well as the opportunity for lifeguard training. Seven students went on to become certified lifeguards and work in the town pools over the summer, providing youth employment opportunities and **helping to address a town lifeguard shortage**.

“This program gave students a chance to grow, push themselves, and be part of something bigger. I’m so proud of what they accomplished — and how it will benefit our whole community.”  
— Tracy Stefano, K-12  
Supervisor of Health & Physical Education

Learn more at  
[ctwscc.org](http://ctwscc.org)

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