



BUREAU OF STUDENT WELLNESS

NH Department of Education

The Bureau of Student Wellness is committed to the development of the whole child. We work, in collaboration with local communities, school districts, and individuals, to support students as they become fully productive members of society. Our approach allows us to affect real, meaningful change in the lives of all Granite Staters while remaining fiscally responsible, culturally competent, and youth guided.

WHAT IS STUDENT WELLNESS?

Student wellness is the recognition by schools, districts, and educational professionals that there are many factors that impact a student's academic attainment. It is an approach that focuses on supporting the whole child. The dimensions of wellness include: Emotional, Personal, Intellectual, Physical, Environmental, Occupational, and Social factors.

ENVIRONMENTAL WELLNESS

Promote safe and supportive environments in the home, school, and community that encourage wellbeing.

SOCIAL WELLNESS

Developing a sense of connection, belonging, and a well-developed support system

INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills

PERSONAL WELLNESS

Expanding a sense of purpose and meaning in life

OCCUPATIONAL WELLNESS

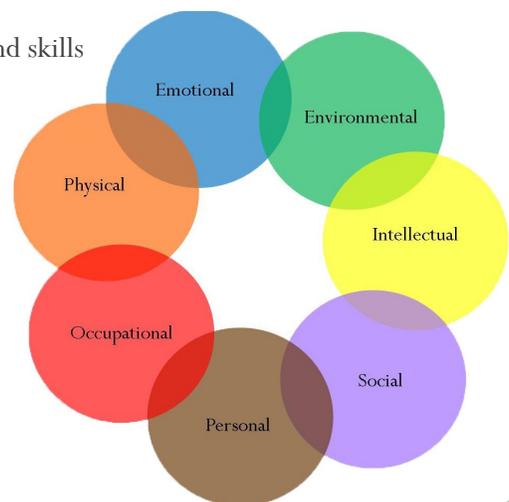
Personal satisfaction and enrichment from one's work

PHYSICAL WELLNESS

Learn and model healthy practices and routines

EMOTIONAL WELLNESS

Coping effectively with life and creating satisfying relationships

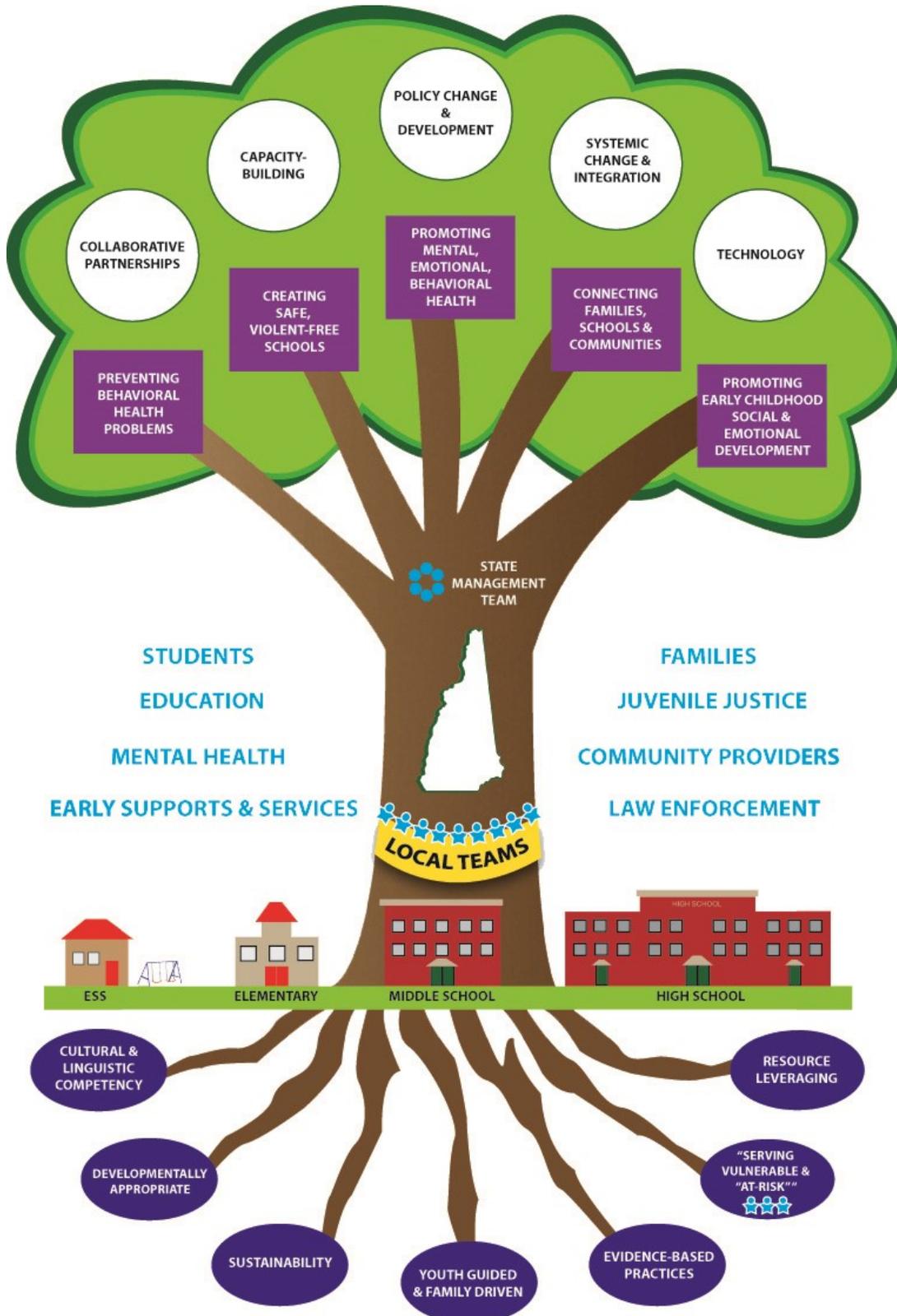


www.NHStudentWellness.org

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OUR FRAMEWORK



The Bureau of Student Wellness utilizes a common framework for the development of all Student Wellness initiatives. Pictured to the left, this framework identifies the core components of a student wellness program as well as the guiding principles and strategic approaches that must be used to ensure success and sustainability. This framework is based on the Safe Schools/Healthy Students framework developed by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) in 1999 and has been used by countless states, school districts, and programs.