



*Marking your journey to healthier schools*

## HEALTHY KIDS ARE THE PATH TO STUDENT SUCCESS.

*We share a common goal:* ensuring each student is healthy, safe, engaged, supported, and challenged to achieve their full potential. But the path to implementing the Whole School, Whole Community, Whole Child (WSCC) approach can be challenging—that's where we come in.

Healthy kids learn better when they get enough sleep, feel safe, have access to physical activity throughout the day, and eat nutrient dense foods. Our role is to blaze a path to student success as guides for schools and community partners to implement the Whole School, Whole Community, Whole Child (WSCC) approach. Each school or districts' path may take a unique route, but all trails include programs, policies and practices focused around the WSCC components and systems of support that engage schools and communities.

► Ready to start your journey?  
Complete the Blaze questionnaire:  
[www.surveymonkey.com/r/  
BLAZEINTRO](http://www.surveymonkey.com/r/BLAZEINTRO)

To learn more, visit  
[cairnguidance.com/blaze-approach](http://cairnguidance.com/blaze-approach)

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**The Blaze Approach** is a craft consulting service that empowers school communities through collaborative action.

By illuminating a path for individual districts and schools to harness their unique strengths, we facilitate a systems-change approach to creating sustainable school health initiatives.

### Here's what to expect:

#### A personalized guide to connect you with the resources, skills and partners

Students thrive if they are healthy, safe, engaged, supported and challenged—you already know that. We act as a guide, connecting your ideas and goals to plans and actions. You'll gain the knowledge and skills to create, recruit, and sustain school and district wellness councils. Plus, we'll connect you with partners at the local, state and national levels to support your work.

#### A custom-constructed path to success with space to learn and grow

We are endlessly curious and prioritize understanding your specific needs and goals. When we say individual—we mean it. The Blaze Approach is truly a craft service, knowing that every community's journey is different. We value that.

#### Support, reassurance, and guidance to work upstream and stay on track

As school health cartographers, we take your goals and work with you to create a clear plan of action. Not the kind that sits on an administrator's shelf. The kind that brings energy and transformation.

#### A view to enjoy on a sustainable path to student success

Modification is not the exception. We clarify confusion, break barricades, and provide reassurance markers to keep your team on the path to success. We guide you upstream, adjusting systems to be more equitable, accessible and sustainable.

### Post-Journey Outcomes

Based on post-evaluation data and success stories, our clients mention outcomes including:

- Deeper understanding of local data and student health needs
- Sustained district advisory councils
- Part-time district Whole Child Coordinators
- Quality health and physical education curriculum
- Implementation of MTSS and SEL programs



## Journeys are better with an experienced guide.

The technical assistance and professional development we offer is based on over twenty years of evidence-based practices.



### JESS LAWRENCE

Jess is an enthusiastic, energetic, extroverted New Englander living in Eastern Kentucky by way of Portland, Oregon. She started her career teaching 7th graders health education, and was later hired as the Health Education Curriculum Specialist for the Oregon Department of Education, where she provided assistance and professional development to health education teachers across Oregon. She then pursued a career as a national school health consultant, working to create healthier schools and communities.



### KEVIN LORSON

Kevin is a professor and Director of the Health & Physical Education Program at Wright State University in Dayton, Ohio. He has over 20 years of experience as a teacher, researcher, and advocate. He led the efforts to create the Health and Opioid Prevention Education (HOPE) Curriculum and the Health, Opioid Prevention, Education and Support (HOPES) in Schools project to help schools create a whole child approach to substance use prevention. He has been recognized for this work with multiple state awards including the Chancellor's Award from the Ohio Department of Higher Education.

## Blaze Approach: Guiding you on the path to Student Success and Sustainability

Communities and schools are unique with different needs, resources, and goals, so the Blaze Approach echoes the Hike your own Hike (HYOH) philosophy known to many hikers. Sometimes you need help exploring where you'd like to hike. You may need help navigating an existing trail with reassurance markers or maybe you would like to reach a new peak on that trail. Other times you need to chart, clear, and construct an entirely new path. We're experienced in guiding you on any of those journeys.

### Ready to Start Your Own Journey?

Complete the [Blaze questionnaire](#) to help us design your hike and lead you to a starting point that sets you on a path to student success. To learn more, visit [www.cairnguidance.com/blaze-approach](http://www.cairnguidance.com/blaze-approach).

## Guided Ascent:

### An expertly crafted session-based journey

This is our tried and true journey to meet your needs. The purpose is to build the local capacity to plan and develop a coordinated school health program that addresses any area of health and well-being.

#### BUILDING AWARENESS: BASE CAMP

Creating a culture of health begins with building awareness of the inextricable link between health and learning. Using a Whole School, Whole Community, Whole Child approach, we begin by taking inventory of the current status of your culture, community, and school needs to inform your five year vision.

#### THINKING UPSTREAM

Systems thinking leads to systems change in a Whole School, Whole Community approach to addressing the Whole Child. We use a systems change simulation to gain experience in the change process including building awareness, addressing resistance, collaborating and developing leadership skills. We answer questions such as: Why do some new initiatives work and others fail? How can I increase my changes for successful implementation of a new policy, program, or practice? Lessons learned in systems thinking are applied throughout the journey.

*Explore our simulations:*

<https://cairnguidance.com/system-simulations-2>

#### TEAMING

We help you build your herd—a whole team of student-centered and health-focused leaders, so you can continue to build momentum and create lasting change. Sustainable district wellness teams help you collectively plan for your journey to create a culture of health.

#### NAVIGATING YOUR PATH

A data-informed action plan + accountability = sustainable change. Teams identify local priorities and needs using relevant community, school and student data, and tools such as the School Health Index or SHAPE Assessment System. We facilitate a prioritization and data-informed action planning for successful implementation of coordinated programs, policies, and practices.

#### PARTNERING WITH OTHERS

When you hike, having a map, guide, and support system is essential. A WSCC approach maximizes your resources, builds connections and, reinforces norms and healthy behaviors.

Blaze Approach helps build your library of resources, strengthens connections to your community partners, and enhances your skills to collaborate with others to reach your destination.

#### SUSTAINING YOUR PATH

We are your guide from base camp to your destination. To sustain your path, we highlight opportunities, landmarks, signs of success, potential pitfalls to avoid, and encourage you to continue to take steps on your journey. Blaze Approach is a truly craft service that plants the seed for cultivating a sustained, systems thinking path upstream for student success.

- Healthy schools are successful schools, and we want to work with you to harness your community's unique strengths to create a healthier space for learning. Ready to start your journey? Complete the [Blaze questionnaire](https://www.cairnguidance.com/blaze-questionnaire). To learn more, visit [www.cairnguidance.com/blaze-approach](https://www.cairnguidance.com/blaze-approach).