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## Elementary lifestyle intervention project

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### Abstract:

Many school mission statements emphasize the need to educate students to be knowledgeable, responsible, socially skilled, healthy, caring, and well-rounded citizens. This mission is supported by the growing body of research aimed at emphasizing the importance of developing school-based programs. Yet, these programs are scarce and their impact is limited. In today's current school-wide system, most of the emphasis is placed on academic interventions with the intent of increasing test scores, while children's social and emotional concerns are ineffectively addressed. The current study aims to further examine the potential impact of interventions aimed at fostering children's full development. This study investigates the impact that academic underachievement has on children's self-esteem, the specific characteristics associated with self-esteem that are influenced by wellness interventions, and the specific characteristics associated with self-esteem that are not influenced by wellness interventions. The findings indicate that wellness interventions lead to positive prevention outcomes in schools and call for system wide changes to implement these interventions.

### Description:

Includes bibliographical references (pages 39-41)

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