

Developing a School Wellness Team

Step 1: Use Administrative Support to Enhance Wellness Efforts

Support from administration can improve current wellness strategies and create new opportunities.

- Approve and support healthy activities (Family Fitness Night, Walk to School Day, fun run, health fair, healthy cooking activity, staff wellness, etc.)
- Encourage staff attendance and participation at school-wide events
- Promote initiatives to families and students
- Offer funding, resources, and event space

Step 2: Identify Members

Consider inviting these individuals to join your wellness team.

- Administration
- Physical Education Teachers and Athletics
- Nurse
- Counselor
- Classroom Teachers
- Cafeteria Manager and Nutrition Department
- Students
- Parents
- Any individuals on campus that are interested in creating a healthy school environment
- Community Partners

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Step 3: Set Wellness Team Meetings

Once your team has been identified, schedule regular meetings to discuss an implementation plan.

- Meet at least four times during the school year
- Understand the population you serve and their needs
- Write a team vision and mission statement
- Determine what success looks like on campus (reduced bullying, decreased behavioral issues, increased test scores, improved attendance rates, established community partners, healthy students and staff, etc.)

Step 4: Topics to Engage Members

Engaging the team is key to creating sustainable changes on campus.

- **Administration**
 - Work together to increase attendance rates
 - Support efforts to improve test scores
 - Provide training opportunities for students or staff (nutrition education, stress management, anti-bullying, first aid, CPR, etc.)
- **Students**
 - Work with current student organizations on campus
 - Gather ideas for upcoming events
 - Encourage students to lead by example and help with initiatives
 - Determine what works well and what needs improving on campus
 - Give students a voice and opportunities to make an impact
- **Parents**
 - Provide volunteer opportunities
 - Utilize parents' expertise to teach fitness classes, be a guest speaker, provide a booth at a health fair, etc.
 - Use different modes of communication to increase support (text messages, emails, flyers, and posting reminders on the school website or student portal)

Step 5: Policy Changes to Consider

Take the time to update district and school wellness policies to create lasting impact.

- Policy regarding food of minimal nutritional value served at in-school parties
- Limit access or availability to sweets and/or snack foods in the cafeteria
- Policy regarding food served at in-school parties
- Reducing the number of school-wide parties each year
- Policy regarding types of in-class snacks students can bring
- Increasing the amount of recess minutes offered daily or weekly
- Increasing the amount of activity minutes students receive through activity breaks
- Recess before lunch
- Healthy fundraisers

[Click here](#) to learn more about developing a wellness team.
