

SCHOOL WELLNESS TEAMS: TAKING WELLNESS TO A NEW LEVEL

- WHAT IS A SCHOOL WELLNESS TEAM? -

A school wellness team is a "advisory group" that is concerned with the health and well-being of students and staff in the school. Team members are typically school staff, students, family members, & community members.

- WHY IS A WELLNESS TEAM NEEDED? -

- Provides a way to inform teachers, staff, students and families about the work the school is doing to improve the health and academic success of its students
- Serves as a way to ensure that district level wellness policies are implemented at the building level
- Represents the unique perspective of the community in a school building, enabling the health priorities and activities put in place to truly reflect the needs and interests of the school

- WHAT DOES THE WELLNESS TEAM DO? -

- Assess the school health environment, programs, and policies in place and identify ways to strengthen these to improve the health of students & staff
- Provide advice & expertise to administrators in the building and provide feedback to the district regarding implementation of wellness policies and programs
- Report wellness initiatives to the public

- TEAM ROLES/RESPONSIBILITIES -

- Support in developing a healthier school environment
- Assist with policy development/revision
- Promote parent, community, and professional involvement in fostering a healthy school environment
- Advocate for school health programs and policies within the broader school community
- Plan and implement programs for students and staff