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# Wellness Policy Worksheet

SEW Conference 2017

Presenters: Jennifer Young, Peggy Holstedt, & Julie Mack

Objective: How to adopt, update, and include Employee Wellness into your School District's Wellness Policy.

## 1. Do you already have an adopted Wellness Policy?



YES!

- Fabulous!
- When was the last time it was adopted?



Absolutely NO Idea!

- Well.... Actually you must (it's the law)
- Who can you ask?

## 2. Who in your District is responsible for the Wellness Policy?



Wellness Committee/  
Facilitator



Director of Nutrition Services



Director of Business and Operations/  
Superintendent



Other Mystery Person?

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[Type text]

[Type text]

3. Who should we include in the conversation about updating the policy to include Employee Wellness? How will you "sell" the suggested Employee Wellness language to the people in-charge of adopting policy? Do you need DATA? Other resources?



4. Who do you need to talk to about adopting policy? How can you support your district in adopting the new policy by June?

5. Use your current Wellness Policy to compare to the updated OSBA Wellness Policy. Where do you need or want improvements?

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[Type text]

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6. Once you have updated the Policy and AR, How will you share the updates?



### Policy Cheat Sheet Handout

Principal Wellness Welcome Wagons: Before the start of the school year

Principals share with Staff: At beginning of the school year

7. How will you assess the strength and weaknesses of the policy?

7. Resources you need

Ideas You Have

Questions to Answer

Thank you so much and please do not hesitate to contact any one of us for help, support, and ideas!