

Leading By Committee: Building Support and Taking Action

Healthy Schools & Communities Program



SESSION OBJECTIVES

1

Learn to build, assess, and lead a School Wellness Committee

2

Understand the components of an effective action plan

3

Prioritize action steps for importance, feasibility, sustainability, reach, and impact



**I have a personal
connection
to the issue.**

**I want to give all
children a chance to
be healthy.**

**I believe healthy eating
and physical activity
should be more the
norm in our society.**

**I strive to be a good
role model.**



Functions of a Wellness Council

**Adds
Diversity**

**Creates
Buy-In**

**Advises &
Advocates**

**Takes
Action**

**Supports
Priorities**

Building a Wellness Committee

Administrator

School
Nurse

Teachers

Cafeteria
Manager

PTA
Member

Union
Leader

Counselor

Community
Stakeholder



**What barriers have you
encountered in building
an effective Wellness Committee
at the school or district level?**

Build Support



Identify Leaders



Have a Clear Ask



Make the Connection

Sustaining Your Committee

Schedule

- Pick a recurring time, preferably monthly

Structure

- Try Walking Meetings
- Meet In Different Locations

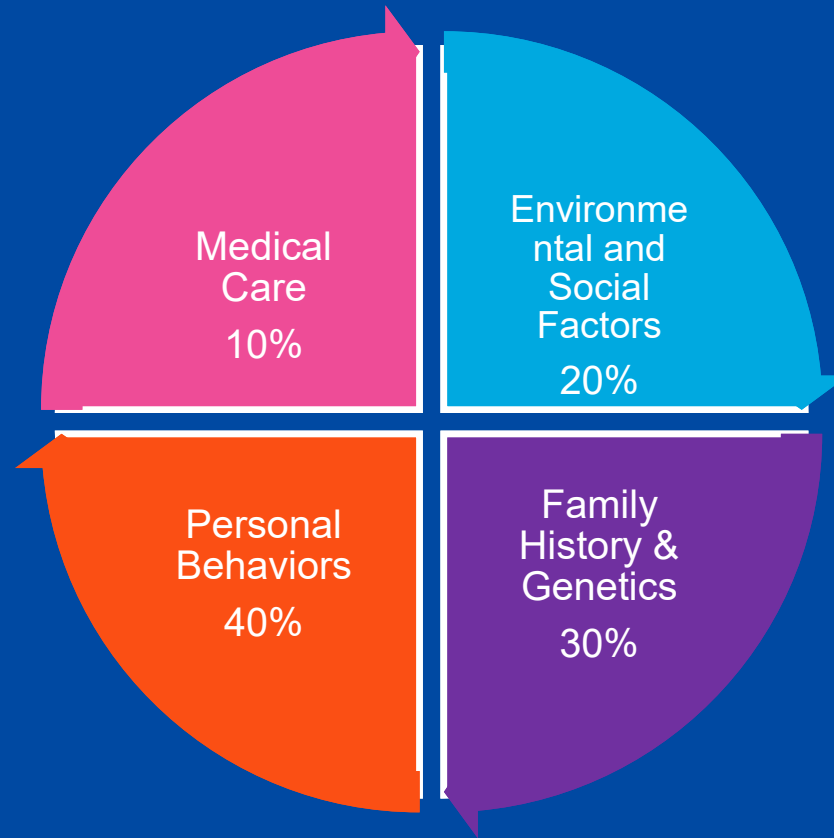
Balance Routine & Fun Engagement







What Drives Health?



Create an Action Plan



Your action plan is a blueprint to help you create a healthier school environment



Action plans guide your Wellness Committee's work together and can be updated at any time

**Utilize available
health data to
identify staff
needs**



**Survey staff to
assess interests
and motivation**



**Create an Action
Plan and
Prioritize Action
Items**





**Wellness
Vision**

**Sustainability—
short and long
term**

**Reach and
strength**

Feasibility

Importance

Your Personal Wellness Priorities

**Write down 1-2
personal
wellness goals**

**Next to one goal,
rate the:**

- Importance**
- Feasibility**
- Reach & Strength**
- Sustainability**

Physical Activity Break

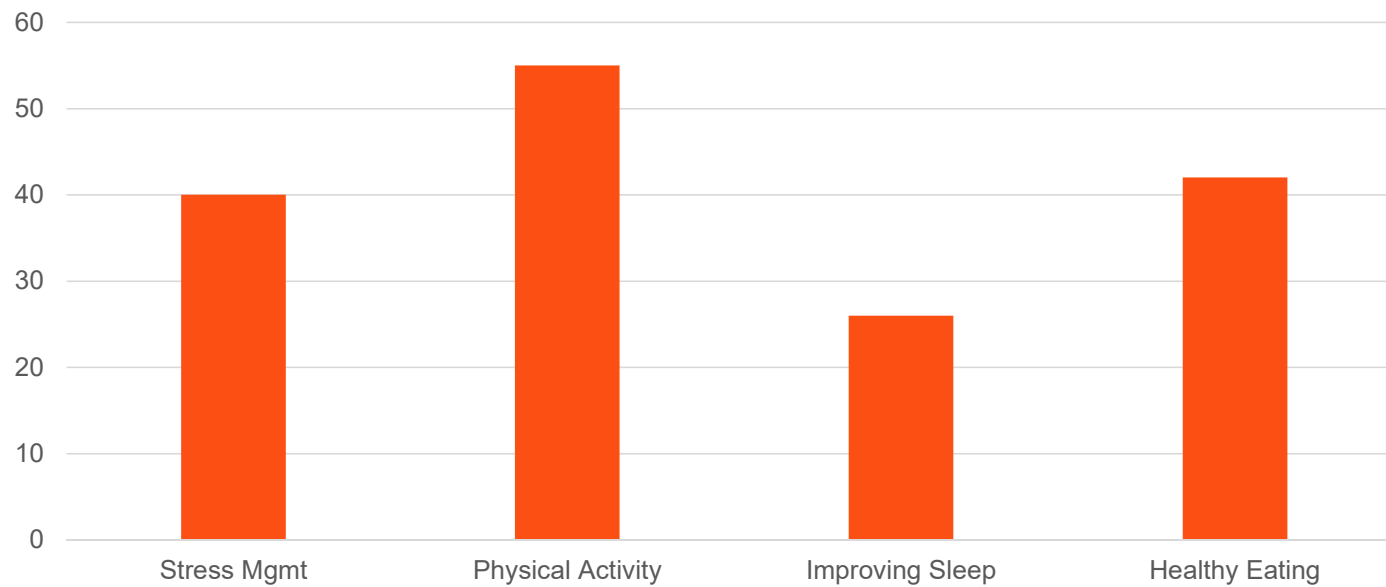




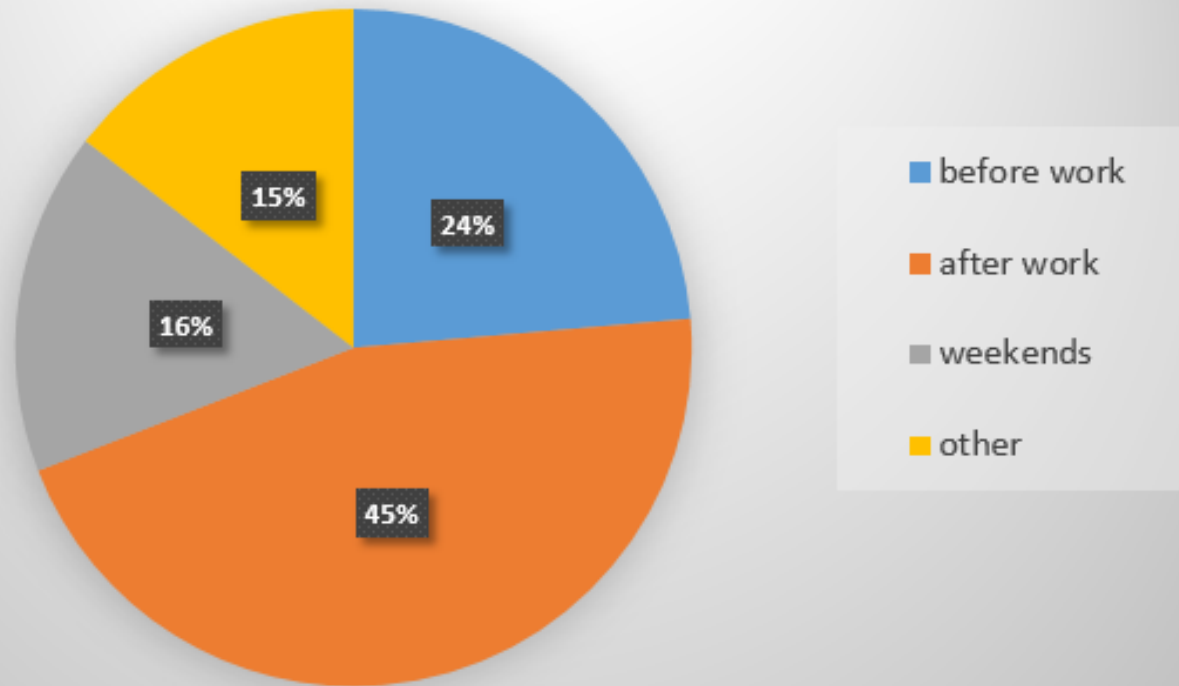
Riverhouse School District

- The Riverhouse School District organized a district wellness committee
- The committee created a Staff Wellness Interest Survey to help identify priority areas of focus
- The survey garnered a 70% response rate!

Programs/Activities of Most Interest



best time to participate



Note: "other" represents suggestions such as on work time, no time, during break

Wellness Council Simulation

Identify the following roles:

- 1) Leader
- 2) Recorder
- 3) Reporter



Wellness Council Simulation

Meeting Agenda:

- Brainstorm ideas that will meet staff needs
- Evaluate using prioritization
- Record three action steps
- How will you judge your success?



The background of the slide is a photograph of a school building with yellow and blue accents. In the foreground, several children are playing on a colorful playground with red, yellow, and blue sections. A white rectangular box is overlaid on the center of the image, containing the text.

Resources

[Staff Interest Survey](#)

[Staff Fitness Cards](#)

[Monthly Shareable Newsletter](#)

[Kaiser Permanente Thriving Schools](#)



THANK YOU

Questions?

