



# Getting Your School Wellness Policy Committee Engaged and Moving Forward

**Date: Wednesday, August 24, 2016|**

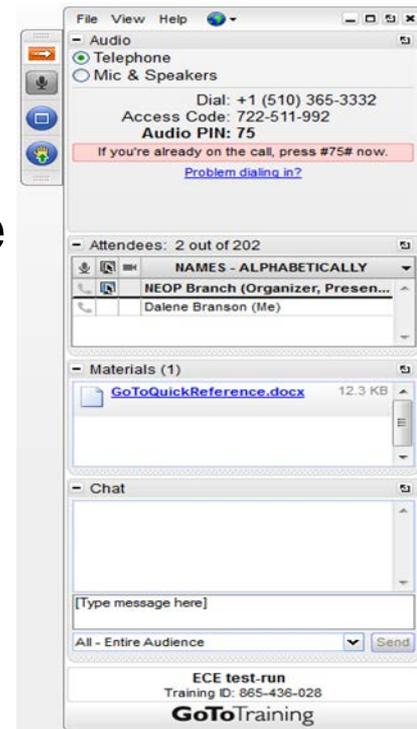
**Time: 1:30pm – 2:45pm**

**1 (213) 929-4232/Access Code:  
510-284-434 Audio PIN: Shown  
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## **Please note:**

To connect to the audio portion of the call, use the telephone option and enter your designated audio pin.

Also, webinar materials are available to download from your control panel.





# Getting Your School Wellness Policy Committee Engaged and Moving Forward

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# Getting Your School Wellness Policy Committee Engaged and Moving Forward



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# California Local School Wellness Policy Collaborative

This webinar is brought to you by the California Local School Wellness Policy (LSWP) Collaborative. The California Local School Wellness Policy (LSWP) Collaborative brings together over 20 state organizations committed to improving student wellness and academic success.

For more information about the California LSWP Collaborative and to access resources, please visit our web page at: [TeamCaliforniaForHealthyKids.org/School-Wellness](http://TeamCaliforniaForHealthyKids.org/School-Wellness)

This institution is an equal opportunity provider.

*Vision: "inspire school communities to take their wellness policies from paper to practice"*



# About Today's Participants

***Did You Know?***



# Poll #1: School Health Teams

- Do you currently serve on a district or school wellness policy committee?
  - Yes
  - No





# Learning Objectives

- Describe the six steps to effectively build a school wellness team.
- Use the CDC's Whole School, Whole Community model to identify critical components of your school wellness policy
- Discuss strategies for keeping school wellness committees engaged.





# Getting Your School Wellness Policy Committee Engaged and Moving Forward



Katia Ahmed, M.Ed, MS, RN  
State Coordinator  
[Actionforhealthykids.org](http://Actionforhealthykids.org)



# What is Game On?



Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school

[Tools for Schools](http://www.actionforhealthykids.org/tools-for-schools)

<http://www.actionforhealthykids.org/tools-for-schools>



# Goals of Game On



- ▶ Help students learn about and practice the habits of sound nutrition and physical activity
- ▶ Provide schools with a framework and access to tools to integrate health concepts and activities throughout the school year



# Goals of Game On (Cont.)



- ▶ Engage educators, school staff, families and community members in helping students eat better and move more
- ▶ Support long-term school wellness policies by promoting sound nutrition and physical activity throughout the school campus



# How Long Does the Program Run

**Implementation time and strategies vary to meet school needs and resources.**

▶ **Use Game On activities:**



- When just starting a school wellness program
- To enhance long-standing school wellness programs
- Daily with announcements or brain breaks
- One or more times per week
- As part of a month-long project
- Before, during, after school, at home and for special events
- By teacher, by grade or by school-wide participation
- By selecting activities that best meet school goals and capacity
- Indoors or outdoors depending on available facilities



# Accessing Game On

- ▶ Navigate to [Action for Healthy Kids website](http://www.actionforhealthykids.org) - [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- ▶ Click on the **Tools for Schools** tab





# Accessing Game On

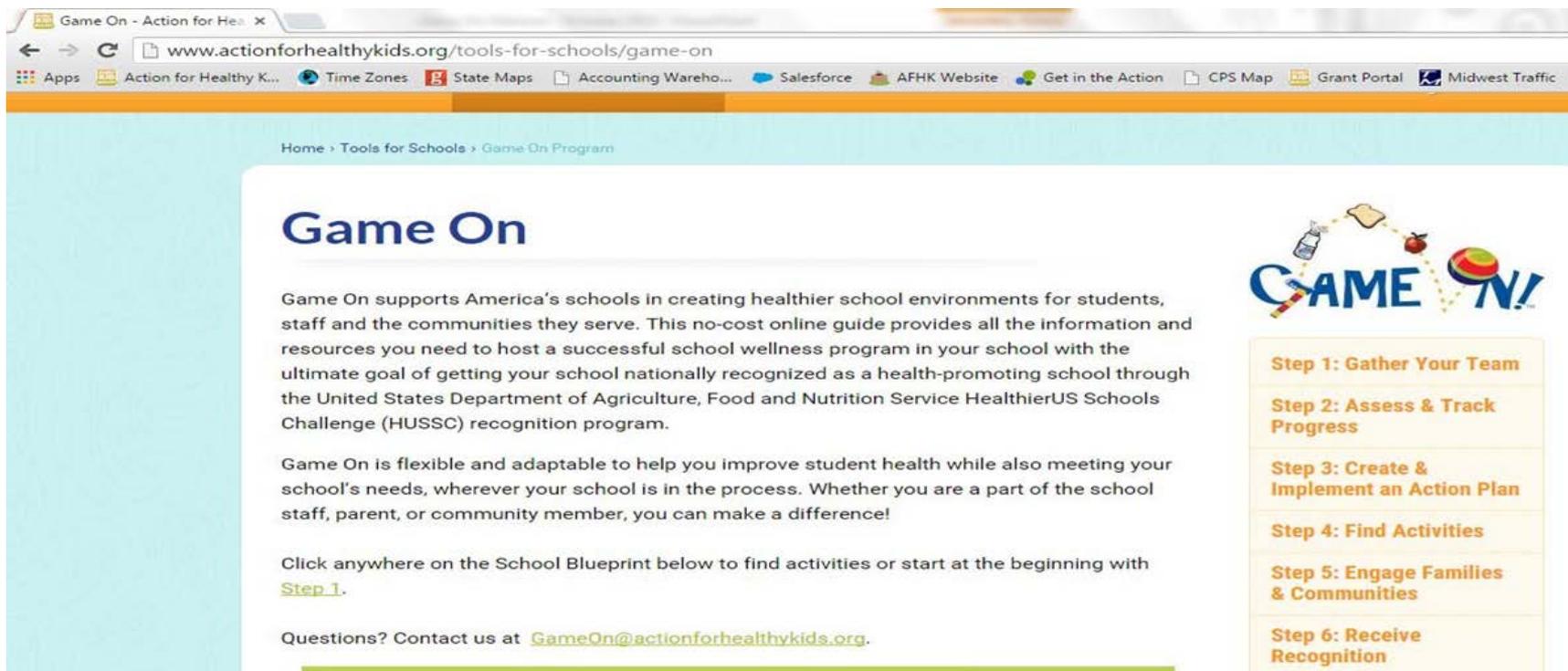
- ▶ Click on the **Game On** program

A screenshot of the Action for Healthy Kids website. The browser address bar shows "www.actionforhealthykids.org/tools-for-schools". The website header includes the "Action for Healthy Kids" logo and "VOLUNTEER" and "DONATE" buttons. A navigation bar contains links for "What We Do", "Tools for Schools", "Events", "In Your State", "Get Involved", and "Gift Catalog". The "Tools for Schools" section is active, featuring a sub-header "Tools for Schools" and a photograph of diverse students in a classroom. To the right of the photo is a text block: "With curricular changes, funding concerns and testing requirements, you may wonder how can schools find the time to address student health and wellness? The right question to ask is, if healthy students show improved academic scores, improved classroom behavior, and higher attendance rates, how can schools not focus on student health and wellness?". On the far right, a vertical menu lists several options: "Game On Program", "Apply for Grants", "Volunteer for Healthy Kids", "Revise District Policy", "Attend a Training", and "Resource Clearinghouse". A social media sidebar on the left includes icons for Facebook, Twitter, email, print, and a plus sign for more options.



# Accessing Game On

- ▶ Navigate through the steps on Game On

A screenshot of a web browser displaying the "Game On" program page on the Action for Healthy Kids website. The browser's address bar shows the URL "www.actionforhealthykids.org/tools-for-schools/game-on". The page content includes a breadcrumb trail "Home > Tools for Schools > Game On Program", a main heading "Game On", and a descriptive paragraph about the program's purpose. A list of six steps is shown on the right side of the page, each in a yellow box. The steps are: Step 1: Gather Your Team, Step 2: Assess & Track Progress, Step 3: Create & Implement an Action Plan, Step 4: Find Activities, Step 5: Engage Families & Communities, and Step 6: Receive Recognition. The "GAME ON!" logo is also visible on the right side of the page.

Game On - Action for Hea... x

www.actionforhealthykids.org/tools-for-schools/game-on

Apps Action for Healthy K... Time Zones State Maps Accounting Wareho... Salesforce AFHK Website Get in the Action CPS Map Grant Portal Midwest Traffic

Home > Tools for Schools > Game On Program

## Game On

Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service HealthierUS Schools Challenge (HUSSC) recognition program.

Game On is flexible and adaptable to help you improve student health while also meeting your school's needs, wherever your school is in the process. Whether you are a part of the school staff, parent, or community member, you can make a difference!

Click anywhere on the School Blueprint below to find activities or start at the beginning with [Step 1](#).

Questions? Contact us at [GameOn@actionforhealthykids.org](mailto:GameOn@actionforhealthykids.org).



- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- Step 4: Find Activities
- Step 5: Engage Families & Communities
- Step 6: Receive Recognition



# Accessing Game On

- ▶ Or, simply click on a room for instant activity ideas!

A screenshot of a web browser displaying the "Game On" website. The browser's address bar shows the URL "www.actionforhealthykids.org/tools-for-schools/game-on". The page content includes a navigation bar with links like "Apps", "Action for Healthy K...", "Time Zones", "State Maps", "Accounting Wareho...", "Salesforce", "AFHK Website", "Get in the Action", "CPS Map", "Grant Portal", and "Midwest Traffic". Below the navigation bar, there is a contact information section: "Questions? Contact us at [GameOn@actionforhealthykids.org](mailto:GameOn@actionforhealthykids.org)". The main content area features a large, colorful illustration of a school building layout. The layout includes a "CLASSROOM", "SCHOOL NURSE", "OFFICE", "HALLWAY", "GYM", "CAFETERIA", "PLAYGROUND", and "GARDEN". Below the illustration, there are four icons representing different tools: a checklist for "ASSESS & TRACK SCHOOL PROGRESS", a dollar sign for "SCHOOL GRANTS", a notepad for "REVISE DISTRICT WELLNESS POLICY", and a house for "HEALTH AT HOME". On the right side of the page, there is a yellow box with the text "Step 6: Receive Recognition".



# Accessing Game On

A screenshot of a web browser displaying the "Classroom Challenges" page on the Action for Healthy Kids website. The browser's address bar shows the URL: www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges#classroom. The page title is "Classroom Challenges - A x". The main content area is titled "A Healthy Classroom" and includes the text: "Teachers are ever creative to make learning fun for students. Use these ideas to make learning healthy too!". Below this is a link for "Back to School Blueprint". The page is divided into two columns of activities. The left column is titled "In the Classroom - Eat Better Activities" and lists: "Student Wellness Team", "Nutrition Promotion", "Healthy School Store", "Smart Snacks Standards", "Rethink Your Drink", "Farm to School", and "Breakfast in the Classroom". The right column is titled "In the Classroom - Move More Activities" and lists: "Student Wellness Team", "Healthy School Store", "Active Indoor Recess", "Celebrate Every Kid Healthy Week", "Screen-Free Week", and "Songs and Stories with Movement". On the right side of the page, there is a vertical sidebar with three yellow boxes containing the text: "Safe Route Activities", "Step 5: Engage Families &amp; Communities", and "Step 6: Receive Recognition". The browser's taskbar at the bottom shows various open applications like "Apps", "Action for Healthy K...", "Time Zones", "State Maps", "Accounting Wareho...", "Salesforce", "AFHK Website", "Get in the Action", "CPS Map", "Grant Portal", and "Midwest Traffic".



# Organized in Six Steps



**Step 1: Gather Your Team**—Identify volunteers from school staff to parents to community members to serve on the team.



# Organized in Six Steps



**Step 2: Assess & Track Progress**—Assess the health of the school environment using the School Health Index to identify areas of needed improvement.



# Organized in Six Steps



## **Step 3: Create & Implement an Action Plan**

—A clear action plan will serve as a road map for the wellness team and outline priorities and goals.



# Organized in Six Steps



**Step 4: Find Activities**—  
Use the Game On school blueprint to identify activities and resources that line up with school needs.



# Organized in Six Steps



**Step 5: Engage Families & Community**—Partner with parents, volunteers and community organizations on school wellness initiatives to promote consistent messages and ensure sustainability.



# Organized in Six Steps



**Step 6: Receive Recognition**—Apply for recognition through the Healthier US School Challenge: Smarter Lunchrooms initiative.



# Let's do it together!

“There is no limit to what we can achieve when we combine with the right people. Together we can really make a difference in the health of our nation's children.”



**Dr. David Satcher, MD, PhD**

16th U.S. Surgeon General, Action for Healthy Kids  
Founding Chair



# What is a School Health Team?



- ▶ Identifying health concerns
- ▶ Developing a vision and goals
- ▶ Leading projects or programs that promote health
- ▶ Raising funds to support programs



# What is a School Health Team?



- ▶ Measuring the impact of programs
- ▶ Promoting and celebrating successful health initiatives
- ▶ Developing resources to help others replicate their success



# Poll #2: School Health Teams

- Who should be on your School Wellness Team?
  - Teachers/Administrators
  - Parents
  - Students
  - Community Members
  - All of the above





# Step 1: Gather Your Team

- Invite teachers, school staff, parents and community members.
- Include key players/influencers in the school.
- Invite student input and participation





# Step 1: Gather Your Team



**Parents have a lot of power to ensure your team's efforts are successful.**

**Include parents as leaders and decision makers on your team.**



# Poll #3: Needs Assessment Tools

- ▶ Have you send any school wellness needs assessment tools?
  - Yes
  - No





# Why Do a Wellness Assessment?



- ❑ Develop relationships with key staff.
- ❑ Determine your school's strengths and weaknesses.
- ❑ Define goals that suit your school's needs.



# Why Do a Wellness Assessment?



- ❑ Justify your decision to make changes
- ❑ Document starting points to show progress over time.



## Step 2: Assess & Track Progress

### Assess & Track Progress with the School Health Index

“The only man who behaves rationally is my tailor; he takes my measurements anew every time he sees me, while all the rest go on with their old measurements and expect me to fit them.”

- George Bernard Shaw Playwright and Winner of the Nobel Prize in Literature, 1925



# School Health Index (SHI)





# Step 3: Create & Implement an Action Plan

Areas

← School Action Plans 2

SCHOOL

GENOA-KINGSTON HIGH SCHOOL

GO

GENOA-KINGSTON HIGH SCHOOL - ACTION PLAN

Activity	Start Date	End Date	Person Responsible	Volunteers Needed?	Resources Required	Game On Challenges	Measure of Success	
Schedule first school health team meeting of the year					-Meeting room -School calendar -Online scheduling tool (e.g. Doodle Poll)	Gather Your Team	School health team meeting schedule on April 15th, 2015 at 11am	
Quarterly school health team meetings					-School calendar -Meeting room	Gather Your Team	All faculty attend event	

+ Add an Action

GENOA-KINGSTON HIGH SCHOOL - RESOURCES

Resource Name	Description	Link
After School Meals Guide		<a href="http://frac.org/federal-foodnutrition-programs/afterschool-programs/fracs-afterschool-meals-guide/">http://frac.org/federal-foodnutrition-programs/afterschool-programs/fracs-afterschool-meals-guide/</a>
School Breakfast in America's Big Cities		<a href="http://frac.org/wp-content/uploads/2011/01/urbanbreakfast2009-2010.pdf">http://frac.org/wp-content/uploads/2011/01/urbanbreakfast2009-2010.pdf</a>



# Why Create an Action Plan



- Team camaraderie
- Group brainstorming
- Clear communication
- Timeline



# Step 4: Find Activities



Select a room on the school blueprint to find nutrition and physical activity challenges for every aspect of the school building



# Game On Activity Examples

challenges



AFHK Tip Sheets

- ▶ Healthy School Snacks
- ▶ Healthy Celebrations
- ▶ Healthy Rewards

## [Step 4: Find Activities](#)

<http://www.actionforhealthykids.org/game-on/find->

- ▶ Healthy & Active Parties
- ▶ Healthy Fundraising
- ▶ Healthy & Active Non-Food Rewards
- ▶ Offer Healthy Snacks
- ▶ Family Fun Days
- ▶ Host a Taste Test
- ▶ Health & Wellness Fair



# Game On Activity Examples



## AFHK Tip Sheets

- Nutrition Promotion
- Food Sales
- Healthy Food Ideas

### **Step 4: Find Activities**

<http://www.actionforhealthykids.org/game-on/find-challenges>

- ▶ School Garden
- ▶ School Breakfast Programs
  - Breakfast in the Classroom, Second Chance
  - Breakfast, Grab n Go Breakfast
- ▶ Farm-to-School
- ▶ Nutrition Education
- ▶ Nutrition Promotion
- ▶ Morning Eat Better Announcements
- ▶ Smart Snacks Standards



# Engaging Volunteers

## ▶ Value of volunteers

- Bring enhanced/expert knowledge base, valuable resources & skills
- New perspective & energy
- Lasting impact and contribution
- Free help & support

“Volunteers are partners working together for improving America's future.”

-Richard Daley





# Engaging Volunteers

- ▶ Motivation of volunteers
  - Personal benefits to volunteering
  - Relational/social & availability
  - Vested interest in the organization/  
cause

“Volunteers are partners working together for improving America's future.”

-Richard Daley





# Engaging Volunteers

## ▶ Volunteer Success

- Recruit & involve key stakeholder groups
  - Parents
  - School/ Community
  - Local organizations/ professionals

*“Alone we can do so little, together we can do so much” –Helen Keller”*





# Engaging Volunteers

- ▶ Game On activities include ideas on how to involve volunteers

*“Alone we can do so little, together we can do so much” –Helen Keller”*





# Engaging Volunteers

- ▶ Fulfill the need
- Ability to do more with limited resources
- Mindful of volunteer time
- Assure the task is appropriate
- Volunteer is valued
- Communication is key

*“Alone we can do so little, together we can do so much” –Helen Keller”*





# Identifying Stakeholders





# What Community Partners Can You Engage?

- ▶ Local business
- ▶ Universities and other institutions of higher education
- ▶ National and local volunteer organizations





# What Community Partners Can You Engage?

- ▶ Family resource centers and social service agencies
- ▶ Hospitals and other health partners
- ▶ Parks and recreation departments
- ▶ Faith-based organizations and institutions





# What is HUSSC SL?

- ▶ Family resource centers and social service agencies
- ▶ Hospitals and other health partners
- ▶ Parks and recreation departments
- ▶ Faith-based organizations and institutions



[HealthierUS School Challenge: Smarter Lunchrooms Application](http://healthymeals.nal.usda.gov/hsmrs/HUSSC/)

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/>

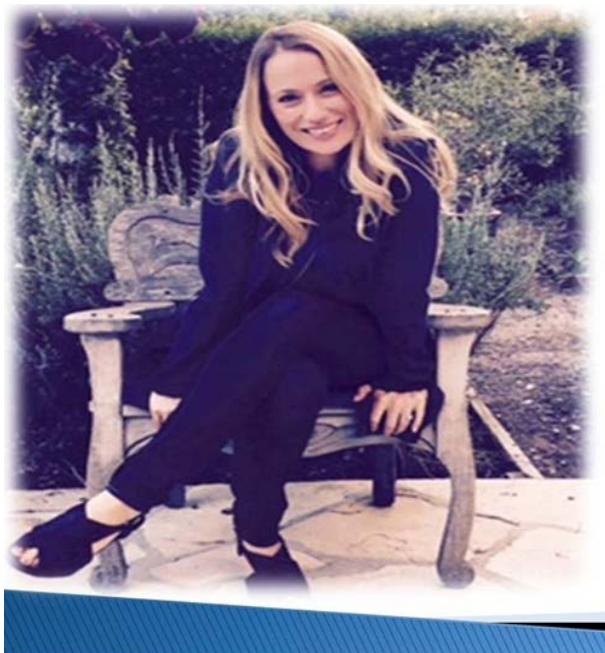


# What questions do you have?





# Advancing Wellness Policy Efforts through Stakeholder Engagements



Ashley Rosales, RDN  
Program Manager,  
Community Health Dairy  
Council of California  
[healthyEating.org](http://healthyEating.org)





# Local School Wellness Policy Implementation: Final Rule



**Engaging stakeholders in the development, update and periodic review of local school wellness policies is required.**



# LSWP Final Rule: Stakeholder Engagement

- ▶ What are the benefits?
  - Ensures coordination across the school environment and throughout the community.
  - Transparency and inclusion are important aspects of the implementation process.
  - Necessary to develop comprehensive policies.
  - Parents spend the most time with their children and best understand their children's food habits and choices.





# Why Engage Stakeholders?

- ▶ Engaging the right stakeholders is essential for successful implementation.
- Distinguish 'who' is responsible for 'what'
- Brings in unique skills & diverse perspectives
- Collective support to keep going forward!
- Fills in potential gaps





# Poll #4: Engaging Stakeholders

➤ Have you encountered any barriers to engaging stakeholders in your wellness policy committee?

- Yes
- No





# Audience Participation

- ▶ If you indicated yes, what barriers have you encountered?

Please share in the chat box.





# LSWP Final Rule: Stakeholder Engagement

- ▶ Who are important stakeholders?
  - Parents
  - Students
  - Representatives of the SFA
  - Teachers of physical education
  - School health professionals
  - PTA/ PTO members
  - Community based organizations/ partners
  - School board
  - School admin
  - Local health dept.
  - General public





# Audience Participation

- ▶ What other important members of your wellness policy team have we not yet discussed?

Please share in the chat box.





# Resources

## Local School Wellness Policy Council Stakeholders

Stakeholder	Description
<b>School Board Members</b>	School boards provide essential direction, oversight and accountability for policies including LSWP. They can help evaluate funding capacity for wellness programs. The LSWP requires board approval and they can allocate funding for implementation. School board involvement creates expertise on the school board related to student health issues. Since they are often engaged with district and schools for long time, their involvement can create sustainability.
<b>Administrators (Superintendent, Principal, Vice principal)</b>	Administrative support is instrumental to ongoing efforts with Local School Wellness Policy (LSWP) as they are responsible for the implementation of school policies. Superintendents rarely participate in wellness committees but should be kept informed and can ensure that the wellness team meets regularly and reports to the Board. Representatives from school principals should be included in the committee and at the school level as they will have to be included in the approval of any health or wellness programs.
<b>Chief Business Officers</b>	CBO's oversee fiscal aspects of a school district and often supervise nutrition services. They are valuable in budget related decisions.
<b>Food Service Directors Cafeteria Managers</b>	The FSD is key to the school food environment and can help the committee understand federal and state requirements for child nutrition programs. They know exactly how the food is prepared and are aware of the capacity to change and improve it. The Cafeteria Manager oversees the food production at the school level and is informed about day to day concerns.
<b>School Nurses</b>	School nurses are natural partners in school wellness programs since they coordinate school health matters. They bring medical knowledge, and day to day knowledge of common health problems of students and are often the first to notice issues with poor nutrition asthma or diabetes. They can collect data on health of students and speak authoritatively to school officials on the importance of school wellness programs and policies.
<b>Classroom Teachers</b>	Teachers are the largest group of people in a school. They are with their students all day and are often aware of the health issues that can cause challenges to learning. Teachers can also initiate nutrition education and physical activity programs for their students and implement policy related to classroom celebrations. Teachers who show a commitment to the well-being of students can be champions.

Stakeholder	Description
<b>PE teacher Health Educator</b>	The Physical Education and Health Educators are champions for student health issues. They can provide curricular support as well as engage staff in wellness activities. In many elementary schools, health and PE are taught by classroom teachers.
<b>Employees Health Plan Representative</b>	The health plans for employees often provide staff wellness education and resources.
<b>Custodians</b>	The custodian has insights and observations about the school being aware of environmental issues, amount of food waste, transportation issues and other concerns of students.
<b>Transportation</b>	They can be key to the timing of students arriving in time for meals and are also good advocates for safe routes to school programs.
<b>Students</b>	Students are important and bringing them in early provides them with a sense of ownership to improve the acceptance of student wellness programs. Their voice and understanding of how to reach other students is critical.
<b>Communication officers or public relations officers</b>	They can provide professional communication to the school community, outreach and promotion of programs, and conduct media releases etc.
<b>Parents</b>	Parents are the key to success and have many strengths to offer-they know their children, aware of the challenges their children face at home and in school and are part of multiple networks and groups in the larger community. They also may bring professional expertise to the group. In addition, the Parent organizations often conduct fundraising and school celebrations.
<b>Local Health Departments</b>	Local Health Department are committed to addressing child hood obesity and understand the role of changing environments. LHDs often have access to community resources and most have data on student health behaviors that can help make a case for health programs and policy changes.
<b>Health Care Professionals</b>	A local doctor, nurse or dietitian is a knowledgeable professional who is respected in the community.
<b>Community members</b>	Including community members and organizations in a wellness committee can greatly enhance the quality and sustainability of school health policies and programs. They can lend support and expertise, such as connecting schools with nutrition education programs or outside funding. Some can contribute in-kind services or goods.
<b>Business Community</b>	Local businesses have a stake in helping young people be healthy and successful in school to later contribute to the workforce.



# What questions do you have?





# How to Build and Sustain an Active School Wellness Team



UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

## MaryAnn Mills

*Smarter Lunchrooms*

*Movement Program Manager*

*UC CalFresh Nutrition*

*Education Program*



# Steps to Building a School Health Team

1. Find out if any wellness-oriented groups already exist.
2. If there isn't an existing health team, start your own.
3. Understand your school wellness policy.
4. Develop an "elevator pitch".
5. Get the principal's approval.
6. Invite school staff, parents and community members to join the team.

[Action for Healthy Kids – Gather Your Team](http://www.actionforhealthykids.org/game-on/gather-your-team)

<http://www.actionforhealthykids.org/game-on/gather-your-team>



# Audience Participation

- ▶ Which community and school members do you think should be included in School Wellness Policy?

Please share in the chat box.





# Recruit Team Members Who...

- ▶ Represent the diversity of your community
- ▶ Understand the culture
- ▶ Influence change
- ▶ Demonstrate commitment



[Action for Healthy Kids – Gather Your Team](http://www.actionforhealthykids.org/game-on/gather-your-team)

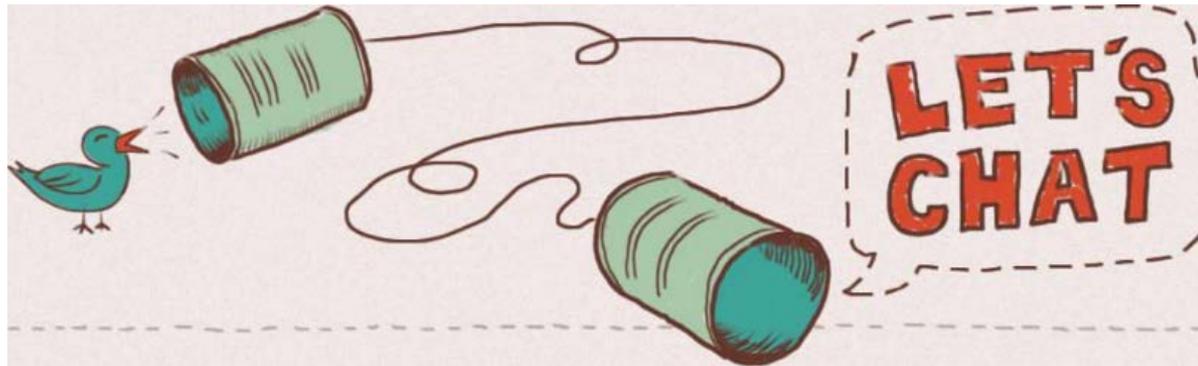
<http://www.actionforhealthykids.org/game-on/gather-your-team>



# Audience Participation

- ▶ What specific barriers have you encountered in recruiting stakeholders to join your school wellness team?

Please share in the chat box.





# How to Recruit Members

- ▶ Identify priorities
- ▶ Develop an “elevator pitch”
- ▶ Make it personal
- ▶ Send a letter
- ▶ Use data, statistics, and visuals
- ▶ Share best practices and success stories
- ▶ Connect policy to whole school





# Poll #5: Who is the most difficult to engage

➤ Which stakeholder do you think is the most difficult to engage?

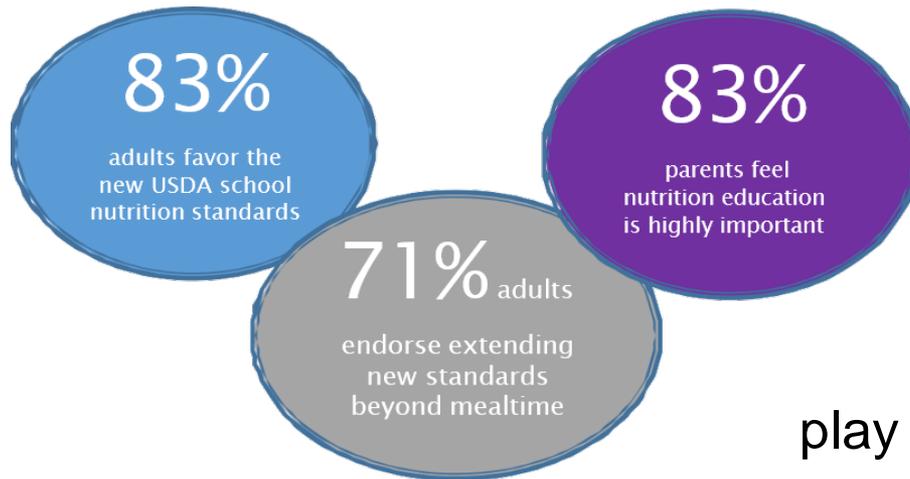
- Administrators
- Teachers
- Parents
- Students
- Food Service
- Other (type in the chat box)





# Schools Play a Role in Obesity Prevention

- Survey by Field Research Corporation on behalf of Kaiser Permanente



9 out of 10 parents say K-12 schools should play a role in reducing obesity in their community



# Three Strategies to Maximize Parent Engagement

1. Create a welcoming environment.
2. Educate and inform parents about school wellness issues and opportunities.
3. Build trust and share responsibility with parents to take action.

[For more resources to engage parents, check out Parents for Healthy Kids:](http://www.actionforhealthykids.org/game-on/engage-families-a-communities) <http://www.actionforhealthykids.org/game-on/engage-families-a-communities>





# Make the Connection – Health and Academic Achievement

## ▶ Academic performance

- Class grades
- Standardized tests
- Graduation rates

## ▶ Education behavior

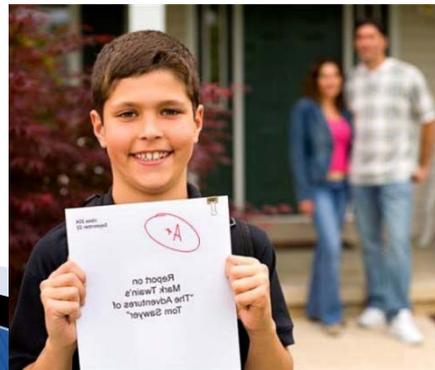
- Attendance
- Drop out rates
- Behavioral problems at school

## ▶ Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood

### [Health Academic Achievement](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)

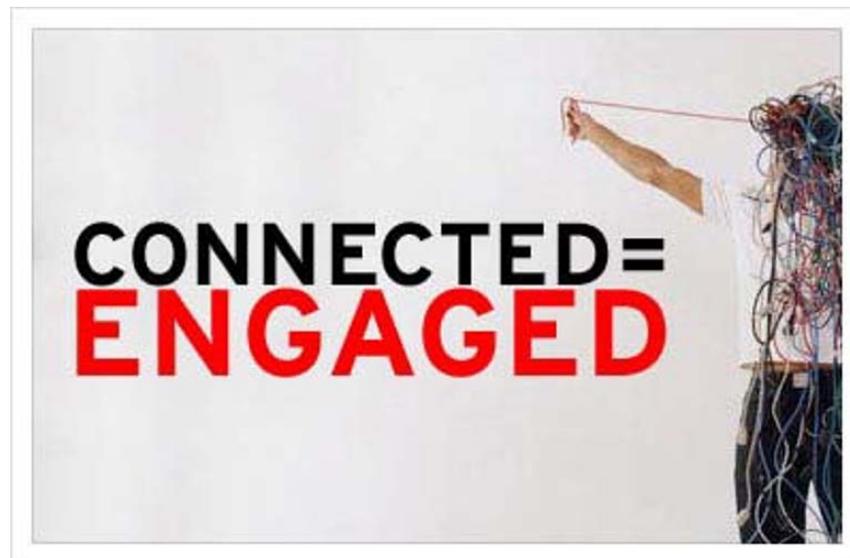
[http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)





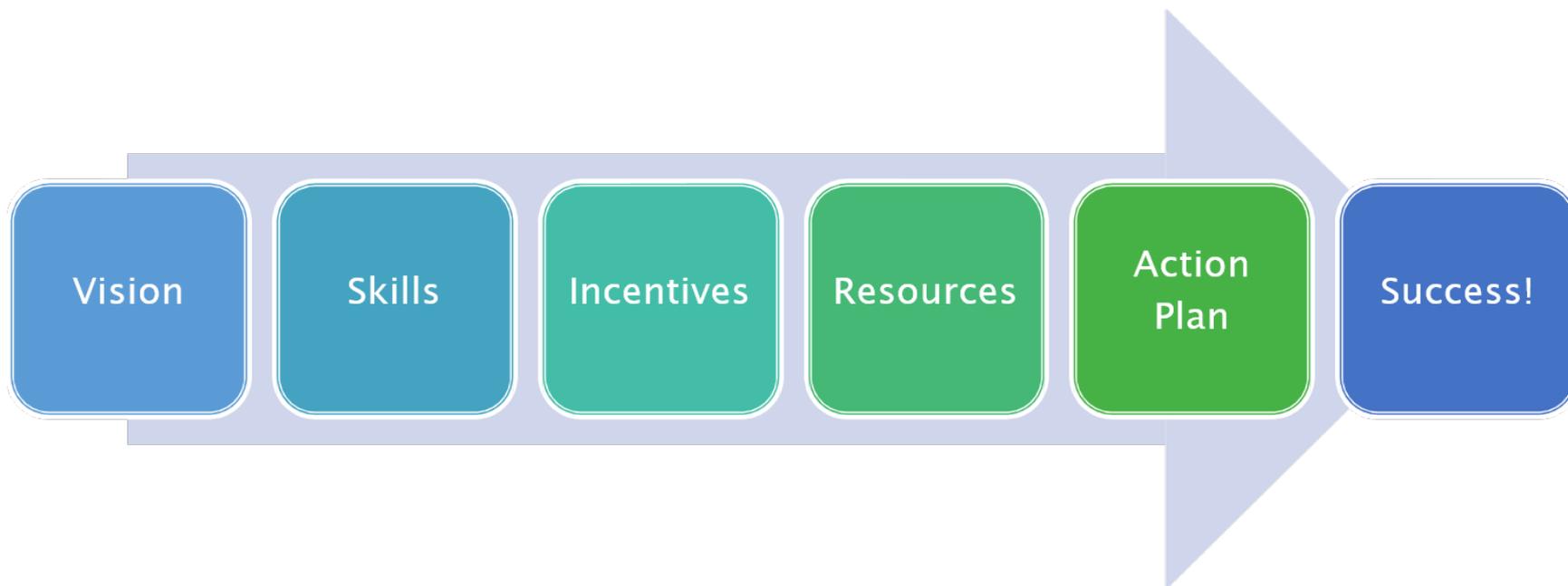
# Sustain Engagement

- ▶ Shared Vision and Mission
- ▶ Consistent Decision Making
- ▶ Defined Roles
- ▶ Effective Meetings
- ▶ Celebrations of Success





# The Alliance for a Healthier Generation Matrix for Success





# Conduct Successful Meetings

1. Plan meetings at convenient times for all committee members.
2. Create a warm and welcoming environment.
3. Offer opportunities for conversation and interaction.
4. Follow a focused agenda, and limit side topics.
5. Accomplish as much as possible with emails and phone calls.
6. Consider forming subcommittees to work on different projects or focus areas.

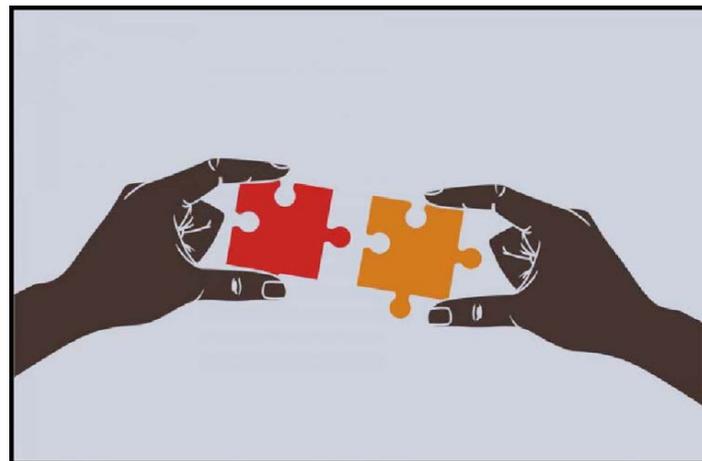
[Action for Healthy Kids – Gather your Team](http://www.actionforhealthykids.org/game-on/gather-your-team)

<http://www.actionforhealthykids.org/game-on/gather-your-team>



# Make the Connection!

- ▶ Link policy to additional opportunities for success:
  - Local Control Accountability Plan
  - Smarter Lunchrooms Movement
  - Healthier US School Challenge
  - Nutrition Education
  - Physical Activity





# Helpful Tools

**Action for Healthy Kids®** Parent Leadership Series

## Making the Case for School Wellness

### Becoming an Effective Wellness Advocate

The first step to being an effective wellness advocate is being able to explain why it's important to address health and wellness in schools. The "why" will get your school community behind you and will build support for everything that comes next. You must sell the "why" before you can get into the "what" or the "how."



## Gather Your School Health Team

School Health/Wellness Teams come in many different shapes and sizes, but they have one common goal: to rally forces to make schools healthier! Anyone with an interest in health – parents, teachers, staff, and community members – can take part!



Team Member	Health Promotion Ideas	Involvement with Game On
<b>Administrators</b> <ul style="list-style-type: none"> <li>Principal</li> <li>Assistant Principal</li> <li>School Nutrition Director</li> <li>School Board members</li> <li>PTA/PTO Leaders</li> <li>District Superintendent</li> <li>District Staff</li> <li>Counselor</li> <li>School Nurse</li> </ul>	<ul style="list-style-type: none"> <li>Hang posters around the school building</li> <li>Make health-related announcements to the entire school</li> <li>Ensure all foodservice staff are aware of the current food standards</li> <li>Insert teacher mailbox flyers promoting health in the classroom</li> <li>Include a blurb about Game On in staff newsletters, at staff meetings, or on the school website or message board</li> </ul>	<ul style="list-style-type: none"> <li>Set an energetic and enthusiastic tone for students</li> <li>Participate in special events, such as taste tests, Walk-To-School events, after-school activities, etc.</li> <li>Volunteer at events and/or in overall program development</li> <li>Support school health team in implementing Game On Challenges</li> <li>Encourage continued progress toward HealthierUS School Challenge recognition!</li> <li>Help apply for grants to support the Game On program</li> <li>Serve as a healthy role model for students and staff</li> </ul>
<b>Teachers</b> <ul style="list-style-type: none"> <li>All classroom teachers and staff, especially nutrition, health and physical education</li> <li>Homeroom teachers</li> <li>Teachers' aides</li> <li>Student teachers</li> <li>School librarian</li> </ul>	<ul style="list-style-type: none"> <li>Hang health-related posters in the classroom</li> <li>Make health-related announcements in the classroom</li> <li>Message families about healthy eating and physical activity programs at school</li> <li>Model good behavior for students in the classroom</li> <li>Create a healthy classroom corner for nutrition and physical activity promotion</li> </ul>	<ul style="list-style-type: none"> <li>Participate/Implement Classroom Eat Better and Move More Challenges</li> <li>Volunteer at before- and after-school events</li> <li>Contribute to the year-long Game On Action Plan</li> <li>Offer non-food rewards and healthy classroom parties to students</li> <li>Participate on the School Health Team</li> <li>Help apply for grants to support the Game On program</li> </ul>



# Webinars and Trainings

## LSWP Webinars

- "LSWP Basics" What You Need to Know to Put Your Wellness Policy in place
- Getting Your School Wellness Policy Committee Engaged and Moving *Forward-(to be archived)*
- Resources for Assessing the Quality of School Health Policies and Practices
  - September 22, 216 from 10:00a.m. to 11:15 a.m.

## LSWP In-person Workshops

- Reactivating Your School Wellness Policy
  - October/November 2016



# Getting Your School Wellness Policy Committee Engaged and Moving Forward

## Continuing Education Credits

### Professional Standards Crediting Information for School Nutrition Programs - (choose from below)

#### ▶ Administration (3000)

- 3200 Program Management
- 3230-Healthy School Environment

#### ▶ 4100 Communications and Marketing

- 4150 School and Community Communication
- Total Instructional Hours: 1



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# Final Q & A





# Thank You!

## Contact information

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