



**ACTION** FOR  
HEALTHY  
KIDS 

**Activate Your Dream Team**  
**5 Best Practices for School Health Teams**

# Today's Presenters



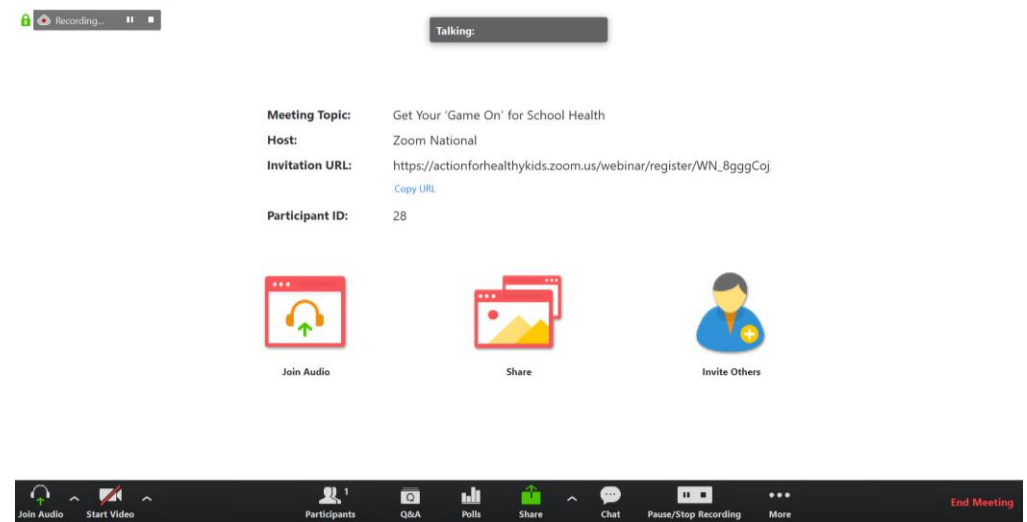
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# Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



# Agenda

- » Getting Representation
- » Developing Role Clarity
- » Making the Case for School Wellness
  - Why it's Important to Take the SHI
- » Utilizing Technology
- » Hosting Successful Meetings
- » Additional Action for Healthy Kids Resources

# Get Representation

- » Utilize the Whole, School, Whole Community (WSCC) Model as a template
  - What school staff?
  - What community members?
- » Think outside the box
- » Utilize regular school communication channels to recruit members



# Developing Role Clarity

- Understand the ‘why’ for each committee or team member
- Consider forming subcommittees for different project or focus areas
- Give opportunities for leadership to foster buy-in



# Make the Case For School Wellness

- » Assess your school's health with the School Health Index
- » Understand your wellness policy
- » Develop a vision
- » Engage administration and district level staff

*As you are working to create a culture of health at your school, always consider ways to help (1) make your successes stick, and (2) are able to be replicated and implemented in across the district!*

# Why Take the School Health Index?

- » Develop relationships with key staff
- » Determine your schools strengths and weaknesses
- » Define foals that suit your schools needs
- » Justify your decision to make changes
- » Document starting points to show progress over time
- » Develop an Action Plan for improving school health



***Complete your School Health Index assessment annually so you can measure your progress over time.***



# Utilize Technology

- » Create a digital space for sharing
- » Set up a mix of virtual and in-person meetings

*Similar to setting up your team, think outside the box when setting up meetings. What works best for your community? How can these meetings support rather than interfere with already busy schedules?*

# Host Successful Meetings

- » Plan regular meetings at convenient times.
- » Create a welcoming environment at every meeting.
- » Provide opportunities for conversation and interaction.
- » Follow a focused agenda. Have a parking lot to table issues.
- » Note key decisions and summarize next steps
- » Accomplish as much as possible with e-mails and phone calls.



# Additional AFHK Resources

- » Contact Us
  - <https://www.actionforhealthykids.org/contact/>
- » Healthy Kids Blog
  - <https://www.actionforhealthykids.org/blog/>
- » Action for Healthy Kids Grants
  - <https://www.actionforhealthykids.org/school-grants-support/>
- » Newsletter Sign Up
  - <https://www.actionforhealthykids.org/news-sign-up>

# Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!

 Action for Healthy Kids shared a link.  
Posted by Jacqueline Periman [?] · December 14



Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



**ACTION** FOR HEALTHY KIDS 

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**Every kid healthy, active and ready to learn**

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