



ACTION FOR
HEALTHY
KIDS 

Advancing Your SHI Score
School Wellness Environment

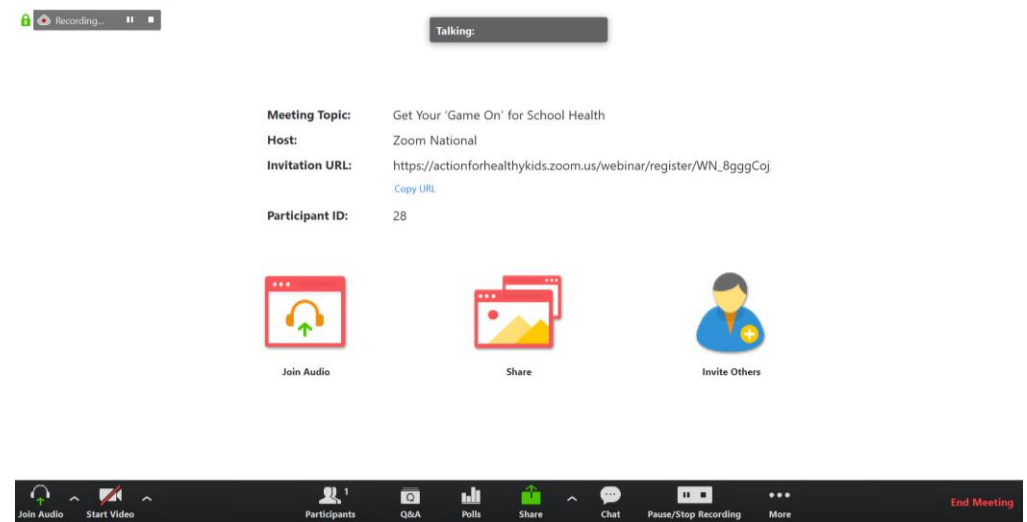
Today's Presenters



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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

- » School Health Index (SHI) and why it's important
- » Advancing Your SHI Score: School Wellness Environment
 - Representative School Health Team or Committee
- » Additional Action for Healthy Kids Resources

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.

School Wellness Environment

Representative school health committee or team

- » Does your school have a **representative** committee or team that **meets at least four times a year** and oversees school health and safety policies and programs?
 - Yes
 - *There is a committee or team that does this, but it could be more representative*
 - *There is a committee or team, but it is not representative or it meets less often than four times a year.*
 - No

Gather Your Team

- » Develop an elevator pitch
- » Identify champions to help you lead the team
- » Get the principal's approval and buy-in

School health teams come in a variety of shapes, sizes, and names (such as school health councils or wellness committees). But they all have a common goal: to rally forces to make schools healthier places for students.

Getting 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



Getting Representation

“I don’t have time!”

“I don’t feel welcome”

“I can’t attend meetings at that time”

“Nobody asked me.”

Tips for Successful Meetings

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



Tips for 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.
- » Consider forming subcommittees to work on different projects.



Advance Your SHI Score

- » Does your school have a **representative** committee or team that **meets at least four times a year** and oversees school health and safety policies and programs?
 - *Put a plan in place to meet at minimum 4 times a year to bring your score from a 1 to a 2. Evaluate your schools human resources – consider all the voices who could initiate change and bring them to the table. Before you know it, you'll have scored a 3 and be fully in motion.*

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



Healthy and Fun Snack Ideas

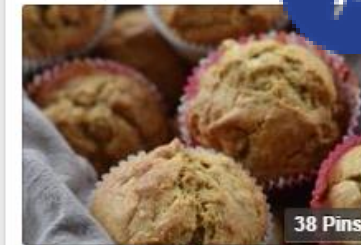


72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



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Every kid healthy, active and ready to learn

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