ACT!ON FOR HEALTHY KIDS

District Health Planning Checklist

Establish the foundation for a healthy school year with this planning checklist. Designed to help district leadership guide student and staff well-being at the district level, completing these tasks will support a comprehensive approach to health and learning in the year ahead. Don't hesitate to reach out to **Action for Healthy Kids** if you'd like support planning for a successful year ahead.

POLICY & LEADERSHIP

- [ ] Update your district's strategic plan to prioritize student health and well-being as essential to academic achievement.
- [ ] Review and revise your **district wellness policy** to reflect current best practices and compliance with federal and state requirements.
- [ ] Establish or re-engage a **District Health Advisory Council**.

Start Here!

PROGRAMMING

- [ ] Conduct a **district-wide health program audit**, mapping existing health and wellness programs across all components of the **WSCC model** to identify gaps and opportunities.
- [ ] Ensure all programming aligns with **evidence-based frameworks** and is aligned with national and state standards.

PROFESSIONAL LEARNING

- [ ] Develop a **professional development plan** that includes training for educators and school- and district-staff on best practices for supporting whole-child health and well-being.
- [ ] Assign someone from your district office to join the free **National School District Wellness Coalition** to connect with peers, access resources, and learn best practices to support student health at the district level.

ENGAGEMENT & SUSTAINABILITY

- [ ] Set **measurable goals** and **collect data** for health and wellness outcomes to refine your approach in future years.
- [ ] **Engage families and community partners** in health and wellness strategies through surveys, advisory councils, and shared initiatives.
- [ ] Apply for recognition awards and **funding opportunities** to elevate and sustain your district's efforts.

Ask AFHK about helping you find funding!