



# Wellness Team Planning

What's your school wellness vision?	Identifying leaders at your school	
	1.	6.
	2.	7.
	3.	8.
	4.	9.
	5.	10.

## Aligning teams around common goals:

Are the existing school teams working on anything that might overlap with your wellness goals?

## Planning for success:

<p>What is one goal your wellness team could address?</p>	<p>Choose a wellness goal that aligns with school priorities:</p> <p>Importance:</p> <p>Feasibility:</p> <p>Reach and Strength:</p> <p>Sustainability:</p>
<p>Where do you see opportunities for alignment of this goal with existing school priorities?</p>	

## Bring it all together!

What's next steps will you take towards your wellness vision?

1. Who will you invite to join your team?
2. How will you communicate your shared wellness vision and goals?
3. What resources and support will you access next?

# Wellness Teams

## What are wellness teams?

Wellness teams are an interdisciplinary group of school stakeholders who work together to build and sustain a culture of health and wellness in their school.

## Why are they useful?

Wellness teams provide a venue for school staff, parents, local community, and even students to get involved in making their school a healthier environment! Wellness teams are at the front line of carrying out district-, city-, and school wellness policies on the ground. Another benefit of having a recognized team of people working on promoting health and wellness at your school is that you might be eligible for Wellness Grants to support the great work happening in your school. Or, if your school teams are over-extended, a wellness team with parent and community members can help increase capacity for wellness work!

## What can they do?

Wellness teams can do things like organize open community Zumba classes, help nurse with MAF outreach and education so that students with asthma can be physically active at schools, or any other project you want to work on that will improve the health and wellness of your school and students.

- Example: One school's principal went to talk to the owner of their local corner school about helping promote attendance by telling them school start times and encouraging them to get kids out of the store on time to get to class. Additionally they started a healthy breakfast sandwich promotion at a discounted price!

## Additional resources:

### - Wellness committee toolkit:

<https://www.healthiergeneration.org/sites/default/files/documents/20180209/14ba1b70/AHG-School-Wellness-Council-Toolkit.pdf>

### -Action planning template:

<https://www.healthiergeneration.org/sites/default/files/documents/20180923/71821ebf/Action%20Planning%20Template%20-%20SY%202018-2019.pdf>

### -Healthy and Ready to Learn Needs Assessment:

<https://hrl.nyc/hrlc>

### -NYC Department of Education wellness council overview:

<https://www.schools.nyc.gov/school-life/get-involved/school-wellness-councils>