



Wellness Teams

Having an active and enthusiastic wellness team can be a key factor to making sustainable changes at your school. Contact your LiveWell At School Specialist for help with setting up a team or getting your assessments started.

- Committee members should include:
 - administration
 - nutrition manager/cafeteria staff
 - classroom teacher
 - physical education teacher
 - student
 - school nurse, parent leader from PTA or SIC
 - school support staff (guidance counselor, resource officer, custodians, etc.)
 - community support
- Greenville County School District recommends meeting once every six weeks
- Appoint a committee chair to create the meeting schedule, create the agenda and keep everyone on track during the meetings
- Complete a school health assessment (see resources below)
- Based on results of assessment, set goals for the year. Make sure they are set to reasonably attain within the school year and measure.
- Annually, evaluate and celebrate your success

Additional Wellness Team Resources

Action for Healthy Kids:

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/parent-leadership-series/makingthecasefinalx3.pdf>

Wellness Policy Tool:

<http://www.actionforhealthykids.org/resources/wellness-policy-tool>

CATCH Program:

<http://catchinfo.org/>

CDC's School Health Index, a full school assessment tool:

<http://www.cdc.gov/healthyyouth/shi/>