



Building a Successful School Wellness Team

Don't let your school wellness committee be a "party of one." It's essential to the success of your wellness efforts that you recruit others to assist you.

The school wellness committee should include:

- School staff (e.g., classroom teachers, food service staff, physical education teachers, school out-of-school time directors, administrators)
- School health professionals (e.g., health education teacher, school health services staff or a social services staff)
- Parents
- Students
- School nutrition representatives
- School board members
- Supplemental Nutrition Assistance Program Education (SNAP–ED) coordinators or educators
- Members of the general public (e.g., community members, local dietitian, business representative, health care professional, local youth organizations)

Once you've formed your committee, follow these tips to ensure your meetings help move you closer to meeting your wellness goals.

- Find a common and consistent meeting time; trying meeting using technology, conference calls, or a walking meeting if it's difficult to meet in person.
- Have an agenda at every meeting; you can use your Action Plan as a "working agenda."
- Share the responsibility and ensure that all wellness members are actively engaged; involve others and delegate action steps.
- Respect others' time – start and end meetings on time.
- Summarize the action steps and key points, and follow up after each meeting.

Remember to use the Healthy Schools Program's Six-Step Process to guide you through the journey of transforming your school:

1. Build support
2. Complete your Assessment
3. Create your Action Plan
4. Access resources
5. Take action
6. Celebrate your success