

# School Wellness Teams

Is your school looking to take wellness to a new level? Have you considered forming your own School Wellness Team and really making wellness a priority!

## What is a School Wellness Team?

A school wellness team is essentially an advisory group concerned with the health and wellbeing of students and staff. A team formed at the school building level, typically has 6-10 members and can include school staff, students, family members, and community members.



## Why do we need a School Wellness Team?

The school wellness team provides a way to inform teachers, staff, students and families about the work the school is doing to improve the health and academic success of its students. The school wellness team is also a way to ensure that district level wellness policies are implemented at the building level. In addition, these teams represent the unique perspective of the community in a school building. This enables the health priorities and activities put in place to truly reflect the needs and interests of that school.

## What do School Wellness Team do?

School wellness teams typically assess the school health environment, programs and policies in place and identify ways to strengthen these to improve the health of students and staff. Usually teams will develop and implement an action plan based on what they learn about the school. They also provide advice and expertise to administrators in the building and provide feedback to the district regarding implementation of health-related wellness policies and programs and report on the content and implementation to the public (including parents, students and the community members).

## What are the Roles and Responsibilities of a School Wellness Team?

The school wellness committee is an action-oriented group that makes the implementation of the district wellness policy and other health-related priorities possible. The SWT will:

- Support the school in developing a healthier school environment,
- Create the vision and goals for the school,
- Assist with policy development or revision to support a healthy school environment,
- Promote parent, community, and professional involvement in developing a healthier school environment,
- Advocate for school health programs and policies within the broader school community,
- Plan and implement programs for students and staff,
- Evaluate program and policy efforts
- **Help our students succeed!**

**Start or join your school's Wellness Committee!**

**Take the first step and contact:**



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