

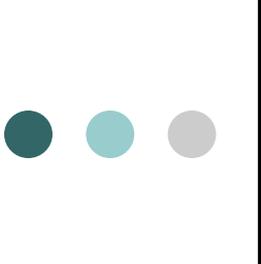
# Organizing a School Wellness Committee

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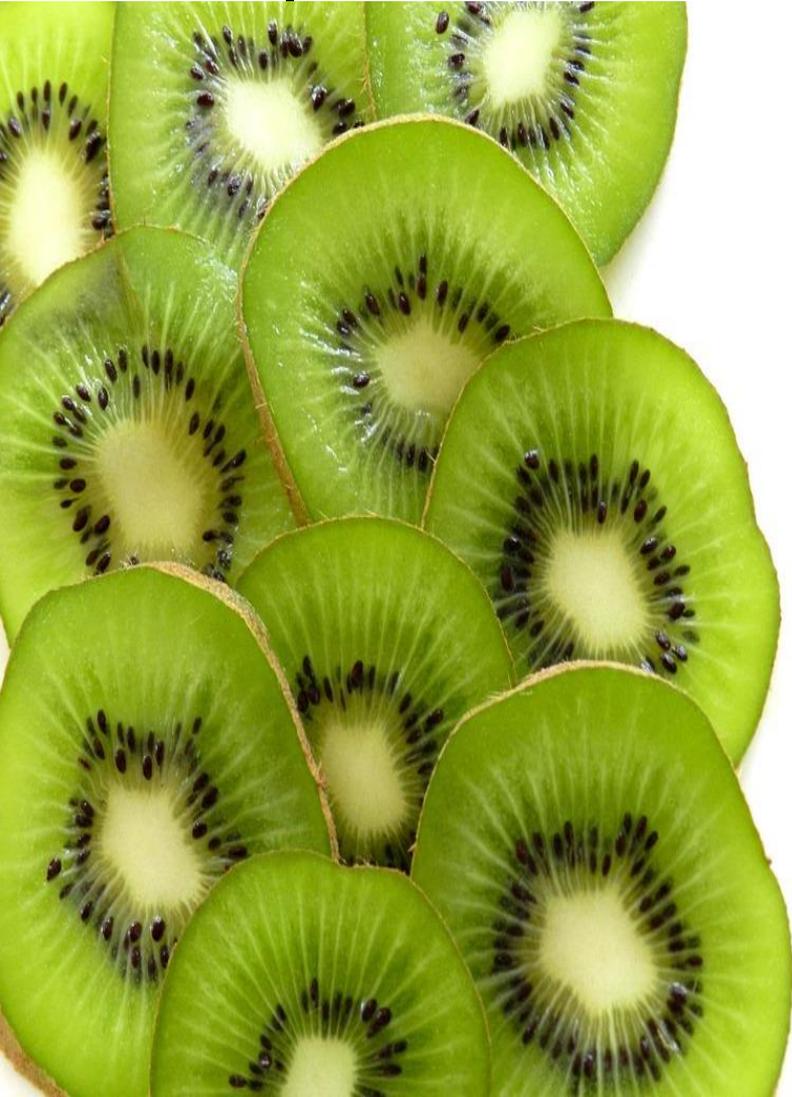
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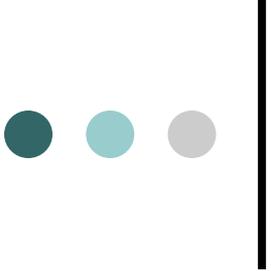


# Introduction



- University of Nevada, Reno Cooperative Extension
  - Clark County Office
- Title I Elementary Schools
  - Pick a Better Snack
  - School wellness & PSE





# Background

- Healthy Hunger Free Kids Act & Child Nutrition and WIC Reauthorization Act<sup>1</sup>
  - As of 2006/2007 school year, all districts required to establish a local school wellness policy
    - Required components: nutrition, physical activity, activities that promote student wellness
  - Local education agencies (school districts) required to have school wellness coordinator
- Nevada<sup>2</sup>
  - Requires each district to designate a wellness coordinator
    - On-site coordinator decision made by district
    - Clark County School District requires schools to have a designated school wellness coordinator



# School Wellness Influence



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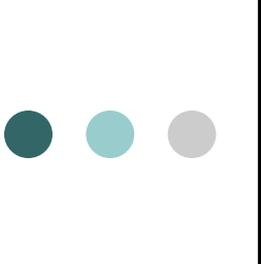
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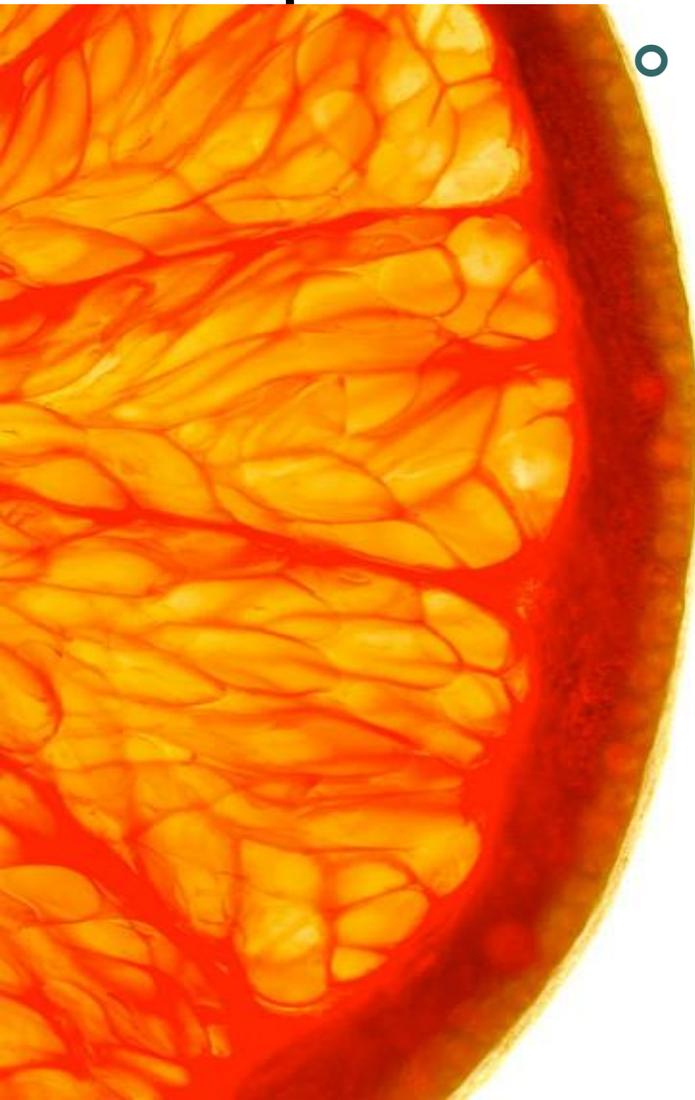
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- Fewer low nutrient, energy-dense vending options<sup>1</sup>
- More likely to implement their wellness policy<sup>1</sup>
- Less consumption of sugar from sugar sweetened beverages (i.e. soda, pop, energy drinks)<sup>2</sup>
- Lower BMI<sup>2</sup>
- Students that do not eat fruits/vegetables get worse grades<sup>3</sup>
- Students that drink SSB get worse grades<sup>3</sup>

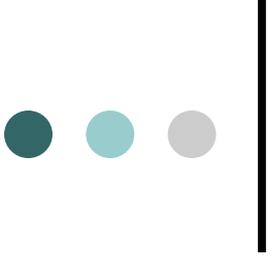




# School Wellness Committee

- 
- What is a School Wellness Committee?<sup>1,2</sup>
    - Action oriented advisory group- focuses on health and well-being of students and staff
    - School and district leaders, school staff, community partners, parents, students, foodservice...
    - Develop, implement, monitor, and evaluate policies, programs, and activities
      - Provide leadership, accountability, structure, support, resources
    - Assess school health environment, programs, and policies and identify ways to strengthen these to improve health
      - Develop an action plan based on assessment
    - Provide advice, expertise, and feedback to administrators, district, and public (parents, students, community members)

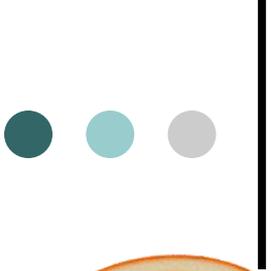




# School Wellness Committee

- Why have a School Wellness Committee?<sup>1</sup>
  - Inform stakeholders about work you're doing to improve health and academic success of students
  - Ensure school wellness policy being implemented
  - Form partnerships and strengthen relationships between school and community
  - Enables health priorities and activities to truly reflect the needs and interests of the school

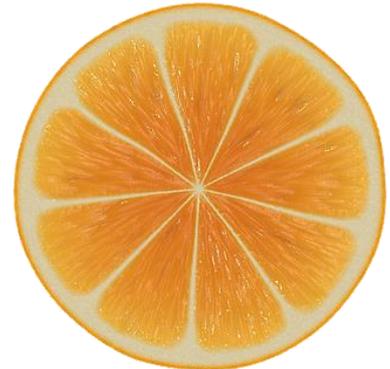
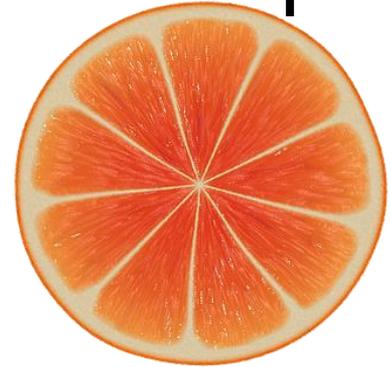
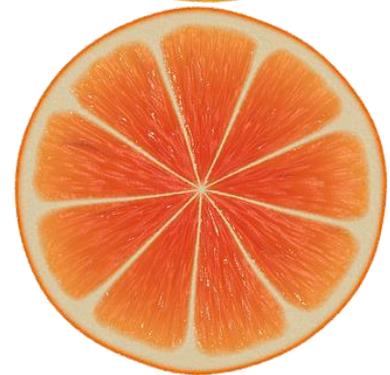
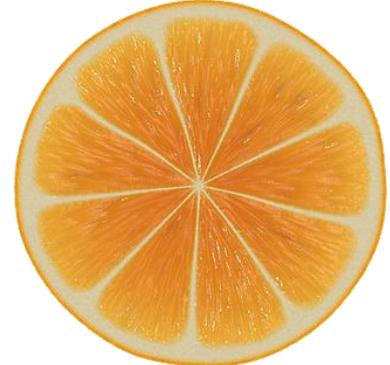
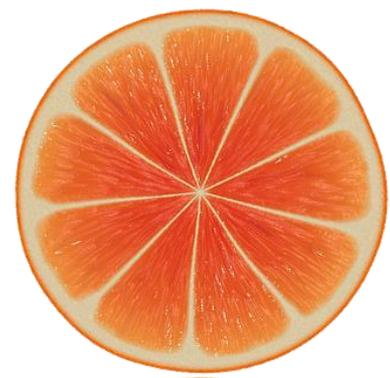


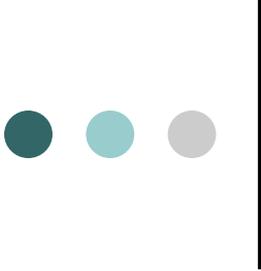


# How To

- Step 1: Build a Team
- Step 2: Start Recruiting
- Step 3: Plan a Meeting

<https://www.youtube.com/watch?v=vF-XJHpjuA4>





# Step 1: Build a Team

- 6-12 members
  - Representing diversity of your community
  - People with a passion for children's health
  - Have influence in the school and community
  - Have time to commit to supporting the committee's goals



# Step 2: Start Recruiting

- Invite identified potential committee members to join the team
  - Sample Wellness Committee invitation at Alliance for a Healthier Generation<sup>1</sup>
- Be prepared to recruit new members as-needed to support changing goals and priorities



# Step 3: Plan a Meeting

- Common/consistent meeting time
  - Use technology if needed
- Have an agenda at every meeting
- Share responsibility, ensure members are actively engaged, assign roles
- Summarize action steps and key points, follow up after each meeting
- Minimum of 4 committee meeting per school year

## HERE'S HOW YOU DO IT

1

### 1st School Wellness Team Meeting

**WHEN:** Within the first 2 months of joining the Healthy Schools Program

**GOAL:** Build your Team and start working on your Assessment.

**AGENDA AND ACTION ITEMS:**

- Decide who will be in charge of completing each of the Modules.
- Print off the Assessment Guide as handout.
- Following the meeting, each Team Member should work on his/her assigned Module.

2

### 2nd School Wellness Team Meeting

**WHEN:** Within the first 4 months of joining the Healthy Schools Program

**GOAL:** Move forward through your Assessment and Action Plan.

**AGENDA AND ACTION ITEMS:**

- Review your Assessment results.
- Choose a Module to focus on this school year.
- Identify 1-3 goals on your Action Plan to accomplish this school year.

3

### 3rd School Wellness Team Meeting

**WHEN:** Within the first 6 months of joining the Healthy Schools Program

**GOAL:** Check your progress on your Assessment and Action Plan.

**AGENDA AND ACTION ITEMS:**

- Update your Assessment.
- Review your Action Plan progress.
- Apply for the National Healthy Schools Award (if applicable).

4 (Final One!)

### 4th School Wellness Team Meeting

**WHEN:** Within the first 9 months of joining the Healthy Schools Program

**GOAL:** Celebrate your accomplishments and plan for next school year.

**AGENDA AND ACTION ITEMS:**

- Review your progress.
- Celebrate your accomplishments of the year.
- Choose a Module to focus on next school year.



# Step 3: Plan a Meeting Cont.

- Start with an assessment then create an action plan<sup>1</sup>
  - Local school wellness policy is a great place to start
  - Healthy Schools Program Leader's Guide<sup>2</sup>
    - Six Step Process: build support, complete assessment, create action plan, access resources, take action, celebrate success
- School Wellness Committee Toolkit<sup>3</sup>
  - Talking points
  - Tips- skeptics/difficult behavior, involving students/families
  - Sample invitation letter
  - Decision making
  - Forms- contact info, meeting checklist, sample agendas

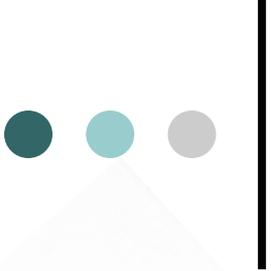




# Challenges & Tips from the Field

- Assessment & policy
- Stakeholder Buy-In & Recruitment
  - Students, parents, principals, etc.
  - Turnover
  - It's not just about the students
  - Teachers in different grade levels
- Lack of time or coordination
  - Impromptu meetings
- Lack of money
  - Using free resources
- Administrative support
- Staying Active & Effective





# Helpful Resources

- 
- Alliance for a Healthier Generation School Wellness Committees<sup>1</sup>
  - USDA Team Nutrition<sup>2,3,4</sup>
  - Action for Healthy Kids<sup>5</sup>
  - Nevada's School Wellness Policy Best Practices Manual<sup>6</sup>
  - Centers for Disease Control and Prevention<sup>7,8,9,10,11</sup>
  - CA Local School Wellness Policy Collaborative<sup>12</sup>
  - Institute of Child Nutrition<sup>13</sup>
  - Nevada School Wellness Policy<sup>14</sup>
  - CCSD R-5157<sup>15</sup>
  - NDA: School Wellness Funding Opportunities & Resources<sup>16,17</sup>



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Questions?

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