



## Wellness Is a Team Effort!

Lots of different people can play a role in making your school a healthy, successful place. Share the tips below with key stakeholders to encourage their involvement and support.

### ★ School Administrators:

**Elevate the importance of school wellness.** Discuss healthy eating and physical activity priorities for your school(s) and communicate them with all school staff, students and parents.

**Participate in physical activity and healthy eating initiatives yourself** and provide ongoing input to these activities.

**Get people involved.** School nutrition, health and PE professionals, teachers, community partners, parents and students – everyone who has a stake in the health and well-being of children and youth – can contribute to school wellness efforts.



### ★ School Nutrition Professionals:

**Get student input.** Gather information from students about their insights, perceptions and opinions about the food choices available at school. Whenever possible, involve students in planning and evaluating new food offerings.

**Share your expertise.** Help introduce students and staff to appealing new foods that are available at school. Offer to visit teachers' classrooms to share nutrition information and healthy eating tips with students.

**Promote it!** Reinforce healthy eating messages in the school cafeteria.

**Continue to provide the valuable food services you already provide.** Provide healthy, appealing food and beverage options through school meals and a la carte offerings.



### ★ Teachers:

**Help shape your students' attitudes** about nutrition and being physically active. Be a good role model for healthy eating and a physically active lifestyle yourself.

**Integrate physical activity and nutrition education** into your daily classroom routines.



**Help your school** to organize walking clubs, improve playground or lunchroom facilities, and sponsor other strategies. Join a staff wellness initiative.

**Share information about the link** between nutrition, physical activity and academic achievement with parents – and encourage their support.

### ★ Parents:

**Take action to shape your children's attitudes** about nutrition and being physically active. Be a good role model yourself.

**Join your child or visit the lunchroom to see firsthand what is available.** Praise what is good about the meal and encourage your child to sample these foods. Work with your school's foodservice staff to add fresh fruits and vegetables, whole grains or milk in updated, attractive packaging.

**Help your school** to organize walking clubs, improve playground or lunchroom facilities, and sponsor other strategies for healthy eating and physical activity.

**Share your enthusiasm** for improving your school's nutrition and physical activity practices with other parents.

## ★ Students:

Become a *Healthy Kids, Healthy Schools* peer leader for your school. Help other students understand that what you eat and how much you move affects your performance in the classroom and in life.

Join the HISD student school health advisory committee and provide ongoing leadership for healthy schools and healthy students throughout HISD.

Take an action to make your school a healthier place. Find out what your school is already doing and how you can help – or brainstorm new ideas for helping students eat better and move more.

Make healthy eating and physical activity choices yourself – be a role model for other students!



## ★ School Nurses:

Be a school wellness leader. Actively participate in the ongoing development, implementation and evaluation of your school's wellness efforts.

Bridge the healthy connection between home and school. Communicate the importance of healthy eating and physical activity to parents, faculty and students.

Be an active and vocal advocate. Communicate regularly with the school nutrition professionals about nutrition, student eating behaviors, food allergies, food safety and other mutual concerns.

Continue to provide the valuable health services you already provide. Provide support for student wellness through health clinics and screenings, and through your ongoing health promotion efforts.



## ★ Wellness Coordinators:

Engage other people. Involve school nutrition, health and PE professionals, classroom teachers, community partners, parents and students in the effort to create healthier schools.

Track and report your successes. Record and assess the results of your wellness efforts at the school level, and report up to your district – and the larger community – to gain their interest and support.

Continue your valuable work to elevate the importance of school wellness. Use your knowledge, experience and access to district resources to help build on your existing efforts with initiatives that can help.

## ★ Local Businesses and Community Partners:

Donate materials, food, equipment and incentives to support healthy eating and physical activity strategies.

Share your expertise. Find out about the school's wellness activities. Contact school leaders and offer to help implement the wellness policy and practices in ways that tap your special knowledge and expertise.

Keep students, staff and families apprised of programs that support physical activity and healthy eating in the community – including your own organization's initiatives.

### Become a *Healthy Kids, Healthy Schools* Health Coach

and help your school take small but important steps to make the healthy choice the easy choice for HISD students and staff.

Learn more and sign up at [www.healthykidshealthyschools.org](http://www.healthykidshealthyschools.org).

