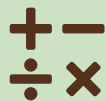


FIT TO LEARN TIP SHEET

Building Your Team



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Although individuals within schools can make big strides toward school wellness, real progress takes a great team. Use these tips to create a strong support system for a healthy school environment.

First, schools should nominate an existing staff member as the Wellness Champion. The Wellness Champion is the school's expert on health and wellness and might help facilitate the implementation of schoolwide policies and programs that promote a healthy school. This person should be nominated by the school principal and will be an enthusiastic and dedicated driver of positive change. A Wellness Champion acts as the point of contact between each school and the CPS Office of Student Health and Wellness (OSHW).

Next, with a Wellness Champion leading the way, here's how other team members can play vital roles:

Principal

Model a healthy lifestyle. Ensure that messages are consistent across all channels of school communication, from the cafeteria to the classroom. Create local school policies that promote health. Reward positive recognition for healthy fundraising and classroom celebrations.

School Nurse

Spread the word about health every day! Remind students about the importance of healthy eating through posters and signage. Communicate with parents and students (e.g. via a health section in the school newsletter) about the importance of overall health.

PE Teacher

Introduce the fun and satisfaction of physical activity to students, helping increase their chances of a healthy future and understanding the connection between physical activity and success in the classroom. Champion and provide training for in-class activities that get students moving.

Parents

Encourage wellness at home and at school, and support teachers in making celebrations and fundraisers a healthy part of the school experience. Send students to school with healthy snacks that prepare them for learning.

Classroom Teachers

Integrate wellness into everyday classroom lessons and manage the classroom through the use of healthy rewards. Teach healthy habits that will last a lifetime.

Dining Manager

Help students understand the facts behind their nutritious school lunch. Encourage students to eat fruits and vegetables by serving those first or helping organize activities around this goal. Collect feedback on school meals to understand student preferences. Communicate with parents about positive changes to the school meals program and instill school pride around wellness.

