



**Adams 12 Five Star
School District**

School Wellness Teams' Impact:

During the 2015-2016 School Year:

- WSCC is operating in **41 schools**
- Impacted the lives of more than **28,000 students** and families

WHY SHOULD WE CARE?

- Adams County is ranked 21st out of 25 counties in the area of child well-being
- An estimated 5,000 students are without access to medical, vision, mental health or dental care
- 129% of Adams County children are overweight or obese

**Your School Wellness Team
Focuses on These Facets of
Wellness:**

Nutrition • PE & Physical Activity
 • Health Services • Counseling,
 Psychology, & Social Services •
 Social & Emotional Climate •
 Physical Environment •
 Employee Wellness • Family
 Engagement • Community
 Involvement • Health Education

**Benefits to Being Part of Your
School Wellness Team:**

- Ensure that you have a voice and active role in the process
- Garner school-wide support for your goals, needs, and priorities, as a parent
- Make a real difference in the health and lives of your school's students and families
- Give back to your school community by sharing your time and talents
- Do something new and different, and be a positive influence on your kiddo(s)
- HAVE FUN!



Join Your School Wellness Team Today!
Roles & Responsibilities Overview

Whole Child (WSCC) Overview

The health of young people is strongly linked to their academic success. Thus, helping students stay healthy is a fundamental part of the mission of schools. After all, schools cannot achieve their primary mission of education if students and staff are not healthy. School wellness initiatives and policies may be one of the most efficient and effective means to prevent or reduce risk behaviors, prevent serious health problems among students, and may help close the educational achievement gap.

Coordinating the facets of the Whole Child Model (WSCC) into a comprehensive School Wellness Team enables schools to:

- Eliminate gaps and reduce redundancies.
- Build partnerships and teamwork among school health & education professionals.
- Build collaboration and enhance communication among public health, school health, and other education and health professionals in the community.
- Focus efforts on helping students engage in protective, health-enhancing behaviors and avoid risk behaviors.

Parent School Wellness Team Member — Position Responsibilities

- Attend all scheduled meetings during the school year
- Participate in completing the SmartSource school wellness assessment
- Participate in writing/implementing the School Health Improvement Plans based on the results from the SmartSource Assessment
- Take an active role in School Wellness Team activities
- Assist in monitoring progress toward meeting team objectives
- Become familiar with both the research linking health and academics and the District's Wellness Policy
- Be a spokesperson for integrating health and wellness into the school culture

Qualifications and Requirements

- Interest in working as part of a team addressing health/wellness gaps at your school
- Dedication to helping ensure that policies and initiatives are implemented that create healthy schools and successful students
- Ability to travel to school for meetings
- Good communication and organizational skills.
- Confident in ability to contribute input at team meetings
- Reliability is a must!

Time Commitment

- Be able to commit to your School Wellness Team for a minimum of one school year
- Team meetings: Monthly or less often; minimum of 1 hour.
- Outside of Team Meetings: Approximately 1+ hour/month reviewing meeting notes, completing action items, and/or participating in wellness activities, and initiatives.

To join now or find out more information: contact your School Wellness Team Co-Leaders

Everyone has a strength and has something to share. Parents, school staff, and community members that care. Share your strength; help create healthy schools and successful students.