



GUIDELINE 7

Schools provide professional development, support and resources for staff about wellness.

BEST PRACTICES

- ★ Do the D.E.W., Chapel Hill, North Carolina
- ★ Get Up, Get Out, Get Fit; Richmond, Utah
- ★ Maryland’s 2001 Team Nutrition Training Grant, State of Maryland

“Since kids learn from and copy the behaviors of their adult role models, USDA and The Ohio State University Extension have nutrition and wellness resources for teachers, students and their parents. Adult wellness and nutrition education programs help provide students with better role models, so they will learn to be healthy for a lifetime.”

Joyce McDowell, leader, Community Nutrition Programs, Ohio State University Extension



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A healthy staff can most significantly contribute to a healthy student body. In thinking through a wellness plan, consider what is currently done and what could be done to improve the health and well-being of the school staff. Role modeling can be one of the most powerful influences for students. In addition, teachers, food service and other staff need to understand how wellness contributes to learning and how to incorporate wellness activities and education into the classrooms and culture of the school.

OBJECTIVE

Schools will provide the opportunity for all certified and noncertified staff to participate in adult-focused staff wellness activities.

By instituting a wellness program that reaches school staff, schools will foster a healthier lifestyle for all. Instead of separate initiatives for students and staff, consider designing the wellness plan for both. Such a focus on wellness for all members of the school community can enhance the school climate and promote a greater sense of caring and belonging that, research shows, adds up to improved student success.

BEST PRACTICES

★ 1. Do the D.E.W., or Drop Everything and Walk, Chapel Hill, North Carolina

Background: Glenwood Elementary School in Chapel Hill, North Carolina, implemented a 12-week walking program to increase the physical activity of their kindergarten through fifth-grade students and elementary school staff. Both staff and students were encouraged to walk 10 to 15 minutes, one day each week. Staff members were given pedometers, and if they recorded their steps weekly, they were entered into a weekly drawing for a prize. Students counted laps, and a schoolwide total was updated on a bulletin board. At the end of the program, students were recognized at a school awards ceremony.

Success: Student participation was 100 percent; staff participation 65 percent. The school gained a better awareness of the importance of physical activity, and students began understanding the long-term benefits of physical activity.

For more information:

http://www.actionforhealthykids.org/resources_profile.php?id=197



✦ 2. Get Up, Get Out, Get Fit, Richmond, Utah

Background: The principal of North Cache Center (grades eight and nine) in Richmond, Utah, initiated this program to create a healthy school environment. It includes fitness and nutrition goals, with the staff serving as positive role models. Initially, each teacher was given a pedometer and asked to develop individual fitness goals and track his or her own success. Students became so involved in the program that they began cheering their teachers and asking for weekly updates on their success rates. As a result of these positive role models, the students set up their own physical activity and nutrition goals.

At the beginning of the program, fitness equipment was donated for teacher, student and parent usage in an after-school program. In 2003, old equipment was replaced through a grant from the National School Fitness Foundation that was worth more than \$200,000.

Duration: Ongoing since 2002.

Success: Initial success included participation rates of 95 percent from faculty and 100 percent from administration. Initially, four classrooms involving 135 participated. After the high success rates, all classrooms became involved and used incentives to encourage active participation. In 2003, they began a three-year study that measured and monitored more than 90 of the students' body fat, heart rate and body weight measurements in pre- and post-tests.

For more information:

http://www.actionforhealthykids.org/resources_profile.php

✦ 3. Maryland's 2001 Team Nutrition Training Grant, State of Maryland

Background: For this grant, the Maryland State Department of Education, School and Community Nutrition Programs Branch (SCNPB), joined with the Maryland Parent Teacher Association, the Maryland Department of Health and Mental Hygiene (MDHMH), MSDE Division of Instruction, and community partners to promote and support the initiative. The goals included providing the necessary training and technical assistance for serving student meals that look good, taste good, meet the nutrition standards; and educating students and parents on both the importance of healthy eating and the benefits of physical activity.

Duration: The grant, provided in 2001, was the third Team Nutrition grant received from USDA, Food and Nutrition Service, since 1996.

Success: During the year, the culinary and food service expert teams assisted 1,285 school food service staff in eight school systems. More than 500 school food service staff took part in the two-hour training program. Twenty school system teams attended training during the summer.

For more information:

http://www.actionforhealthykids.org/resources_profile.php?id=234



RESOURCES

America on the Move

A national initiative dedicated to helping individuals and communities across our nation make positive changes to improve their health and quality of life. The initiative focuses on individuals and communities and provides fun ways to become active. A broad-based collaboration supports the effort, including many associations and nonprofit organizations.

<http://www.americaonthemove.org>

5 A Day

Several organizations promote the 5 A Day concept with information on ways to incorporate more fruits and vegetables into daily diets, including recipes and other resources. Sponsoring organizations include Produce for Better Health Foundation, National Institutes of Health, U.S. Department of Health and Human Services, and the National Cancer Institute.

<http://www.5aday.com>

<http://www.5aday.gov>

FoodFit

This organization provides information and resources for families on nutrition, cooking and fitness for a healthier lifestyle.

<http://www.foodfit.com>

Nutrition Education for Limited Resource Audiences

The Food Stamp Nutrition Education Program of Rutgers University provides research-based, behaviorally focused nutrition education materials for educators, including paraprofessional staff, who work with food-stamp eligible populations.

<http://www.fsneprutgers.edu>

Healthfinder

This service of the National Health Information Center through the U.S. Department of Health and Human Services provides health information, information on healthcare professionals, health news and links to other resources. Information is also available in Spanish.

<http://www.healthfinder.gov>

Comprehensive school health programs

A research and policy report documenting the position of the American Dietetic Association, Society for Nutrition Education and The American School Food Service Association regarding comprehensive nutrition services for all children from preschool through grade 12.

American Dietetic Association, Society for Nutrition Education & the American School Food Service Association. “Nutrition Services: An Essential Component of Comprehensive School Health Programs – Joint Position of ADA, Society for Nutrition Education, and American School Food Service Association. *Journal of American Dietetic Association* 103 (2003) 505-514.



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