

**Health is Academic: School Wellness Environment**  
**John D. Bower, MD, School Health Network**  
August 2006 ~ Philadelphia, Mississippi



**School Wellness Environment:**

**Taking your policy off the paper - and out into your school**



Office of Healthy Schools

**Making your wellness policy work for Mississippi's FUTURE**



**MOTIVATION**

*... a change in national attitudes is desperately needed, since childhood obesity to a "terror" that threatens the national economy and the nation's population.*

Arkansas Governor Mike Hukabee



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**INSPIRATION**



*"It's the rare person who heals all by themselves. It's usually a community process."*

Reverend Ray Hammond  
Bethel AME Church, Boston, Massachusetts  
[www.bethelame.org/](http://www.bethelame.org/)



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**3R + 2R = SCHOOL WELLNESS**



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••• Rev. Ray Hammond

1. **R**enewal
2. **R**econnection
3. **R**esponsibility

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••• + 2 more Rs

1. **R**esources
2. **R**ecognition

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••• **School Wellness**



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••• **RENEWAL**

- o *Regeneration*
- o *Rekindling*
- o *Revitalization*
- o *Rejuvenation*
- o *Replenishment*

A Wellness Policy - or its procedures - are "**living**" documents. They must be adaptable as we learn more about what works in schools.

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••• **RECONNECTION**

*Reaffirming connections to ...*  
your School Health Council.  
(SHC) is an advisory group composed of committed individuals from both the school and the community - your **HEALTH CHAMPIONS.**

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••• **WHO are SHC members?**



- o People with a passion for kids and health
- o People who can commit time and energy
- o Key influencers in the community and school
- o Representatives of all parts of the community
- o People with a wide variety of backgrounds and expertise

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**Potential SHC Members**

- Parents
- Teachers
- Students
- School staff
- Health care providers (MD, PA, RN, NP, DDS, RD)
- Business/industry representatives
- Community leaders
- Government officials
- Extension staff
- Social service agencies
- Attorneys and law enforcement officials
- Clergy
- College/university personnel
- Media






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**“Coming together is a beginning; keeping together is progress; working together is success.”**



Henry Ford



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**RESPONSIBILITY**  
**Blame**

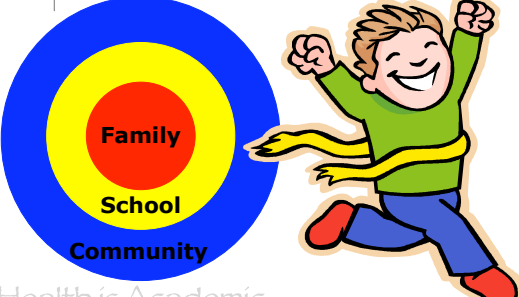

...versus

**RESPECTIVE**  
**RESPONSIBILITY**



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**School Wellness**

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**Helping kids at HOME**

**6 Simple Steps**  
**to a**  
**Healthy Weight**  
**for Kids**



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**Helping kids at HOME**

1. Be active by playing together inside and outside.
2. Make family meals a special time to eat together.
3. Save fast food for a once or twice a week treat.




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••• **Helping kids at HOME**

4. Enjoy tasty fruit and veggie snacks together.
5. Drink milk with meals and drink water with snacks.
6. Take the TV out of the bedroom and read together.



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••• **Helping kids at SCHOOL**

**Walking the talk**

**AND**

**Building a healthy environment**



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••• **Walk the Talk**

**1. Be an active role model.**

- Set a great example with your own physical activity.
- Encourage school-wide activities, like walking clubs/programs.
- Encourage teachers to incorporate physical activity into the classroom.



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••• **Walk the Talk**

**2. Be smart eater.**

- Show kids how to enjoy brain food - by the food choices that you make.
- Eat more fruits, vegetables, and whole grains – in front of the kids!
- Bring smart snacks; replace sugary items with nuts, fruit, or string cheese.

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••• **Walk the Talk**

**3. Drink to your health.**

- Refresh yourself well. Steer clear of empty calorie, sweetened drinks.
- Smart brains and fit bodies do best with plenty of plain water, perfectly refreshing.
- For intelligent nutrition, drink low-fat milk or 100% fruit juice.



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••• **Build a Healthy Environment**

**4. Help Wellness Policies come alive.**

- Approving a policy is just the first, small step - implementation is the key.
- Consider what wellness means for every aspect of the school day.
- Think about what kids (and adults) need to perform well – mentally and physically.

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**Build a Healthy Environment**

**5. Maximize School Health Councils.**

- School Health Councils are a wonderful way to gather local support.
- Bring in community partners to help create the healthiest environments possible.
- School health councils are the ideal place to plan, and implement, improvements.

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**Build a Healthy Environment**

**6. Be a serious School Health CHAMPION – everyday.**



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**RESOURCES**

**No need reinvent ANY wheels.**

Office of Healthy Schools

[www.mde.k12.ms.us/HealthySchools/](http://www.mde.k12.ms.us/HealthySchools/)

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**RECOGNITION**

- Recognize the health champions in your school.
- Get the recognition that your excellence deserves.



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**Act as though it is impossible to fail!**



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