

# School Worksite Wellness

Ready, Set, Go! 5210 addresses the policies, environments, and practices that influence health behaviors in the school setting. An important aspect of the school setting is the school employees. By providing resources and some simple steps, we hope you will be able to incorporate some of the same 5-2-1-0 strategies teachers and students are using in the classroom throughout the school.

Employees' physical and mental health are essential to the success of a school system. The promotion of staff members' own health helps them to become positive role models for students and increases their commitment to promoting student health.

Worksite health promotion is often overlooked in many school settings. Worksite health promotion programs for staff may not only impact the health of school faculty and staff, but also have effects on students, their families, and community members. Healthier staff may even save schools money. Some examples of health promotion programs for school staff include: health screenings, physical activity and fitness programs, nutrition education, weight management, smoking cessation, and stress management. One of the first steps of worksite health promotion is to develop a Wellness Team to help drive the project.

Once wellness and health promotion programs are available, encourage staff to participate in these programs. Examples of promotion ideas include introducing wellness programs to new staff at their orientation sessions, presenting information at regular staff meetings, including flyers and brochures with paychecks, putting information into newsletter articles and e-mail messages, and offering health insurance discounts for participants.

## Steps to Develop a Wellness Team

1. Involve administration in your efforts (they often control school agendas and budgets and can provide a visible leadership role for your wellness efforts).
2. Recruit wellness team members from all areas of your school (i.e., food service, staff, teacher's aides, and PTA/PTO members).
3. Develop an action plan based on what's important and achievable in your school community.
4. Identify resources that can facilitate implementation of your action plan and assign responsibility.
5. Take action.
6. Celebrate and share your successes and monitor your progress.



## Worksite Wellness and 5-2-1-0

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- Promote healthy snacks at staff meetings. Ensure at least one fruit and vegetable are served whenever food is offered to staff.
- Staff Soup Club—Once a month a person volunteers to bring soup into the teachers lounge. Others may volunteer to bring bread.
- Healthy Recipe Exchange—Share healthy recipes and perhaps compile into a recipe book.
- Encourage staff wellness team to approach vending machine company for information on their company's healthy snack program.

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- Don't forget that the more time you spend sitting watching TV or surfing the internet, the less time your body is up and moving!
- Make your free personal or family time active time.
- Work with Wellness Team to promote staff participation in Turn Off the TV Week or similar campaigns.

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- Work with Wellness Team to promote opportunities for staff to be physically active.
- Make your meetings walking meetings.
- Implement March into May or other State physical activity promotion programs for staff (see resources at end of tab).
- Calculate and post average walking distances around the school.

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- Work with Wellness Team to make sure all beverage machines in teacher lounges have water in them.
- Have water available at all meetings where beverages are served.
- Work with Wellness Team to encourage staff to model the zero message for students.



## Worksite Wellness Resources

**A Guide for Protecting the Assets of Our Nation's Schools.** Information, tools, and resources to help schools, school districts, and states develop and promote employee health, improve workforce productivity, and reduce the costs of employee absenteeism and healthcare.  
[www.schoolempwell.org](http://www.schoolempwell.org)

**Alliance for a Healthier Generation – School Employee Wellness Resources.** School Staff Wellness Program Key Components (PDF), Staff Wellness Baseline Assessment (PDF), Interest Survey (PDF)  
[www.healthiergeneration.org/schools.aspx?id=512&ekmense1=1ef02451\\_10\\_84\\_btnlink](http://www.healthiergeneration.org/schools.aspx?id=512&ekmense1=1ef02451_10_84_btnlink)

**CDC's Healthier Worksite Initiative.** Information, policies, resources, and step-by-step toolkits for workplace health promotion program planners in state and federal government.  
[www.cdc.gov/nccdphp/dnpa/hwi/index.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm)

**The Wellness Councils of America – WELCOA Website Free Resources**  
[www.welcoa.org/freeresources](http://www.welcoa.org/freeresources)

**Health Observances:** [www.welcoa.org/observances](http://www.welcoa.org/observances)

**Healthy People 2010** challenges individuals, communities, and professionals to take specific steps to ensure that good health, as well as long life, are enjoyed by all [www.healthypeople.gov](http://www.healthypeople.gov)

**Map Walking Routes.** Type in your town or city and create a walking route near your organization.  
[www.gmap-pedometer.com](http://www.gmap-pedometer.com)

**Pedestrian and Bicycle Information Center:** [www.walkinginfo.org](http://www.walkinginfo.org)

**Bicycle Coalition of Maine:** [www.bikemaine.org](http://www.bikemaine.org)

### Physical Activity and People with Disabilities:

**The National Center on Physical Activity and Disability,** Department of Disability and Human Development [www.ncpad.org](http://www.ncpad.org)

**Disabled Sports USA** [www.dsusa.org](http://www.dsusa.org)

**National Center on Accessibility** [www.indiana.edu/~nca](http://www.indiana.edu/~nca)

**American Council on Exercise (IDEA)** [www.acefitness.org/fitfacts](http://www.acefitness.org/fitfacts)

