

Team Approach

5210 Goes to School highly encourages a team approach to help accomplish your projects. Increasingly more and more schools are tapping into the benefits of the team approach. This approach provides improved results by sharing the workload, reducing time commitment, enhancing creativity, and creating group support. Team members can also serve as great role models. A school team can be made up of administrators, teachers, school health coordinators, nurses, and teens. Involving teens is especially important as it increases their interest in positive health changes and increases the effectiveness of your project.

5210 Youth Teams

A 5210 team, made up of students and an advisor, is a great way to bring the program to a middle or high school. This empowers students and allows them to drive the program and to focus on concerns that are most relevant to their lives. This has successfully taken place in a few 5210 schools so far. Here are a couple of examples:

A Middle School created a 5210 SNAC group. SNAC stands for “Student Nutrition Advisory Club”. Students from grades 5-8 meet every other week in the library before school to collaborate with the School Nutrition Director, cafeteria manager, health teacher, and school nurse to improve healthy choices offered in the cafeteria. Improvements include more fruit and vegetable choices on the salad bar, pre-made salads, and fruit parfaits.

One High School has an existing club called WOWW. WOWW stands for “We Organize Wellness Wednesdays”. This group took on the roll of the 5210 team and used program resources and materials to put on monthly wellness events for their peers during study halls. Because the wellness events were put on by students, they were well attended and directly applicable to their unique needs and interests.

Teamwork !

