

Function of the Health and Wellness Campus Subcommittee

The Health and Wellness Subcommittee is one of two divisions of the campus “Whole Child Committee”. Their goal is to address health and wellness related concerns facing staff and students and develop a plan to address these findings.

Action Plan

- Collaborate with the Coordinated School Health Department and the School Health Advisory Counsel in identifying strategies and opportunities to advance health and wellness in FISD.
- Research services that are beyond current duties of the PE teachers, nurses, counselors, classroom teachers and cafeteria staff which will enhance what they currently provide.
- Identify specific needs and trends on each campus by having the staff, students and parents take the “Healthy Living Survey” annually. This will include general health and wellness questions related to physical activity, physical education, health and nutrition.
- Using the results of the survey, the “Health and Wellness Committee” on each campus will develop a plan to 1) address areas of concern from the Healthy Living Survey and 2) implement strategies to increase positive factors and decrease risk factors for health and wellness of staff and students on their campus.
- Each campus will develop a specific plan to increase student, family, staff and community connectedness to create environment which enable staff and students to have a work life balance.

Measurable Outcomes

- ✓ The Student Ambassador teams on high school campuses will address student connectedness. The Student Ambassadors will be part of the campus “Health and Wellness subcommittee”.
- ✓ The Health and Wellness Committee will meet monthly to discuss ongoing advancements.
- ✓ Establish classroom meetings in conjunction with the Safe Schools Subcommittee to key topics related the to the ASCD Whole Child Model.
- ✓ Provide a report on research finding and survey results.
- ✓ There will be an annual training for all staff on drugs, bullying, suicide, dating violence mental health, employee wellness, community engagement, physical education, physical activity, and nutrition services. This will be achieved by 1) Having a counselor, staff member, and assistant principal from each school attend a “Trainer of Trainers” workshop 2) These individuals will train staff on their campus. In addition to this

general training, there will be specific training for counselors, staff member and administrators.

- ✓ Students receive training on through classroom meetings, health and PE class, guidance lessons, guest speakers, peer leaders and school wide assemblies. Students also receive individual assistance through counselors and other caring adults.