

Successful Strategies for Supporting Wellness Leadership Committees

Here are some tips to help make your school Wellness Leadership Committee more effective and successful:

Get an Administrator on the Team!

Make sure to have someone on the committee that can address your administrative needs and keep activities on track with your timeline. Administrative support will be key for keeping the group organized and identifying action steps for your wellness leadership committee to complete.

Dedicate a Meeting Time

Sticking to a consistent schedule (time and place) will allow all of your members to get meetings on their calendar and plan for them well in advance. It will also help with challenges in communicating meeting details.

Encourage Team Members to “Step Up to the Plate”

Provide opportunities for committee members to contribute to the group in ways that are small and large, be creative. Consider rotating roles every couple of months so everyone has a chance to step up.

Get the Entire School Involved

Involvement of staff, students and families in your school will ensure the success of your efforts. Diversity of roles on your wellness council will result in broader involvement.

Have the Team Divide into Task Teams

Breaking into smaller task teams will enable the committee to get more done while also engaging more people. Although the school wellness leadership committee should not be too large, task teams will allow members to invite others to become involved.

Set Small, Achievable Goals

As you develop your action plan, include steps that you can complete in one month or two. No goal to make your school healthier is too small, every small change adds up! Giving your committee an early success will help members feel positive about their contributions.

Share Your Progress and Success with Others

Celebrating success is a critical part of team building. Take the time to celebrate and share with others the work you are doing. Consider putting these in family and staff newsletters or share your ‘good news’ at staff and/or parent meetings.