

Policy Systems Activities

Wellness Policies and Wellness Councils: An Introduction

Activity 1. Using a copy of the Miami-Dade County Schools district wellness policy, discuss the strengths and weaknesses of your policy based on the discussion of successful wellness policy slide in the webinar.

Activity 2. If you have a school wellness council or are planning to create one, list and describe three strategies you could utilize to increase diversity, family and student involvement. Use the Healthy Schools Program Framework Criteria as a guide.

3. Review one of the resources listed in the webinar and discuss its usefulness for your efforts to form/sustain your school wellness council or implement your district wellness policy.



Wellness Councils: Engaging Families and Communities in School Health

Activity: In the webinar we discussed an activity called “Collaboration Math” from the Prevention Institute. Identify roles of potential wellness council members and fill out the following matrix. Discuss the overlaps and implications.

Role	How problem is defined	Access to Data	Access to Resources	Approaches/Outcomes
<i>Example; School Nurse</i>	<i>Childhood obesity links to other health issues</i>	<i>Nurse office visits, # of students with obesity related health problems, BMI data</i>	<i>Links with health providers, relationships with families, medical knowledge</i>	<i>Healthcare, individual education, prevention</i>

MATH=Overlaps and Implications:

