

# LET'S MAKE OUR SCHOOL A HEALTHY SCHOOL!

**START**

## Join the Healthy Schools Program

The 6 Step Process is a circular journey where schools continuously take a status check, work on making improvements, learn from successes and challenges and keep pushing the needle forward. When schools repeat the cycle each year, their healthy changes become embedded in the culture of the school and efforts to become a healthy school are sustained.

HERE'S WHAT IT LOOKS LIKE



Your School Wellness Team can move through the 6 Step Process together. That's easy enough to do when you hold regular, quarterly meetings.

HERE'S HOW YOU DO IT

1

### 1st School Wellness Team Meeting

**WHEN:** Within the first 2 months of joining the Healthy Schools Program

**GOAL:** Build your Team and start working on your Assessment.

**AGENDA AND ACTION ITEMS:**

- Decide who will be in charge of completing each of the Modules.
- Print off the Assessment Guide as handout.
- Following the meeting, each Team Member should work on his/her assigned Module.

2

### 2nd School Wellness Team Meeting

**WHEN:** Within the first 4 months of joining the Healthy Schools Program

**GOAL:** Move forward through your Assessment and Action Plan.

**AGENDA AND ACTION ITEMS:**

- Review your Assessment results.
- Choose a Module to focus on this school year.
- Identify 1-3 goals on your Action Plan to accomplish this school year.

3

### 3rd School Wellness Team Meeting

**WHEN:** Within the first 6 months of joining the Healthy Schools Program

**GOAL:** Check your progress on your Assessment and Action Plan.

**AGENDA AND ACTION ITEMS:**

- Update your Assessment.
- Review your Action Plan progress.
- Apply for the National Healthy Schools Award (if applicable).

4 (Final One!)

### 4th School Wellness Team Meeting

**WHEN:** Within the first 9 months of joining the Healthy Schools Program

**GOAL:** Celebrate your accomplishments and plan for next school year.

**AGENDA AND ACTION ITEMS:**

- Review your progress.
- Celebrate your accomplishments of the year.
- Choose a Module to focus on next school year.

**CONTINUE**

You'll want to hold these meetings every school year as you continue to make your school a healthy school!  
[Schools.HealthierGeneration.org](http://Schools.HealthierGeneration.org)

