PTA Health & Wellness
Role and Duties

Wednesday November 8, 2017
Roles of Health & Wellness Reps[4]

- From the CDC’s Whole School, Whole Community, Whole Child Model[1] - 10 broad areas of H&W include:
  - Health Education
  - Nutrition Environment and Services
  - Employee Wellness
  - Social and Emotional School Climate[2]
  - Physical Environment
  - Health Services[3]
  - Counseling, Psychological, & Social Services[3]
  - Community Involvement
  - Family Engagement
  - Physical Education and Physical Activity

[2] This is the focus of the PTAC Social and Emotional Learning Committee
[3] PAUSD provides services
Possible Duties\textsuperscript{[1]}

- Pursue your particular site’s interests and needs.
- Some opportunities:
  - Receive training organized by PTAC
  - Represent school site in district discourse on health and wellness
  - Educate and share health and wellness resources with school site
  - Collaborate with related roles at school site
  - Organize site-specific health and wellness initiatives/ projects/ events
  - Advocate for school site
- Best if it matches with personal passion and interest

\textsuperscript{[1]} Source: School Health and Wellness Role, J. Ferrell/R. Scholl
Going Forward with Health & Wellness

- Time commitment varies with site and tasks, estimated 2-6 hours a month.
- You are all invited to attend and participate in:
  - Your PTA Exec Board Meetings
  - Student Wellness Council
  - Nutrition Committee
  - Project Safety Net
  - PTAC Health & Wellness Committee, working on district wide initiatives
- Keep an eye on continuity, consistency, and succession across school years.
- Document your activities whenever possible for future reps.

Source: School Health and Wellness Role, J. Ferrell/R. Scholl
Going Forward with Health & Wellness

- Examples of activities and projects:
  - Walk/Roll Week
  - Sun Safety Initiatives
  - Noon Angels - observe students at lunchtime
  - Tasting Day/Week, Future Chefs Challenges, A-Z Salad Bar, Harvest of the Month, Mindful Eating Day
  - School Gardens
  - Farm to School-Farmer visits, CSA
  - Challenge Day

Source: School Health and Wellness Role, J. Ferrell/R. Scholl
Going Forward with Health & Wellness

- Check out the PTAC Health and Wellness page for district wide initiatives: https://ptac.paloaltopta.org/health-and-wellness/