

# PTA Health & Wellness Role and Duties

Wednesday November 8, 2017

Palo Alto Council

**PTA**<sup>®</sup>

*everychild.onevoice.*<sup>®</sup>

# Roles of Health & Wellness Reps<sup>[4]</sup>

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

[1] <https://www.cdc.gov/healthyschools/wscw/components.htm>

[2] This is the focus of the PTAC Social and Emotional Learning Committee

[3] PAUSD provides services

[4] Source: School Health and Wellness Role, J. Ferrell/R. Scholl



## Possible Duties<sup>[1]</sup>

- ▶ 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

[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.



# 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/>

