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



- [1] https://www.cdc.gov/healthyschools/wscc/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^[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



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

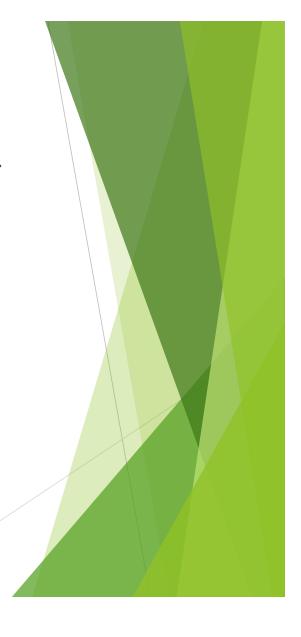


Going Forward with Health & Wellness

- ▶ 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

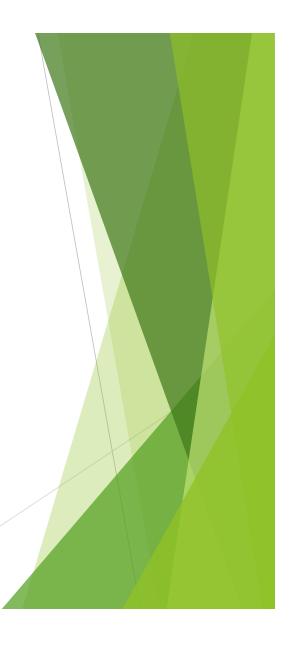


Going Forward with Health & Wellness

- 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/



