

Frederick County PTA Council:

How to Start a Wellness Committee

1 **Gather Your Committee** – A school wellness committee identifies health concerns, leads projects, raises funds, promotes and celebrates successful health initiatives, and helps others replicate their efforts. Contact the Council Wellness Chair for tips on how to begin.

2 **Assess Your School** – Assess the health of your school environment and the amount of physical activity and nutrition initiatives currently available. Identify strengths and areas of weakness to show your team where to focus to make improvements.

3 **Create and Implement an Action Plan** – A clear action plan will serve as a road map for the wellness team and outline priorities and goals that can be accomplished one step and one year at a time.

4 **Find Activities** – Use the wellness section of the County Council website to identify activities that line up with your school's needs and find resources to help you implement those activities. Contact the Council Wellness Chair to help you apply for grants and suggest resources and programs available.

5 **Engage School Staff** – These partnerships can improve staff and student wellness. A school-wide approach improves student learning by promoting consistent messages about healthy behaviors.

6 **Celebrate**– You've done all the hard work. Now show school staff, parents, students and the community that your school is working towards being one of the healthiest in the state! Plan a Wellness Celebration/Assembly to reiterate and reinforce all that has been accomplished this school year!

Wellness Committees support physical activity and nutrition initiatives such as:

- Phys-ed and recess equipment*
- Classroom movement breaks*
- Walk and Bike to School Initiatives*
- School gardens and cooking classes*
- Nutrition Education and Taste-testings*
- Fitness Clubs and Activities*
- Whole & Scratch-made Lunch Options*
- Healthy Snacks at events*
- Health & Wellness Newsletter*

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