

SCHOOL HEALTH TEAM CHECKLIST

The CMS Student Wellness Policy (JL, JL-R) requires that each school has a:

- School Health Team
- Conducts an assessment using a research based tool*
- Develops a 3-year Action Plan
- Completes the Annual Healthy Active Children Compliance Survey

STEPS:

- Review the CMS Student Wellness Policy and Regulation (JL, JL-R)
- Learn more about CMS School Health Teams and the Whole School, Whole Community, Whole Child Model http://cms-k12-nc.granicus.com/MediaPlayer.php?clip_id=1865
- Develop a School Health Team with representation from each section in the Whole School, Whole Community, Whole Child Model (Areas to include: Health Education, Physical Education & Physical Activity, Nutrition Environment & Services, Health Services, Social & Emotional Climate, Counseling, Psychological, & Social Services, Physical Environment, Employee Wellness, Family Engagement and Community Involvement)
- Identify a Team Leader (administrator, Health/PE, School Nurse etc)
- Set Meeting Schedule (at least every other month is recommended)
- Complete a School Assessment (School Health Index can be completed by signing up with the Alliance for A Healthier Generation <https://schools.healthiergeneration.org>)
- Develop an Action Plan (goals and action items can be identified through completing the School Health Index)
- Incorporate Wellness into School Improvement Plan
- Share Action Plan with Stakeholders (School Leadership Team, Staff, Parents)
- Evaluate Progress
- Review and Revise Action Plan Annually

RESOURCES:

CMS Coordinated School Health:

Monica Adamian, (980)343-6269, Email:monicas.adamian@cms.k12.nc.us

CMS Wellness Policy & Regulations (JL, JL-R)

District School Health Advisory Council

Assessment Tools

School Health Index

Alliance for a Healthier Generation www.schools.healthiergeneration.org

Action for Healthy Kids www.actionforhealthykids.org

North Carolina Healthy Schools www.nchealthyschools.org