



# School Wellness Committee

Below is a checklist of suggested school-wide and staff activities your school wellness team or committee can execute throughout the school year. This committee can establish wellness initiatives and support existing school wellness programming. Forming a school wellness team or committee is beneficial to establish and maintain wellness initiatives to ensure your school community stays well all year long!

## School-Wide Activities

- A list of Healthy Schools Programs can be found [here](#).
- Host student fitness activities such as monthly fun runs or walking challenges (refer to link above)
- Organize a school food drive
- Host a fall and/or spring school garden harvest
- Organize a cafeteria taste test
- Create an interactive bulletin board, such as an affirmations station
- Host a family health event/fair, such as a family fun run, game night or cultural food night
- Organize a SEL-week of activities, such as Respect Week or Random Acts of Kindness Week

### Tips for creating your own School Wellness Committee:

- Plan 2-4 meetings per school year
- Establish leaders and meeting agendas
- Organize at least 2 school-wide and at least 2 staff activities or events per school year
- Invite student representatives to participate

Additional information for forming a successful School Wellness Committee can be found [here](#).

## Staff Activities

- Highlight staff achievements in a staff room Wall of Fame or Staff Shout-Out Wall
- Celebrate staff birthdays
- Create virtual or physical wall of positivity with images and words, e.g. pet pictures, funny memes, quotes, reminders, words of wishes, birthday wishes
- "Tag, You're It!" - Depending on the season, provide cut outs (e.g. leaves for the fall, snowflakes for the winter) for staff to fill out with positive affirmations and "tag" a fellow staff's door, desk, or mailbox
- Host a health and wellness PD Day
- Host a staff wellness game event, such as trivia or bingo
- "Secret Buddies" - Assign each staff member a secret buddy to support each other throughout the school year with secret encouragement notes and/or small gifts
- Organize a healthy potluck and/or "recipe swap" event
- Organize before or after school walks

