

School Health Guidelines: School Connection

Guidelines 8 and 9: Employee Wellness and Professional Development

March 2016

Guidelines 8 and 9: Where to Start

School employee wellness and professional development join together to provide role-modeling standards of physical activity and healthy eating. The health and wellness of school employees increases productivity and moral while decreasing absenteeism and healthcare costs.

All school personnel have specialized skills and have a need for periodic professional development to provide quality services for the benefit of students. Professional development geared towards healthy eating and physical activity benefits all employees. It also prepares employees to deliver quality instruction, programs, and practices.

Ideas to Try at School:

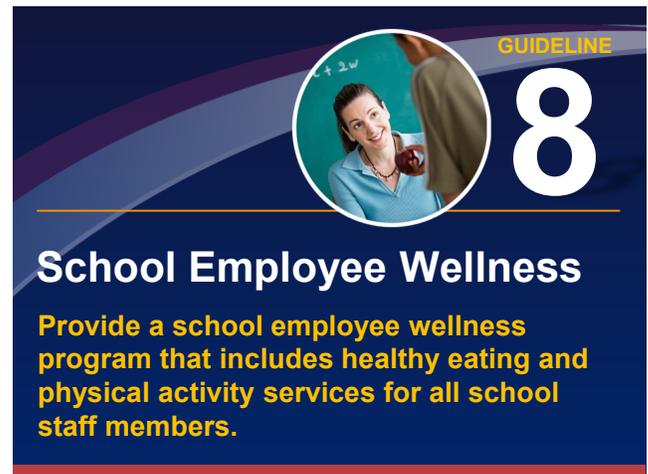
- Start a walking program before/after school for staff
- Implement *Healthy Meeting Guidelines*
- Incorporate physical activity during staff meetings
- Collaborate with community partners and school insurance provider to offer health screens, safety trainings or Lunch and Learns
- Provide school wide PD on impact of mental health, physical health, and nutrition on learning

Healthy Kids Learn Better.

Resources/links:

[School Staff Wellness Guide](http://www.cdc.gov/healthyyouth/npao/schoolemployee.htm): <http://www.cdc.gov/healthyyouth/npao/schoolemployee.htm>

[Healthy Meetings Toolkit](https://www.cspinet.org/nutritionpolicy/healthy-meeting.html): <https://www.cspinet.org/nutritionpolicy/healthy-meeting.html>



The graphic for Guideline 8 features a dark blue background with a purple and yellow curved border at the top. On the left, a circular inset shows a woman in a light blue shirt pointing at a chalkboard with the equation $x + 2y$. To the right of the circle is the word "GUIDELINE" in yellow, followed by a large white number "8". Below the number, the title "School Employee Wellness" is written in white. Underneath the title, the text "Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members." is written in yellow.

One of the most important things we adults can do for young children is to **MODEL** the kind of person we would like them to be.



The graphic for Guideline 9 features a dark blue background with a purple and yellow curved border at the top. On the left, a circular inset shows a man in a brown suit and red tie holding a white folder. To the right of the circle is the word "GUIDELINE" in yellow, followed by a large white number "9". Below the number, the title "Professional Development" is written in white. Underneath the title, the text "Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school-time programs." is written in yellow.

Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and 515.281.5327

{Provided by 1305 CDC Grant}

School Health Guidelines: Home Connection

Final Guidelines for Home: Personal Care and Health Literacy

March 2016

Working Together

The school focus this month was on staff wellness and professional development. For the home connection, parents/families can focus on personal care and health literacy.

Parents/families are the number one resource to provide care for their children. It is important for parents to care for themselves so they are able to care for others. Take time to eat healthy, be physically active, and have some social supports.

Social media has exploded with health information that is not always accurate. Be mindful and seek information from reputable resources. Have face to face conversations with healthcare and local service providers.

Ideas to Try at Home:

- Get plenty of rest, drink water, eat healthy, be physically active every day
- Get on-line health information from hospitals, CDC, Public Health, and sites such as American Cancer Society
- Set realistic health goals for yourself
- Manage stress in positive ways
- Have fun and enjoy your kids

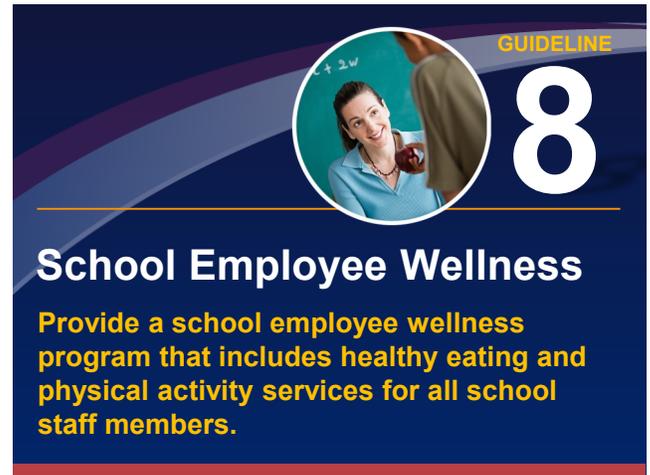
Healthy Kids Learn Better.

Resources/links:

Health Literacy: <http://www.cdc.gov/healthliteracy/>

Healthy and Safety Quizzes: <http://www.cdc.gov/family/quiz/>

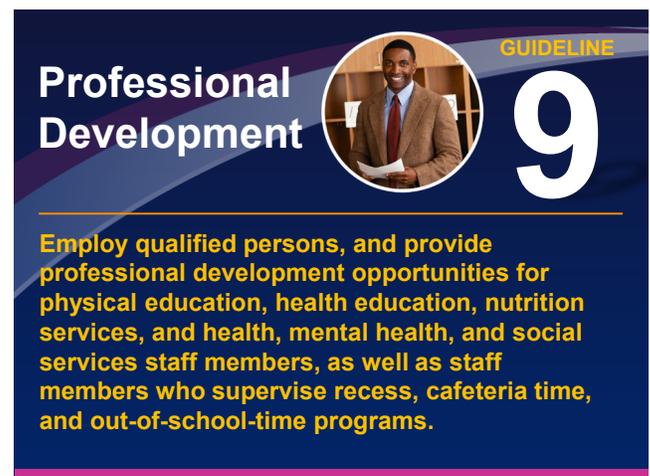
Five Minutes for Health: <http://www.cdc.gov/family/minutes/index.htm>

A graphic for Guideline 8. It features a dark blue background with a purple and yellow curved border at the top. On the left, there is a circular inset image of a woman in a light blue shirt pointing at a chalkboard with the equation 'x + 2w'. To the right of the image is a large white number '8'. Above the '8' is the word 'GUIDELINE' in yellow. Below the '8' is the title 'School Employee Wellness' in white. Underneath the title is the text 'Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members.' in yellow.

School Employee Wellness
Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members.

A graphic with a white background and a red border. The text is arranged in three lines: 'Happy, Healthy' in a black cursive font, 'Parents' in a bold black sans-serif font, 'Make Happy,' in a black cursive font, and 'Healthy Children' in a bold black sans-serif font.

Happy, Healthy
Parents
Make Happy,
Healthy **Children**

A graphic for Guideline 9. It features a dark blue background with a purple and yellow curved border at the top. On the left, there is a circular inset image of a man in a brown suit and red tie holding a document. To the right of the image is a large white number '9'. Above the '9' is the word 'GUIDELINE' in yellow. Below the '9' is the title 'Professional Development' in white. Underneath the title is the text 'Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school-time programs.' in yellow.

Professional Development
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