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 is 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:


Healthy Meetings Toolkit: https://www.cspinet.org/nutritionpolicy/healthy-meeting.html

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.

Professional Development

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.

Questions? Need more information?

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(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

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