

# The role of Parents, Students and Community Members on School Wellness Committees



CREATING HEALTHY  
SCHOOLS AND  
COMMUNITIES

## Wellness Wednesday Webinar

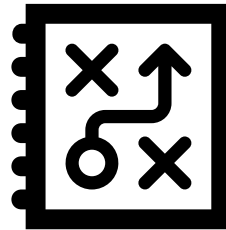
Sarah Whiteway & Kate Huber

# Today's outline

Including parents, students and community members  
on wellness committees



Why



Challenges



How to

# Why include students, parents and community members?

Federal requirement

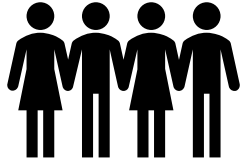
Provides diverse voices and new ideas

Spread the work among many people

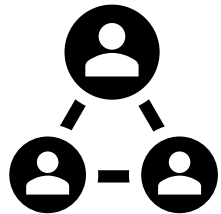
Provide different expertise

**Do you have students, parents  
or community members on  
your wellness committee?**

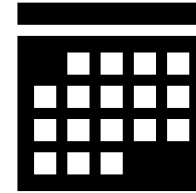
# Challenges



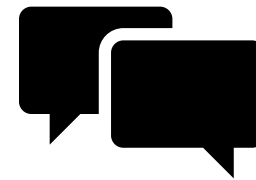
Recruiting members



Creating meaningful  
roles



Scheduling meetings



Requires more intentional  
communication



**Recruiting members**

# Recruiting

Send mass open invitation to join

Hold an informational meeting

Flyer or table at open house

Send personal [invitations](#)





# Scheduling meetings



# Scheduling meetings

Consider a variety of times/dates

Change meeting location

Hold virtual meetings





# Creating meaningful roles

# Meaningful roles

Attending without a role doesn't work for most.

Ask them why they joined? What do they want the committee to accomplish?

Add these to the committee action plan

Create subcommittees

# Activities for students

Solicit student feedback on school meals, taste tests, vending machine options.

Presenting wellness activity ideas to the school board.

Liaison between student leadership council and wellness.

Create wellness marketing/promotion material for students.



# Activities for parents

School Health Index- modules 10 and 11

Assessing the wellness policy and suggesting updates.

Creating surveys for parents or students.

Volunteering with school gardens, walking clubs, before or after school playground supervision.

Fundraising or soliciting donations for wellness initiatives



# Activities for community members

School Health Index- Module 11

Staff wellness

Community- school joint use agreements

Plan events

Health fairs for students, staff and/or community

# Safe routes to schools

Organize a walking school bus or bike bus

Plan a walk-bike-roll to school event

Coordinate with the town or city to create safe route maps

Organize a walk-about or bike-about





# Intentional communication



# Intentional communication

Meeting minutes taken and sent out

Shared drive

Committee members with contact info

Calendar of meetings and activities

Meeting minutes

Action plans – with room to add notes

**Just because people don't join the committee doesn't mean that they are not interested.**

**Keep them updated on your goals, progress and successes!**

# Increasing involvement

There are other ways to be involved in school wellness without joining the committee.

Solicit feedback from students and parents around your wellness initiatives.

Add wellness committee updates to school/district newsletters

Make wellness committee meeting minutes or outcomes public.

Make school wellness assessments (SHI, WellSAT, WPAT) public.

# Resources

[FS1239: School and Family Partnerships Promote School Wellness \(Rutgers NJAES\)](#)

[Parent Engagement in Schools | Adolescent and School Health | CDC](#)

[SRTS Guide: Introduction to Safe Routes to School: the Health, Safety and Transportation Nexus \(saferoutesinfo.org\)](#)