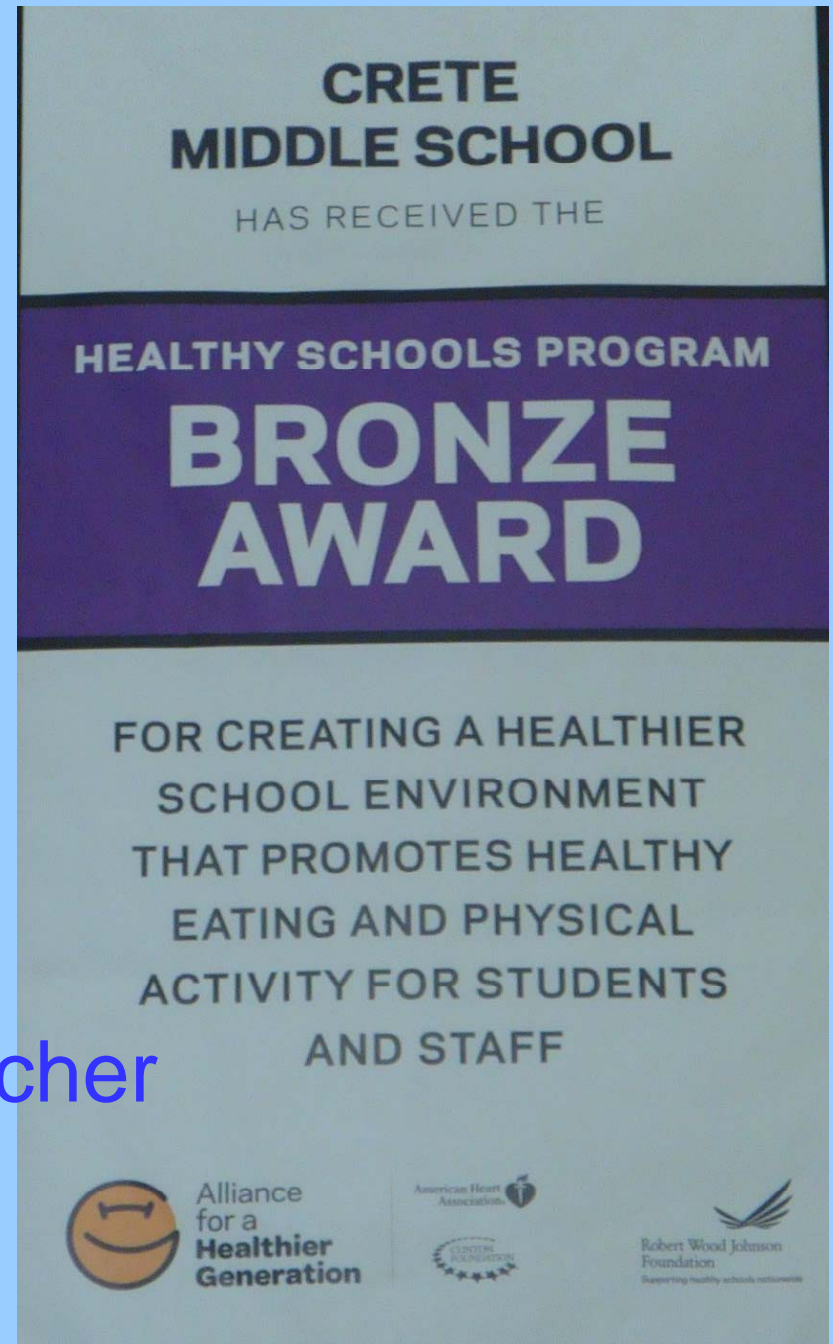


# Strategies for Engaging Students in Wellness Initiatives

Becki Deisley

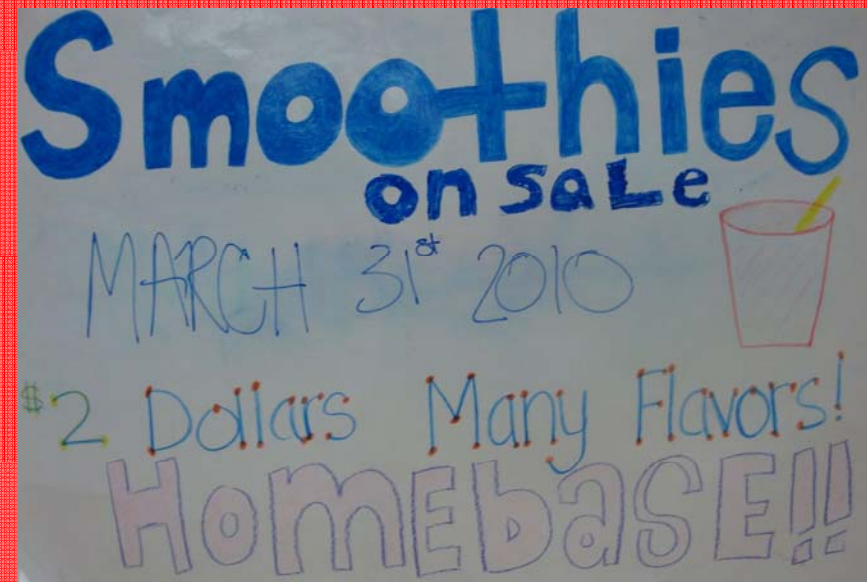
8<sup>th</sup> Grade Health / PE Teacher

Crete Middle School



# Programs CMS Offers....

- Morning Activities in the gym
- Lunch recess and game competitions
- Developed wellness councils for the 7<sup>th</sup> and 8<sup>th</sup> grades



# Programs CMS Offers...



- Smoothies (Fundraiser)
- Jammin Minute
- Fit Tip of week (During announcements)



# Program Planning: Identify Students Interests

- 7<sup>th</sup> grade voted for class reps
- 8<sup>th</sup> grade held info meetings, then wrote essay (Hand picked 6 from essays)
- LISTEN! Students have ideas and want to be heard
- Win over food service department
- Administration – Get on board

# Why Is It Important to Engage Students in Wellness Initiatives?

- They are our future leaders
- They can help communicate to students and provide support
- Gives sense of pride
- Builds self-confidence



# Implementing Wellness Program

## Successes...

- Student leadership
- Wellness council made smoothies for staff development day
- National recognition (Alliance for Healthier Generation)
- Nebraska Action for Healthy Kids Silver Award (2009 and 2010)



Alliance  
for a  
Healthier  
Generation



# Implementing Wellness Program

## Successes...

- Fuel Up to Play 60 winner (State of Nebraska)



# Implementing Wellness Program

## Challenges...

- Prioritizing ideas and areas of focus
- Narrowed ideas to 3 main areas
  - Smoothies
  - Ala Carte items
  - Fit questions
- Meetings (Twice monthly)



Alliance  
for a  
Healthier  
Generation



# Suggestions for Other Schools...

- Choose highly motivated and reliable students
- Have roles established early
- LISTEN
- Invite administration
- Delegate tasks
- Hold accountable
- Praise and recognition

