

It Starts with a Foundation

**Building a Successful School
Wellness Council (SWC) /
School Health Advisory
Council (SHAC)**

*If schools do not deal
with children's health
by design,
they deal with it by
default.*

Health is Academic, 1997

What are SWCs/SHACs?

A SWC/SHAC is a group made up of individuals who represent the school and community population. The SWC works together to lead and implement all aspects of developing a healthy school environment.

Why have a SWC/SHAC

- **Schools can't do it alone.**
- **Research endorses community connections and involvement for children and youth.**
- **Changing systems require infrastructure to support that change over time.**
- **NDE CSH Policy requires a district SHAC & a building School Health Team**

Benefits of a SWC/SHAC



Group Dynamics

Identify 3 groups you are a member of. Pair with someone and share how you feel about being a member of these groups.

- **What do you like about it?**
- **What is a challenge?**
- **What keeps you coming back?**

SWC/SHAC Team Member Qualities

- **What types of people would make good council members?**
- **Ripped From the Headlines**

Ripped from the Headlines

Who in your
school and
community
would care?

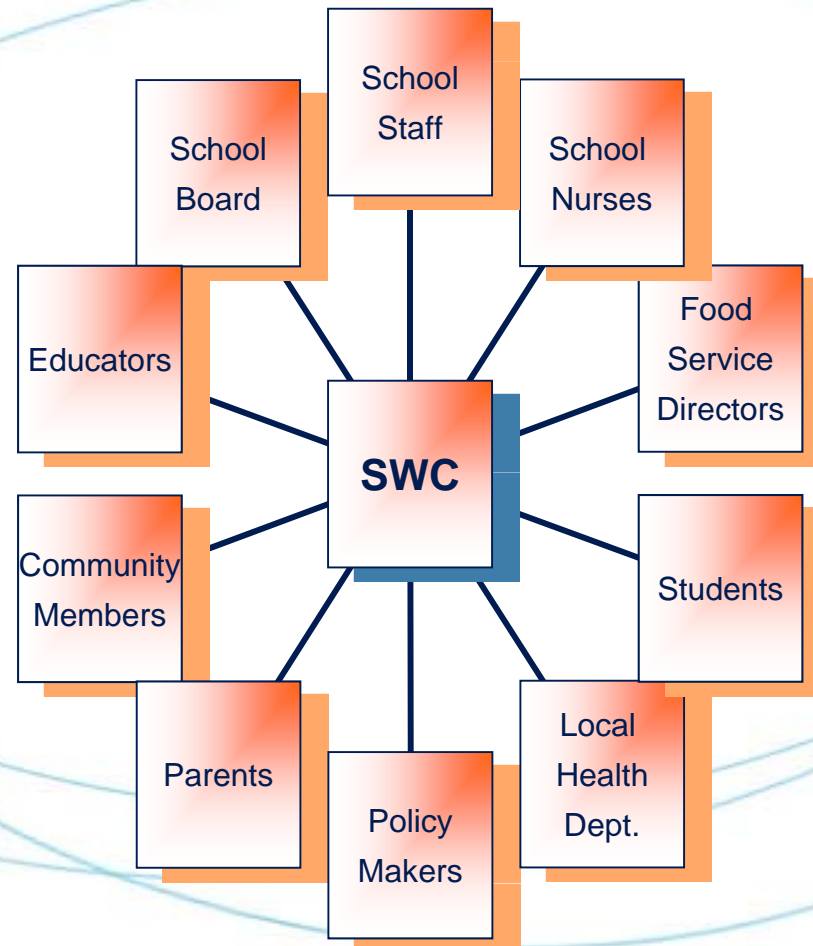


The Headlines

- **Outbreak of Illness Linked to the School Cafeteria**
- **High School Senior Killed in Head-On Crash Returning to School from Lunch**
- **School Budget Cuts Result in Elimination of Middle School Sports Across District**



Possible Members of a School Wellness Council



Keep In Mind, Membership Should...

- Represent the diversity of your community.
- Involve people with a deep understanding of the culture, norms and dynamics of your community.
- Involve people with a passion for kids health.
- Include people who can commit the time.
(VALUES)
- Include key players/influencers in the school and community.
- Involve formal and informal members of your school community.

Before You Recruit SWC/SHAC Members...

- **Be able to articulate your purpose.**
- **Draft SWC/SHAC roles and responsibilities.**
- **Have a meeting structure in mind (how often, how long), but don't be wedded to it.**

When approaching new SWC/SHAC members...

- Put yourself in their shoes.**
- Help them understand what they can contribute and how they can benefit.**
- Be sensitive to constraints on their time and resources.**

A Process for Change

- **Planning**
- **Advocacy**
- **Education**
- **Resource Mapping**
- **Accountability**

Stages of Change

Adopter of Change

- Awareness
 - Preparation
 - Practice
 - Mastery/Integration
 - Renewal
- Innovator
 - Leader
 - Early Majority
 - Late Majority
 - Resister

What are the Functions of a SWC/SHAC

- **Create a vision and goals for its school's CSHP (Planning, Preparation, Practice)**
- **Assess, advise, assist and support the school on all parts of its Coordinated School Health program (Planning, Preparation, Practice)**
- **Promote school, parent and community involvement (Education, Awareness)**

What are the Functions of a SWC/SHAC

- **Advocate for school health within the broader community (Advocacy, Awareness, Practice)**
- **Access and link with community health services and resources (Resource Mapping, Awareness, Integration)**
- **Implementation, Evaluation and Celebration (Accountability, Mastery/Integration, Renewal)**

Key Elements to Making your SWC/SHAC Efficient and Effective

- Active administrative support is a valuable thing (influence and advocacy)
- Do not overlook hidden powerhouses in your school and community
- Find a common and consistent meeting time and use your action plan as a standing agenda. Make sure your action plan includes "who will do what by when".

Key Elements to Making your SWC/SHAC Efficient and Effective continued...

- Find ways to communicate effectively with the entire team
 - Share the love by identifying who will do what. Steer clear of one person shows.
- Stick to a process which includes:
 - Assessment
 - Action planning
 - Resource brokering
 - Action (Implementation)
- Don't forget to celebrate and evaluate your work and put it in writing

Insuring your Efforts

How to keep Energy in your SWC/SHAC

- **Be consistent and “Have a game plan” (Time well spent)**
- **Engage the entire group (Valued member of the council)**
- **Action- Be a part of something that’s making a difference**
- **Share your success’s with the masses! (Community needs to know!)**
- **Take time for reflection (Evaluate and make adjustments)**

SWC/SHAC Members Stay Involved Because...

- **They are invested in the vision and mission.**
- **They feel a part of the decision-making and action plan implementation.**
- **They are recognized for their accomplishments.**
- **They feel like their time is well-spent.**

What's Next?

- **Develop a list of potential SWC/SHAC members and identify how they can benefit from being involved.**

SWC/SHAC Possible Members

Head Start

-
-

Health Departments

-
-

Community Organizations

-
-

UNL Extension

-
-

Faith-Based Organizations

-
-

School

-
-
-

Recreational Organizations

-
-

Cultural Centers

-
-

Parents

-
-

School Board

-
-

Higher Education

-
-

ESUs

-
-

Other

-
-



Recruit and Orient Your SWC/SHACs

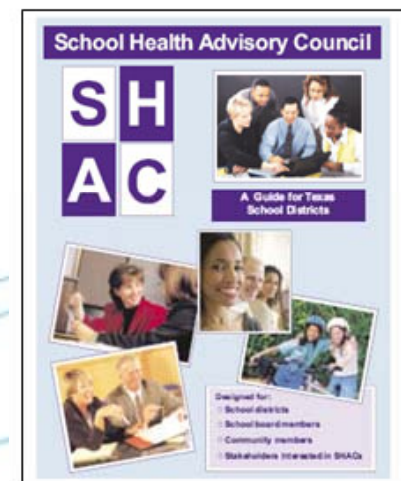
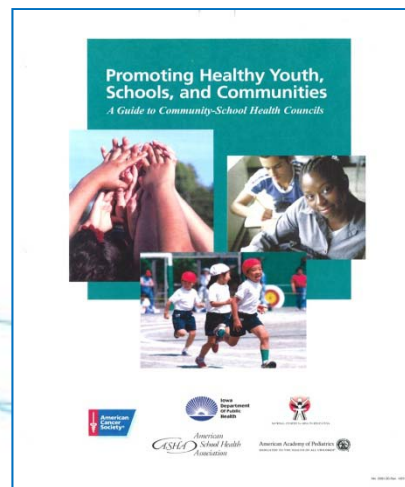
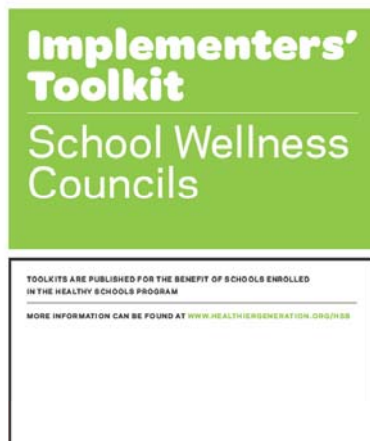
- Gain administrator commitment to work on school health.
- Invite and involve the right people - cheerleaders and nay-sayers.
- Use the first meeting to orient members to the importance of school health.
- Establish group norms and decision-making processes.
- Encourage members to invite one additional person to the next meeting.
- Identify next steps.

Resources

School Wellness Council Implementers' Kit
<http://www.healthiergeneration.org/schools>

**Promoting Healthy Youth, Schools and Communities:
A Guide to Community-School Health Councils**
http://www.cancer.org/downloads/PED/Guide_to_Community_School_Health_Councils.pdf

SHAC: A Guide For Texas School Districts
<http://www.dshs.state.tx.us/schoolhealth/SHACGuide2007.pdf>

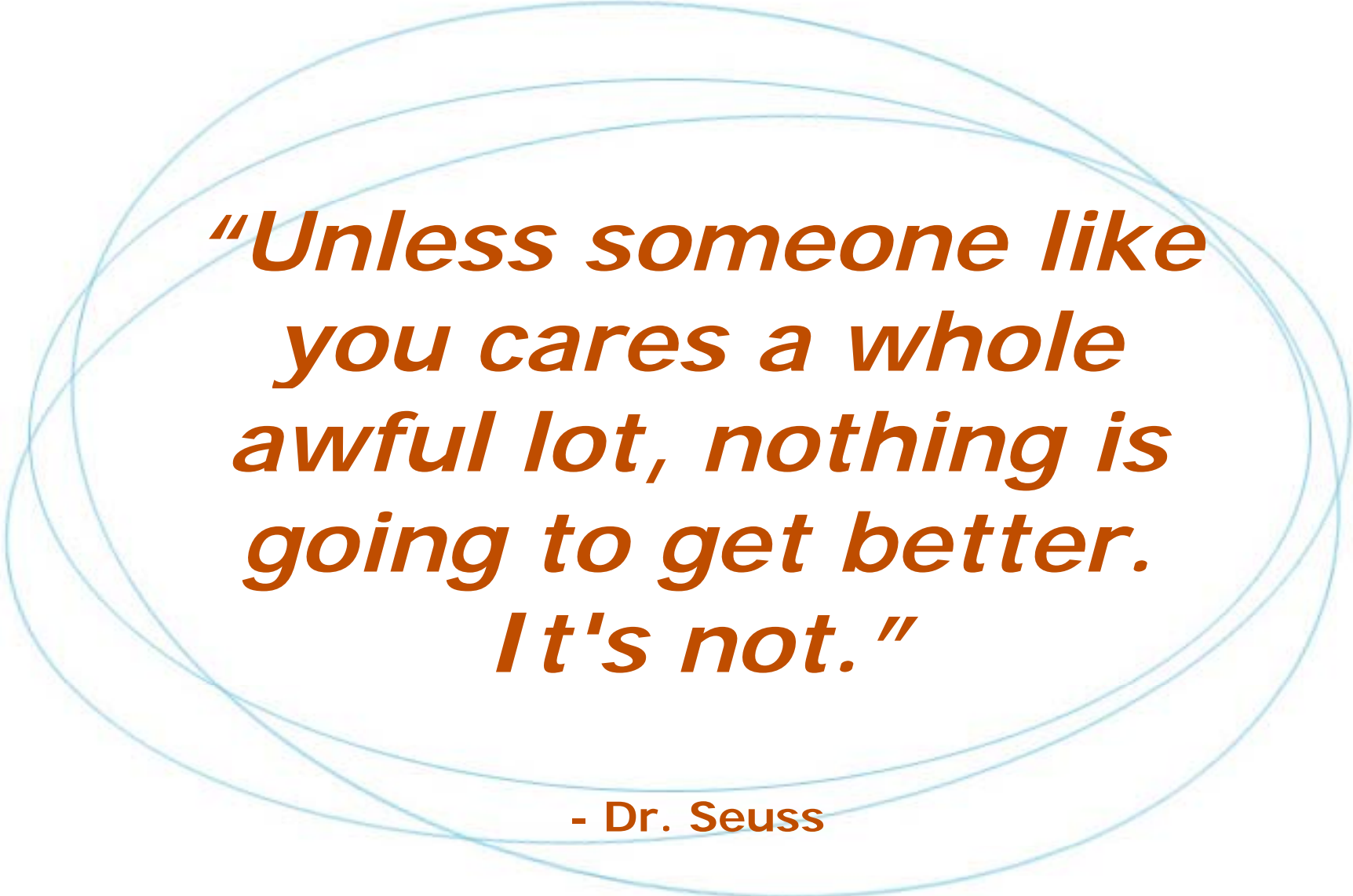


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**“Never doubt that a small group of thoughtful,
committed citizens can change the world.
Indeed, it is the only thing that ever has.”**

- Margaret Mead



***“Unless someone like
you cares a whole
awful lot, nothing is
going to get better.
It's not.”***

- Dr. Seuss