

What's your super power?

Identifying YOUR assets and using them to grow your wellness efforts



Presenters:

Michelle Moreau, WI Comprehensive Cancer Control Program
Julia Stanley, Dane County Healthy Kids Collaborative

Let's get to know each other



Why is this important?

Healthy kids are better learners!

- ▶ Participation in the USDA School Breakfast Program is associated with increased grades and standardized test scores, reduced absenteeism, and improved cognitive performance
- ▶ Lack of adequate consumption of specific foods such as fruits, vegetables, or dairy products is associated with lower grades
- ▶ Hunger due to insufficient food intake is associated with lower grades, higher rates of absenteeism, repeating a grade and an inability to focus

Source: CDC Health & Academic Achievement



Why is this important?

Healthy kids are better learners!

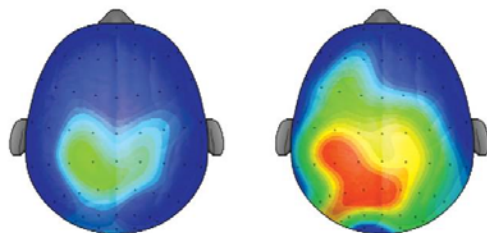
- ▶ Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behaviors
- ▶ More participation in physical education class has been associated with better grades, standardized test scores, and classroom behavior
- ▶ Time spent in recess has been shown to positively affect students' cognitive performance and classroom behaviors
- ▶ Brief classroom physical activity breaks (5-10 min) are associated with improved cognitive performance, classroom behavior and educational outcomes

Source: CDC Health & Academic Achievement



Healthy kids are better learners!

The Brain on Exercise



After 20 minutes of **Sitting Quietly**

After 20 minutes of **Walking**

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What's your "why?"

Action Planning

What's your why? List three reasons why this work is important - you never know when you'll have the chance to share your story and recruit a new team member!

- 1.
- 2.
- 3.

TEAM
Together Everyone Achieves More

WHO'S ON YOUR TEAM?

WHO CAN YOU REACH OUT TO?

SWOT Analysis

Strengths
(internal, positive)

Weaknesses
(internal, negative)

Opportunities
(external, positive)

Threats
(external, negative)

TO DO:

-
-
-

Prioritizing Your Work

Priority Action Item	Is it Sustainable?	Is it Rewarding?	Is it Feasible?	Comments

CDC Whole School, Whole Community, Whole Child Model Coordinated Approach



Wellness Policy

- ▶ Required for all districts that participate in the National school Lunch Program
- ▶ Final rule was published on July 29, 2016 and can be found online
 - ❖ <https://www.fns.usda.gov/tn/local-school-wellness-policy>
- ▶ Wisconsin Health Atlas
 - ❖ <https://www.wihealthatlas.org/lwp/>
 - ❖ View district scores
 - ❖ See best practices and model language



Identifying Needs/Priorities

- Assessment tool
 - ❖ Action for Healthy Kids – actionforhealthykids.org
 - ❖ Alliance for a Healthier Generation – schools.healthiergeneration.org
 - ❖ ASCD – ascd.org
 - ❖ CDC School Health Index - cdc.gov/healthyschools/shi/index.htm

- Things to consider:
 - ✓ Who are you hearing from?
 - ✓ Who are you **NOT** hearing from?

A *W* E B

You need a team!

- ▶ Who has an interest in wellness?
- ▶ Who do you need to get things done?
- ▶ Who has the expertise that you need?
- ▶ Don't forget family members, students and community members!

"Teamwork is the secret that makes common people achieve uncommon results."



CDC Whole School, Whole Community, Whole Child Model Coordinated Approach



Know Your Strengths...and Weaknesses



Strengths

Positive INTERNAL Factors

- What are your assets?
- Which is the strongest?
- What makes your school unique?
- What makes your school great?
- What advantages might you have?
- What do your students, parents or community members recognize that you do well?
- Consider staff with special interests/passions

Weaknesses

Negative INTERNAL Factors

- What areas do you need to improve on?
- Are there areas where you are lacking in knowledge or expertise?
- Do you have the necessary resources?
- Do you have the right people involved?
Who are you missing?

Opportunities

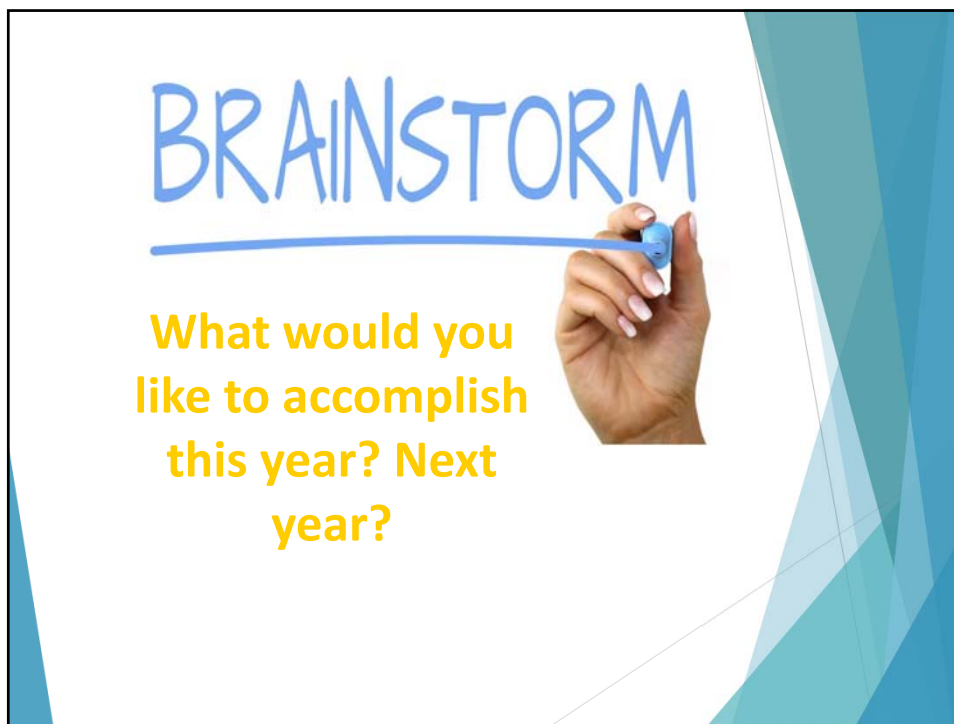
Positive EXTERNAL Factors

- Are there grants available that you may qualify for?
- Local partnerships in the community
- Training opportunities
- Parents, staff connections

Threats

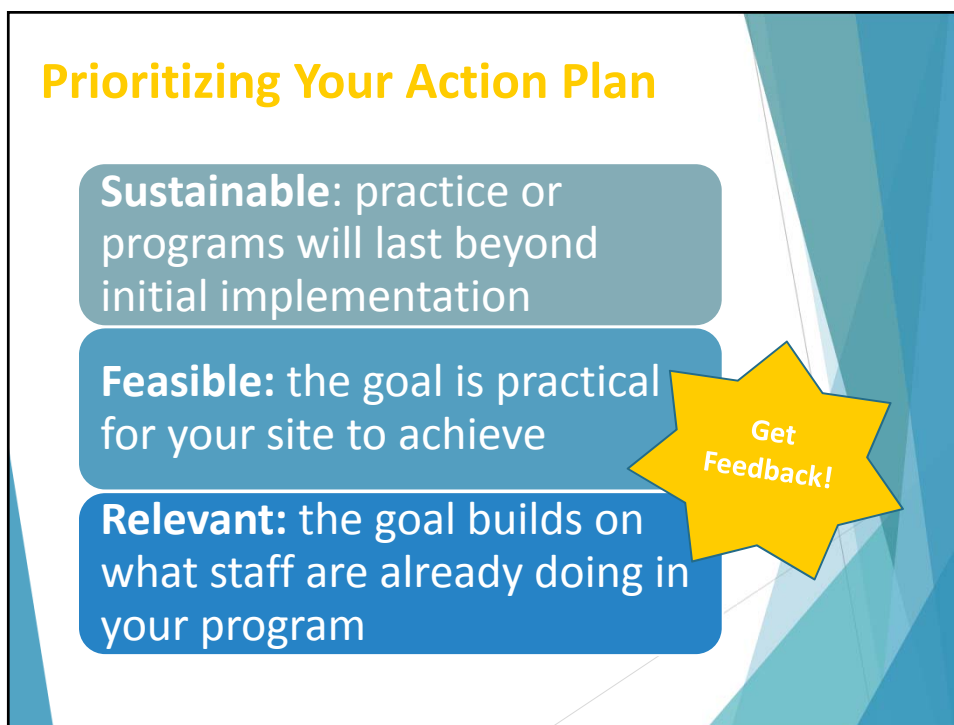
Negative EXTERNAL Factors

- What are any negative aspects of your current situation?
- What are some obstacles you're facing?
- Are there current laws you need to be aware of?



BRAINSTORM

What would you like to accomplish this year? Next year?



Prioritizing Your Action Plan

- Sustainable:** practice or programs will last beyond initial implementation
- Feasible:** the goal is practical for your site to achieve
- Relevant:** the goal builds on what staff are already doing in your program

Get Feedback!

Define Success

Pick 1-2 Action Items

Action Plan

SMART Goals & Action Steps
 SMART: Specific, Measurable, Attainable, Realistic, Timely

Goal #1:

Action Steps

1	
2	
3	
4	
5	
6	
7	
8	

Goal #2:

Action Steps

1	
2	
3	
4	
5	
6	
7	
8	

Promotion
 Please describe how you plan to communicate and promote your new initiative to staff, students and/or community members.

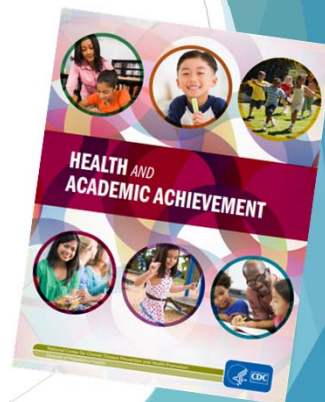
Evaluation
 Please describe how you plan to track, measure and evaluate your efforts.

Budget Detail
 Please describe how you will use your funds to support your goals.

	Budgeted Amount	Actual Budget
1		
2		
3		
4		
5		
6		
7		
8		
TOTAL		

Resources

- [CDC Health & Academic Achievement](#)
- WI Department of Public Instruction
 - wi.dpi.gov
 - [Team Nutrition](#)
 - [Physical Education & Physical Activity](#)
 - [Health Education](#)
 - [School Mental Health](#)
- [Alliance for a Healthier Generation](#)
 - Healthiergeneration.org
- [Action for Healthy Kids](#)
 - Actionforhealthykids.org



Celebrate!



What do you plan to do?

What 1-2 action items do you plan to accomplish?



Port Washington



Team Time

- ▶ Discuss your thoughts and ask for feedback
- ▶ Create a plan to involve those who are missing

Action Planning

What is your why? List three reasons why this work is important, why your organization should take responsibility for this project and how you will measure it.

1. _____

2. _____

3. _____

SWOT Analysis

Strengths	Internal positive
Weaknesses	Internal negative
Opportunities	External positive
Threats	External negative

TO DO:

- _____
- _____
- _____

Prioritizing Your Work

Task	Priority	Start Date	End Date

Questions?

Michelle Moreau- Wisconsin Comprehensive
Cancer Control Program

mlmoreau@uwcarbone.wisc.edu

608-265-9129

Julia Stanley – Healthy Kids Collaborative

jstanley@uwhealth.org

608.890.6001



Questions? Comments?

