IT’S TIME TEXAS SUMMIT
AUGUST 2, 2016
Empowering Healthy Students, Families, and Employees as Catalysts for Change
An Action Plan
For Empowering
All of Us
Formulate YOUR Leadership Position

Your actions reveal your values, especially over time.

Do you believe you have any ownership in the health and wellness of your staff and students? Yes or No?

How strong do you believe the connection is between student and staff health and your students academic performance and staff productivity?

None 0 ............ 10 Total
Key Factors for Success:

Campus:
- Principal buy-in and willingness to stimulate change.
- Strength of Parent Relationships within the school.
- Attitude of the Nurse.
- Commitment Level of the PE department to wellness.
- Behavior of the teachers in regards to their own health and well-being and to the Whole Child model.
Key Factors for Success:

**District**
- Superintendent’s Values.
- Governance evidence: SHAC role.
- Degree of translation of WSCC model to action plans.
- Leadership view of community partner opportunities.
- Relationship with city hall.
Key Factors for Success:

Parents:

• Meeting them where they are.

• Embracing cultural richness.

• Understanding School as the CENTERPOINT
Network

This is perhaps the leader’s greatest opportunity to make a positive difference.
Texas agriculture chief Sid Miller declares cupcake 'amnesty' for sugary snacks in schools

“We haven’t reduced childhood obesity even with us putting in these rules,” Miller said. “It hasn’t helped, so we’re going to roll those back and let those decisions be made at the local level.”
Promote Staff Health & Wellness
Frisco ISD Strategic Plan: 3.2

STRATEGY: Implement creative ways to nurture the whole employee with the goal of retaining quality staff.

SPECIFIC RESULT: Ensure that each employee is healthy, safe, engaged, supported and challenged to promote long-term, sustainable development of a balanced lifestyle, ultimately promoting success and retention within the FISD community.
Gone for a Walk!
Back in 30 minutes!

Plan Big and Small Changes For Students
Frisco ISD Strategic Plan: 6.1

STRATEGY: Develop a comprehensive program to meet the needs of the Whole Child philosophy.

SPECIFIC RESULT: Maximize the effectiveness of health and wellness programs for students.
• Efforts to engage students in food and exercise education: help them take control.

• Change the way we think about food in schools: eliminate the silos. Bring in Salad bars!

• Change the way we think about movement in schools: sit... move... sit is GONE.

• Eliminate barriers that become excuses: dressing out, no food in the classroom, exercise as punishment, loss of recess.

• Reduce sugar and educate about sugar in foods.

• Facilitate walking/biking to and from school.

• Expect and facilitate student clubs based on movement and exercise.

• Make physical changes including furniture: standing desks, balance balls, exercise equipment.

• Is a school-based health clinic a game-changer for your district?

• P.E. & Health as CORE Curriculum.
• Expect campuses to coordinate student workloads.

• Do all you can to expand mental health services for students.

• Treat all student issues holistically: is YOUR kid okay?

• Defend joy and happiness in schools.

• Students don’t have to hit a home run every day.

• Celebrate successes relentlessly.
Leadership In Action

1. Formulate your leadership position.
2. Assign ownership.
3. Network.
4. Promote staff health and wellness.
5. Plan big and small changes for students.
An Action Plan For Empowering All of Us