



→ #COHealthySchools

Creating Tomorrow's Wellness Leaders Today

March 3, 2017

THE FIT, THE PROUD, THE MERINO RAMS



➔ #COHealthySchools

What do YOU Know?

<https://kahoot.it/>

Objectives:

- Identify the possibilities of what a student-led wellness committee can do
- Explain how our wellness committee functions
- Share the lessons we have learned that makes us successful



Our Starting Place...



2009-2010



[#COHealthySchools](https://twitter.com/COHealthySchools)

Student-led Wellness Committee



Why? Adult Perspective

→ #COHealthySchools

Wellness Team



How We Operate

[→ #COHealthySchools](https://www.instagram.com/COHealthySchools)

Lessons Learned for a Successful Student-led Wellness Team

- Get Better Solutions with Diversity
- Create Tomorrow's Leaders Today
- Involve the Entire School Community
- Have an End Goal
- Visible Results Confirm Ideas
- Creating Competitions and Fresh Big Activities
- Prioritize the Year's Goals



→ #COHealthySchools

Get Better Solutions with Diversity



➔ #COHealthySchools

Create Tomorrow's Leaders Today



→ #COHealthySchools

Involve the Entire School Community



Wellness Policy Revisions

[#COHealthySchools](https://twitter.com/COHealthySchools)

Involve the Entire School Community



Smart Source

[#COHealthySchools](https://twitter.com/COHealthySchools)

Involve the Entire School Community



Hydration Stations



[#COHealthySchools](https://twitter.com/COHealthySchools)

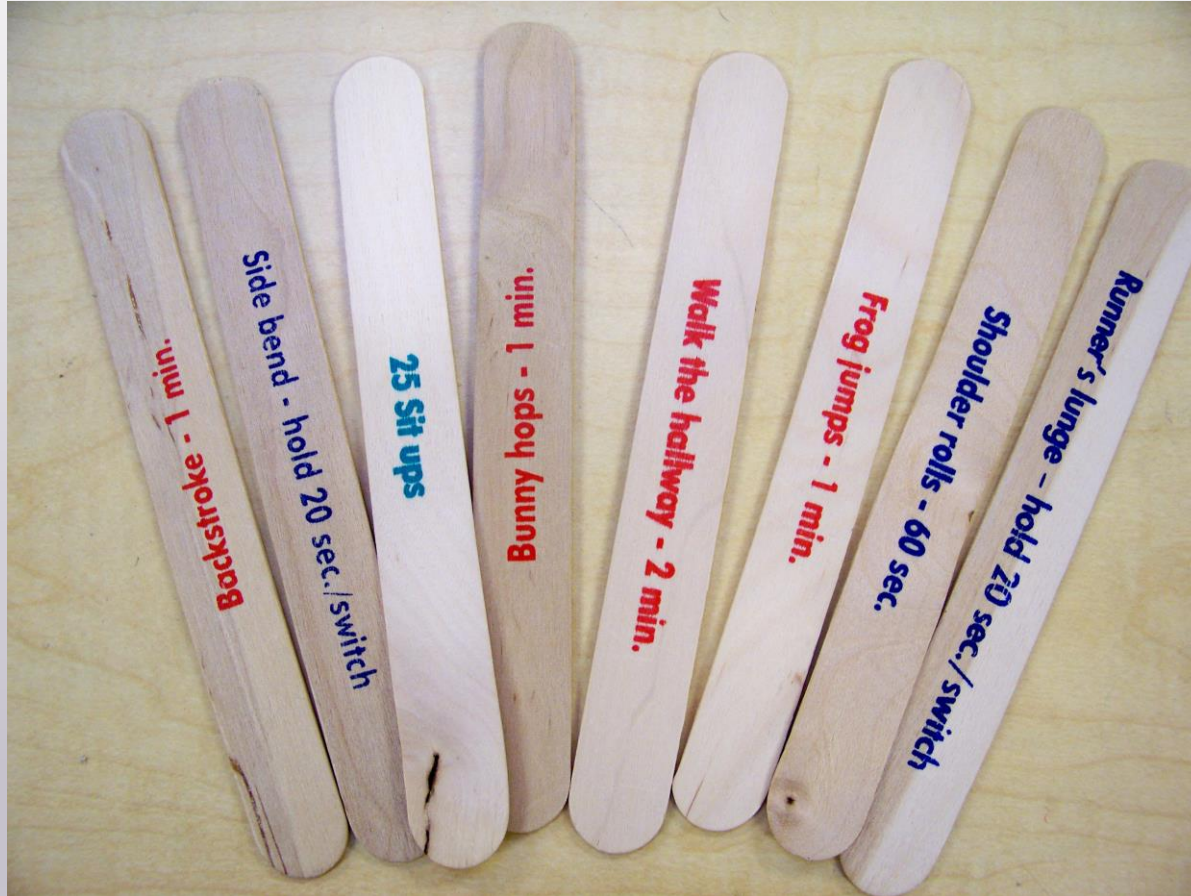
Involve Entire School Community



Physical Activity Breaks

[→ #COHealthySchools](https://twitter.com/COHealthySchools)

Involve the Entire School Community



Fit Sticks

[#COHealthySchools](https://www.instagram.com/COHealthySchools)

Have an End Goal – Life-long Wellness



Elementary Walk-a-thon

→ #COHealthySchools

Have an End Result – Life-long Wellness



Veterans Day Color Run

➔ [#COHealthySchools](https://www.instagram.com/COHealthySchools)

Have an End Goal – Life-long Wellness



Walk with Knowledge

[#COHealthySchools](https://twitter.com/COHealthySchools)

Visible Results Confirm Ideas



Learning Landscape

[#COHealthySchools](https://twitter.com/COHealthySchools)

Visible Results Confirm Ideas



Fit Trail

[#COHealthySchools](https://twitter.com/COHealthySchools)

Visible Results Confirm Ideas

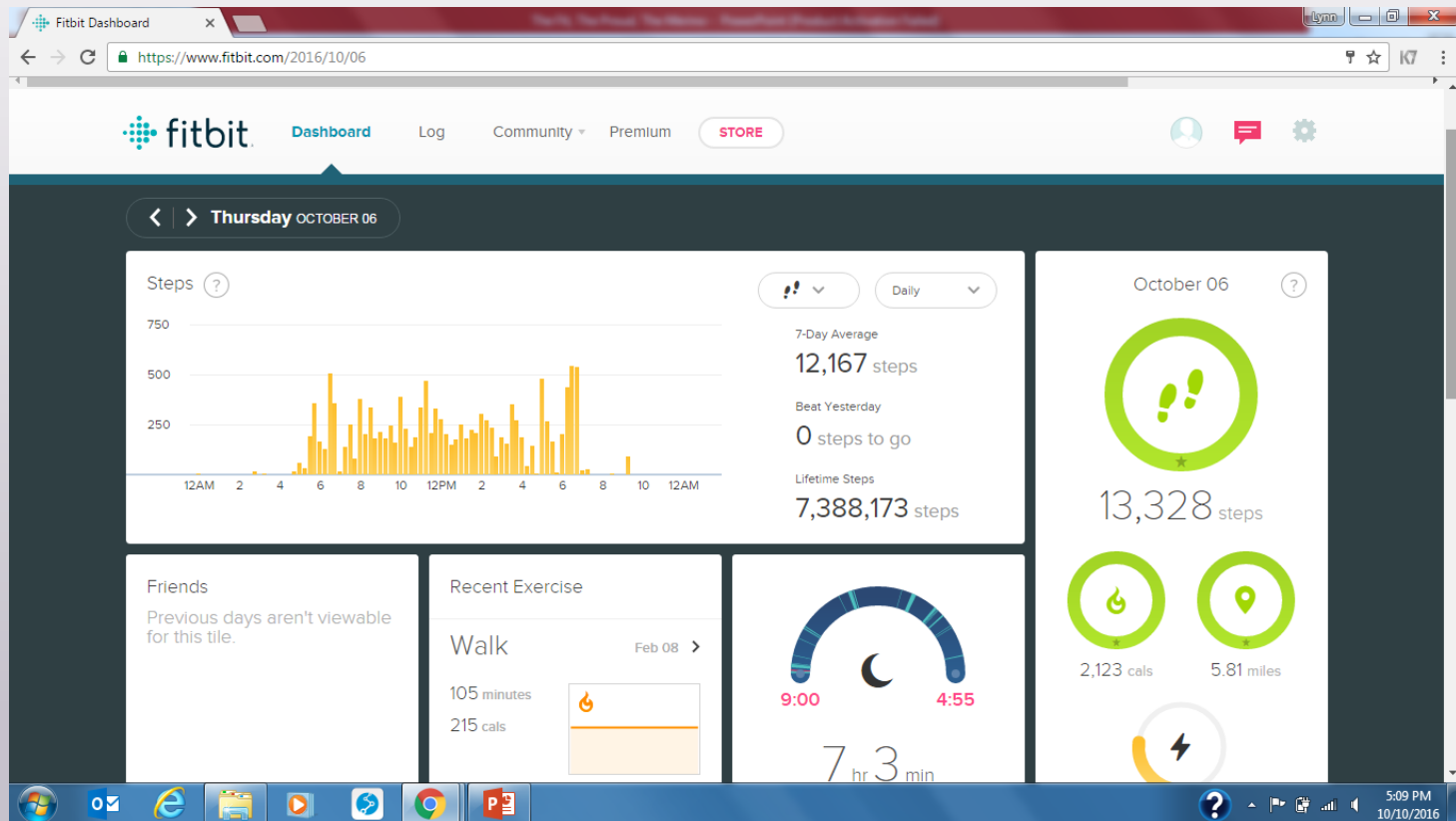


High School and Elementary School
Salad Bars



[#COHealthySchools](https://twitter.com/COHealthySchools)

Visible Results Confirm Ideas



Fit Bits



[#COHealthySchools](https://twitter.com/COHealthySchools)

Create Competitions and Fresh Big Activities



Shoe Trophy

[→ #COHealthySchools](https://www.instagram.com/COHealthySchools)

Create Competitions and Fresh Big Activities



Amazing Hike - Rocky Mountain
National Park

[→ #COHealthySchools](https://www.instagram.com/COHealthySchools)

Create Competitions and Fresh Big Activities



Amazing Hike 2.0 -- Ralston Creek Trail



[→ #COHealthySchools](https://www.instagram.com/COHealthySchools)

Create Competitions and Fresh Big Activities



Glow-in-the-Dark

[→ #COHealthySchools](https://www.instagram.com/COHealthySchools)

Create Competitions and Fresh Big Activities

Heart Health BINGO				
Wacky Physical Activity	Fit Trail Station	Yoga	Relay	Walking Outside
Eye-hand Coordination	Glow Activity	Balance	Jogging	Stretching
9 Square in the Air	Jumping	Muscle Strengthening	Dancing	Walking
Weight lifting	Team Physical Activity	Race Walking	Extra hard work during physical activity	Anaerobic Activity
On your feet lab	Physical Activity using Cross-brain	Aerobic Activity	Glow Activity	Calisthenics

Physical Activity BINGO



→ #COHealthySchools

Create Competitions and Fresh Big Activities



ICAP Career Physical Activity

[#COHealthySchools](https://twitter.com/COHealthySchools)

Create Competitions and Fresh Big Activities



Just Say Hi Contest



→ #COHealthySchools

Prioritize Goals for Year



Mental Health Priority This Year

[#COHealthySchools](#)

Prioritize Goals for Year

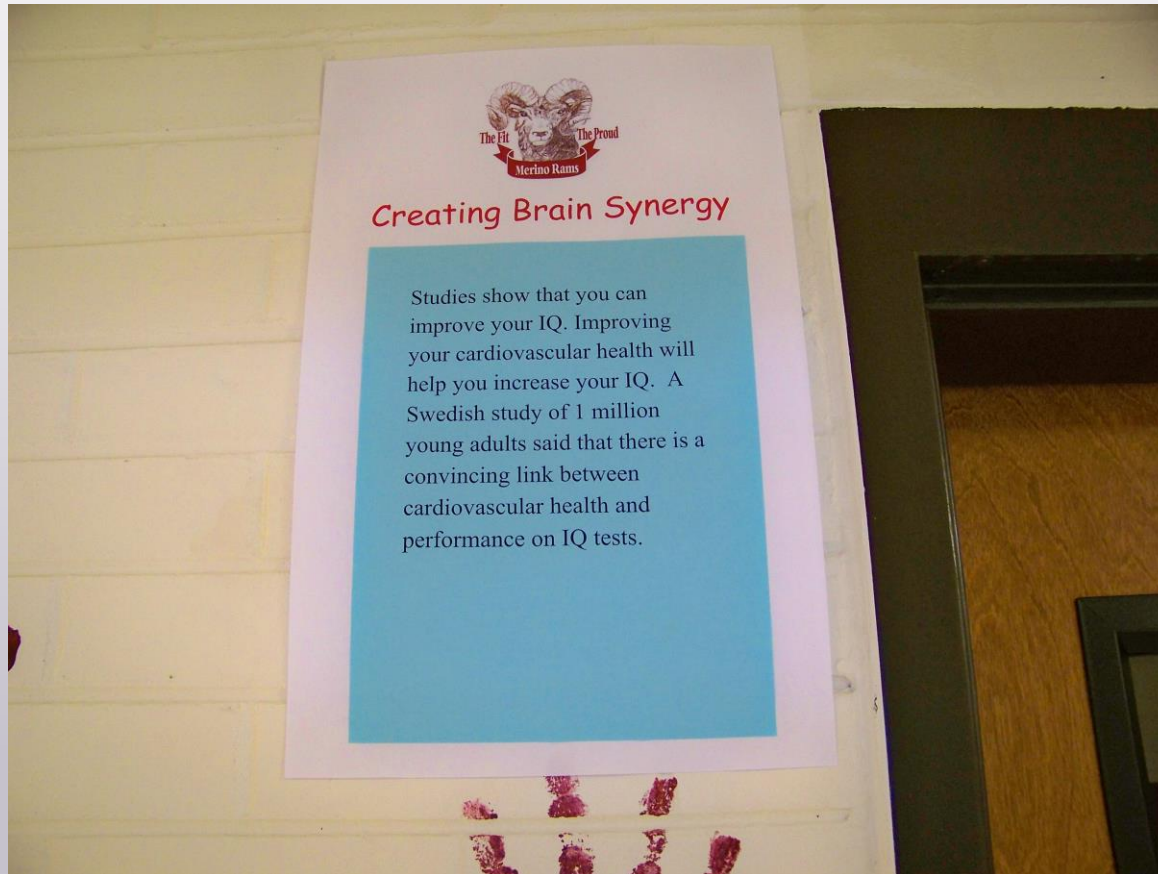


Mental Health Beach Balls



→ #COHealthySchools

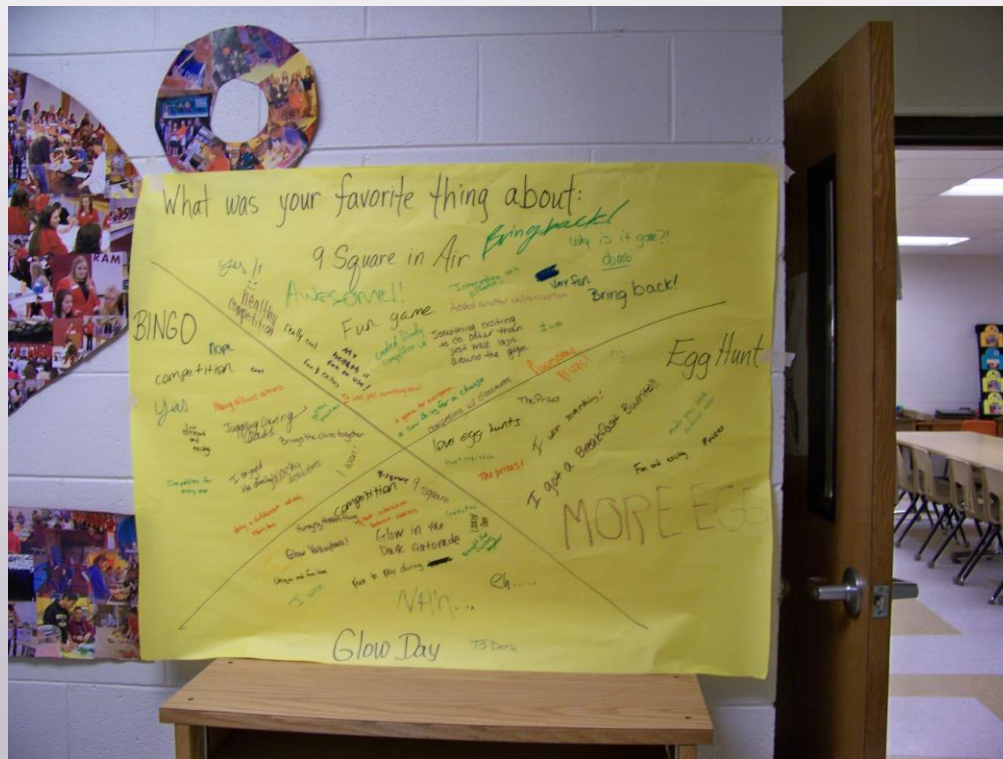
Prioritize Goals for Year



Data and Best Practices

→ #COHealthySchools

Prioritize Goals for Year



Evaluating



➔ #COHealthySchools

Student-led Wellness Committee



Why? Student Perspective

[#COHealthySchools](https://twitter.com/COHealthySchools)

Colorado Education Initiative Partnership

- [Video](#)
- <http://www.coloradoedinitiative.org/media/video-library/?post=16281>



→ #COHealthySchools

Suggestions for Other Schools



→ #COHealthySchools



→ #COHealthySchools

The Fit, The Proud, The Merino Rams

Changing a culture

Thank you!

zemanekl@merino.k12.co.us — Merino Family and Consumer Sciences Teacher

brungardtl@merino.k12.co.us — Merino High School Principal

Please provide your feedback and complete the session evaluation form!



→ #COHealthySchools