

# Being a Role Model for School Wellness



## HOW CAN SCHOOL STAFF BE ROLE MODELS?

### Negative Ways

- Using food as a reward
- Teachers getting out of duties such as recess and lunch duty, which would allow them to interact with the students and support healthy eating and physical activity
- Taking recess away as punishment
- Having soda/candy in the teachers' lounge and during meetings
- Cutting PE time or allowing students to opt out of taking it
- Having sitting/quiet time before school starts
- Reducing lunch time
- Drinking soda and eating candy during class
- Having students in their seats for an entire class period
- Shortening recess time
- Providing and allowing packaged processed treats for classroom parties
- Having no support for Physical Education or Health Education class provided to the students
- Using physical activity as a punishment



### Positive Ways

- ★ Teachers, Principal or Superintendent eat lunch or breakfast with students on a regular basis and encourage healthy choices
- ★ Have athletes eat with younger students to promote school spirit, healthy eating, and their role modeling potential
- ★ Have positive awards for students who are living a healthy lifestyle versus always focusing on the negative
- ★ Walk with students during recess/afterschool
- ★ School holding physical activity based events such as jump rope for your heart or dance marathons
- ★ Providing physical activity opportunities during lunch or during study halls
- ★ Setting up walking programs with competition of miles log with the use of punch cards and visual charts of progress
- ★ Have PE everyday!
- ★ Have positive health announcements as a part of the morning announcements
- ★ Encourage the consumption of water
- ★ Have physical activity breaks during class time
- ★ Offer non-food or healthy food fundraisers
- ★ Having healthy options in school stores and concession stands
- ★ Having wellness fairs for families to attend
- ★ Charge less for more healthy food options and charge more for less healthy food options
- ★ Making healthy food and choices themselves and being physical active

Information from this handout was compiled from discussions during the Team Nutrition, "Being a Role Model for School Wellness" workshop held on November 10<sup>th</sup>, 2009.