



School Champions

School Champions work to make the healthy choice the easy choice for students, families, teachers, and staff.

Your School Coordinator is committed to:

1. Providing on-going technical assistance and guidance with student wellness, engagement, and co-branding.
2. Offering tools and resources directly related to your school's goals.
3. Linking your school to HM partners in our community currently working on HM strategies to help your school meet its wellness goals.
4. Providing educational content with e-newsletters that can be shared with staff and parents.
5. Recognizing your school's efforts with our Healthy Schools Designation Badges.
6. Promoting and sharing your schools' successes with other schools and our community.

We ask our schools to commit to:

1. Assessing their school with help from the school assessment tool and School Champions Coordinator.
2. Creating an action plan to address the improvements they'd like to make using the assessment tool.
3. Engaging others. Schools decide how they would like to engage students, employees, parents, and others in wellness efforts.
4. Spreading the message by incorporating the HM brand (logo and tagline) and earned badges however they see fit.
5. Celebrating their school!

How do you become a School Champion?

Contact the School Coordinator and set up a time to meet during your school's next wellness committee meeting! **Contact: Sara Pelkey, Spelkey@cheshire-med.com**

Join us and become a School Champion

Together, we are committed to becoming the nation's healthiest community by influencing healthy lifestyle choices where we live, learn, work, and play.