



Illinois State Board of Education

Better Together

A Collaborative Approach to School Wellness



Ice Breaker!

In one word, what does wellness mean to you?



How we define wellness

- Varies
- Personal experience
- Professional skills
- No right or wrong definition
- Evolving



Wellness Collaboration

Wellness Conference Interdisciplinary team

- Nutrition
- Physical Education
- Social Emotional Health

Bringing together different experiences

- Knowledge
- Observations
- Interpretations



Student Well-Being Topics



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Poll Question!

Who is currently represented on your school's wellness committee?



Strategically minded

- **Learning Conditions:**
- Identify district/organization principles that drive decisions
- Identify means to attain these principles
 - Prioritizing resources
 - Allocating supports



District Strategies

- Promote collaboration
 - Identify internal partners
 - Comprehensive engagement
 - School/District of the Community
 - Identify external partners
 - Youth advocates
 - Community stakeholders
 - School/District within the Community



Integrating Wellness-policy level

- Identify data which can inform decision-making
- Communicate with advocates stakeholders, and within LEAs regarding designated funds for specific student populations.
- Integrated system of support aligned agency mindsets and practices.

Poll Question!

Moving forward, what additional representatives would you like to see included on your school's wellness committee?



Integrating Wellness-practice level

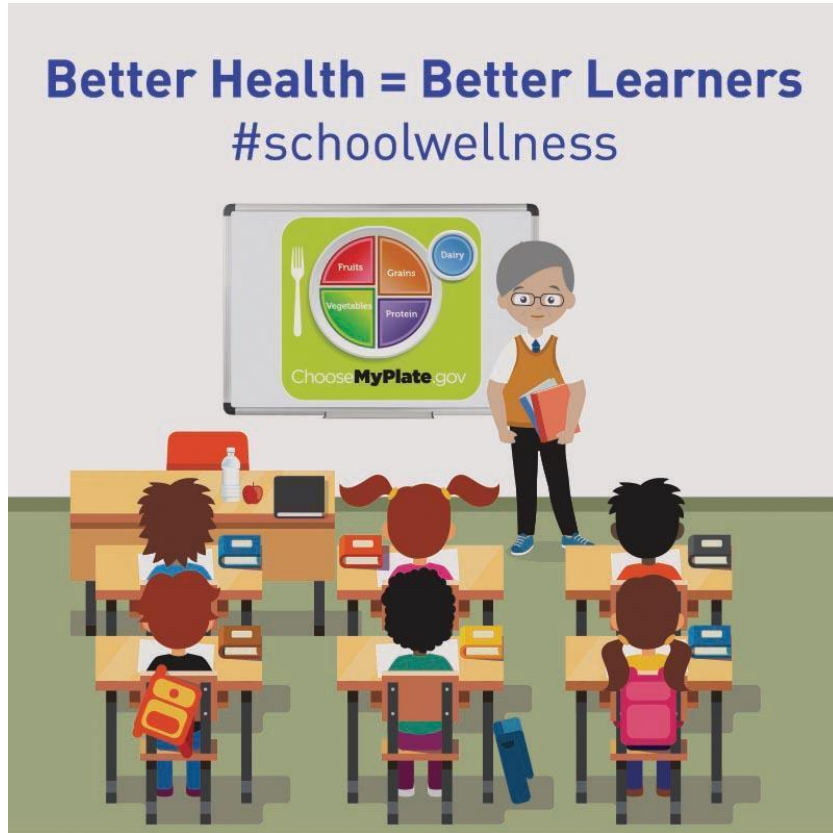
- Healthy practices in the classroom
- Using health topics in other subjects
- Incorporating state subject matter standards, SEL standards and National Health Ed standards
- Policies on employee wellness
- Partnership with community stakeholders



- Integrating healthy practices in the school/classroom
 - Ex: Brain breaks, water in the classroom, healthy celebrations



Discussion Question!



In what ways would you like to see wellness integrated into your school's daily activities and environment?

Moving forward

- What is something new you want to change in your classroom, school, or district moving after attending the Wellness Conference?
- How will you initiate that change?
- Who are other champions to help make this change?