**CSD School Site Wellness Leader**

**2011-2012**

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| **CHECK**  **LIST** | **September** |
|  | Review School Site Leader Work Agreements and VEHI Memorandum of Understanding |
|  | All School Site Leaders Meeting |
|  | Invite staff to participate in School Site Wellness Committee |
|  | District Wellness Committee Meeting |
|  | Faculty Meeting – Introduce Wellness Reps, updates, inform new staff |
|  | Update Bathroom Wellness Placards |
|  | \*Determine a way to communicate with all school staff including custodial, maintenance and food service |
| **October** | |
|  | Host your School Site Committee meeting + complete VEHI Baseline Assessment |
|  | Email your staff- PATH Healthy Life Survey open (50 PATH points) |
|  | Monthly Staff Wellness Offering |
|  | Update Bathroom Wellness Placards |
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| **November** | |
|  | District Wellness Committee Meeting |
|  | Email staff- register for PATH Adventure (earn PATH points) |
|  | Update Bathroom Wellness Placards- ADVENTURE INFO |
|  | Monthly Staff Wellness Offering |
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| **December** | |
|  | Monthly Staff Wellness Offering |
|  | PATH Adventure registration ends- last call email reminder |
|  | School Site Wellness Leaders- Action Planning for next year |
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| **January** | |
|  | Wellness Committee: 30 Day Wellness Challenge |
|  | Rev up the PATH Adventure- Activities, Challenges, etc. |
|  | Update Bathroom Wellness Placards- 30 Day Challenge info |
|  | Last Call Healthy Life Survey (50 PATH points) – email your staff |
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| **February** | |
|  | District Wellness Committee Meeting |
|  | Monthly Staff Wellness Offering |
|  | Distribute PATH Adventure |
|  | Update Bathroom Wellness Placards |
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| **March** | |
|  | Monthly Staff Wellness Offering |
|  | Update Bathroom Wellness Placards- 5 a Day the Color way info |
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| **April** | |
|  | Wellness Committee: 5 a Day the Color Way |
|  | Update Bathroom Wellness Placards- |
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| **May** | |
|  | District Wellness Committee Meeting |
|  | Monthly Staff Wellness Offering |
|  | Update Bathroom Wellness Placards |
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| **June** | |
|  | Share any summer wellness resources with your staff |
|  | Consult with Wellness Coordinator if you wish to continue on as a School Site Leader |
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