



INTRODUCTION

THE MONTGOMERY COUNTY PUBLIC SCHOOLS SCHOOL WELLNESS TOOLKIT is designed to help your school implement the revised **Regulation JPG-RA Wellness: Physical and Nutritional Health**, (summary found on page 4) which focuses on promoting physical and nutritional health and social-emotional well-being. This guide will assist you with adapting this regulation to your school.

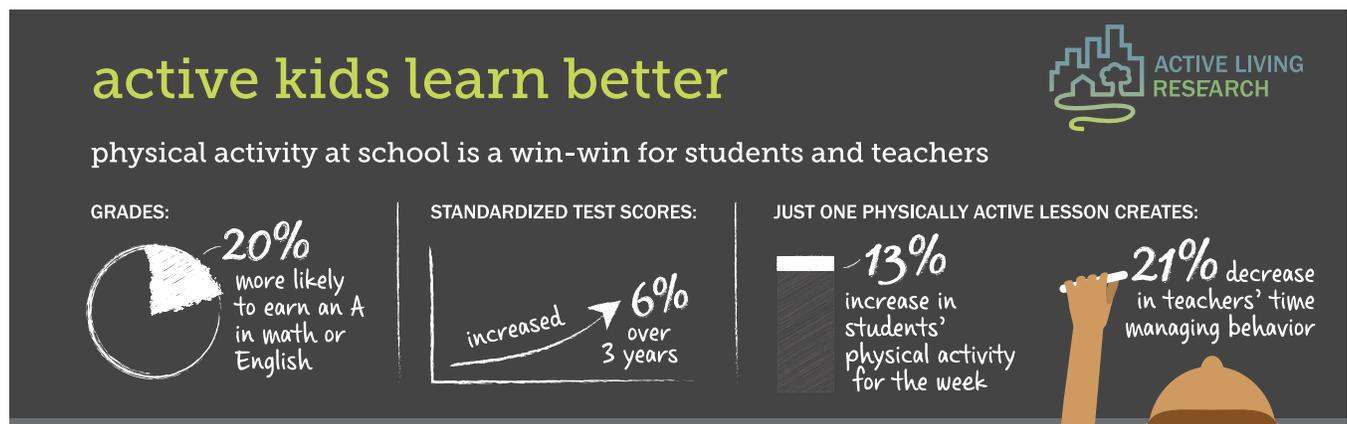
According to the MCPS regulations summary, our schools have three goals:

1. Form a local school wellness council/wellness team, representative of the school community.
2. Create a formal action plan that identifies wellness goals.
3. Ensure that wellness is incorporated into the **School Improvement Plan (SIP)**.

Many schools already are incorporating student wellness into the school day but the information may not be collected and tracked in a central location. Activities like mindful moments, Girls on the Run, Character Counts, Zumba, school gardens, installing water-bottle refill stations, and parent book clubs on student wellness are examples of current school wellness activities.

Why is this important?

ACTIVE KIDS LEARN BETTER. An effective district wellness policy will promote student wellness, prevent and reduce childhood obesity, and ensure that school meal nutrition guidelines meet the federal standards. Let's talk a little bit about how we get there.



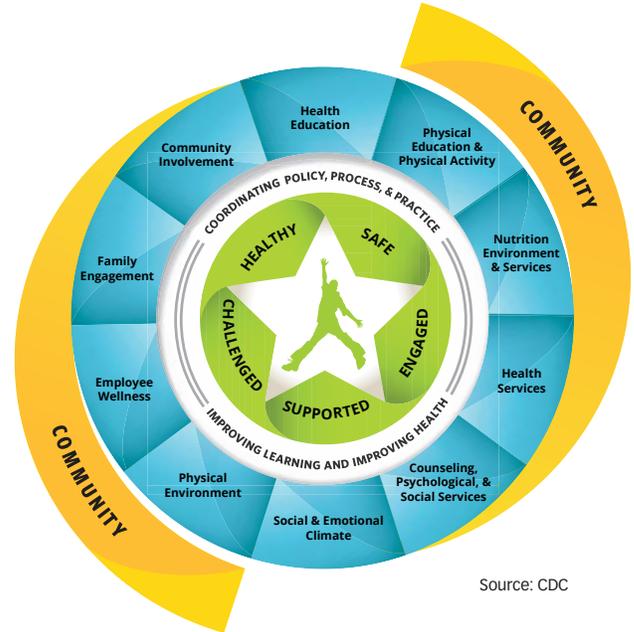
Infographic provided by Active Living Research. Available at: <https://activelivingresearch.org/activeeducationinfographic>.

What is our wellness framework?

MCPS follows the **Whole School, Whole Community, Whole Child Conceptual Model (WSCC)**. Developed by the Centers for Disease Control and Prevention (CDC), this model addresses the link between health and education by integrating health education, physical education, school health services, healthy and safe school environment, counseling, psychological and social services, family and community involvement, staff health promotion, and nutrition services.

This comprehensive model illustrates:

- A healthy, safe, engaged, supported, and challenged child serves as the focus.
- The white band emphasizes alignment, integration, and collaboration.
- The blue band represents a hub of support systems within the community and school.
- The yellow band represents the importance of community input, resources, and collaboration.



Integrating all of this ensures a holistic focus on children within the community context. It may be helpful to refer to this framework during your planning process.

Overall Objectives

- Recruit a school wellness council/wellness team.
- Complete a school wellness assessment and review the results.
- Develop goals and an action plan aligned with the School Improvement Plan.
- Implement the action plan.
- Assess and update the plan annually.

As you move through this toolkit, the following checklist is provided to help ensure that all necessary steps are taken.



Wellness Guideline Checklist

Use this checklist to help you organize.

The blue highlighted words are forms found in this toolkit.

- Review** *wellness regulations summary* (Regulation JPG-RA, *Wellness: Physical and Nutritional Health*)
- Discuss** formation of a wellness council/ wellness team with administration or school principal
- School administration member/principal/designee will appoint a school wellness council/ wellness team lead
- Create** your *wellness council/wellness team*
- Assess** your *school's wellness practices* and **determine** *potential focus area(s)*
- Review** assessment with wellness council/ wellness team
- Develop** *wellness goals*
- Create** the *action plan*
- Share** goals/action plan with school/community
- Implement** action plan
- Analyze** and **report** your successes and challenges
- Maintain** records
- Celebrate** accomplishments
- Repeat** *checklist* annually

Notes: