

## Warren County Schools Nationally Recognized

The Warren County School System is being nationally recognized by the Alliance for a Healthier Generation, Healthy Schools Program. Several Warren County schools including an elementary, middle and high school are under consideration for a bronze medal. A bronze medal represents achievement in making significant changes in the areas of healthy eating, physical activity, and staff wellness. The awards will be presented at the 4th Annual Healthy Schools Forum. Katherine Hilliard, the Warren County School Health Coordinator says, "Warren County School System is a much more health conscious system and we would not be where we are today with school site wellness teams had it not been for the STAR Wellness Program."

Katherine has been working since 2004 to create school level wellness committees. The STAR program was instrumental in finalizing administrative support. The program provided a Worksite Wellness Toolkit, training on the Toolkit and assistance in action planning. This training and assistance enabled each school to create a wellness plan specific to their staff's needs. In the first semester of the 2008/2009 school year, all eight schools in Warren County created wellness committees, developed action plans and began implementing their programs. As an example, Vaughan Elementary School identified healthy eating and physical activity as two target areas in their action plan. The school now offers a buddy walk program, line dancing and a healthy snack rack for staff.



## Key Steps

### Building School Wellness

- Enlist administrative support
- Identify potential wellness committee members
- Establish committee
- Assess current policies and environment
- Obtain employee opinions
- Develop action plan
- Implement activities: individual, group, policy & environmental changes
- Evaluate

