

School Wellness Committee

BUILDING HEALTHY COMMUNITIES



A school wellness committee (AKA school health team, Coordinated School Health Team- CSHT) is an alliance of individuals from diverse backgrounds that come together with a vested interest in improving the health and wellness environment for students, staff, and families within a school community. It is vital to have a diverse wellness team to ensure that different perspectives and skill sets are present when evaluating how to solve often sensitive health related issues. This will expand the knowledge base on how health policies and programs are viewed and ultimately addressed. Members can be from backgrounds such as: school, community, doctors, nurses, students, and various other stakeholders in the school community's health and wellness.



Why are Wellness Committees Important?

- Wellness committees serve as a delivery mechanism for keeping your school's community informed about the ongoing efforts to improve the health of your school.
- It provides a framework for district-level wellness policy implementation.
- It creates plans for and enacts new health related campaigns that reflect the specific needs and interests of your school's unique environment.



Other Helpful Links

[Forming a Coordinated School Health Team \(\[Michigan.gov\\)\]\(https://www.michigan.gov/eag/0,4570_7247_7248_7249_7250_7251_7252_7253_7254_7255_7256_7257_7258_7259_7260_7261_7262_7263_7264_7265_7266_7267_7268_7269_7270_7271_7272_7273_7274_7275_7276_7277_7278_7279_7280_7281_7282_7283_7284_7285_7286_7287_7288_7289_7290_7291_7292_7293_7294_7295_7296_7297_7298_7299_7300_7301_7302_7303_7304_7305_7306_7307_7308_7309_7310_7311_7312_7313_7314_7315_7316_7317_7318_7319_7320_7321_7322_7323_7324_7325_7326_7327_7328_7329_7330_7331_7332_7333_7334_7335_7336_7337_7338_7339_7340_7341_7342_7343_7344_7345_7346_7347_7348_7349_7350_7351_7352_7353_7354_7355_7356_7357_7358_7359_7360_7361_7362_7363_7364_7365_7366_7367_7368_7369_7370_7371_7372_7373_7374_7375_7376_7377_7378_7379_7380_7381_7382_7383_7384_7385_7386_7387_7388_7389_7390_7391_7392_7393_7394_7395_7396_7397_7398_7399_7400_7401_7402_7403_7404_7405_7406_7407_7408_7409_7410_7411_7412_7413_7414_7415_7416_7417_7418_7419_7420_7421_7422_7423_7424_7425_7426_7427_7428_7429_7430_7431_7432_7433_7434_7435_7436_7437_7438_7439_7440_7441_7442_7443_7444_7445_7446_7447_7448_7449_7450_7451_7452_7453_7454_7455_7456_7457_7458_7459_7460_7461_7462_7463_7464_7465_7466_7467_7468_7469_7470_7471_7472_7473_7474_7475_7476_7477_7478_7479_7480_7481_7482_7483_7484_7485_7486_7487_7488_7489_7490_7491_7492_7493_7494_7495_7496_7497_7498_7499_7500,00.html\)](https://www.michigan.gov/eag/0,4570_7247_7248_7249_7250_7251_7252_7253_7254_7255_7256_7257_7258_7259_7260_7261_7262_7263_7264_7265_7266_7267_7268_7269_7270_7271_7272_7273_7274_7275_7276_7277_7278_7279_7280_7281_7282_7283_7284_7285_7286_7287_7288_7289_7290_7291_7292_7293_7294_7295_7296_7297_7298_7299_7300_7301_7302_7303_7304_7305_7306_7307_7308_7309_7310_7311_7312_7313_7314_7315_7316_7317_7318_7319_7320_7321_7322_7323_7324_7325_7326_7327_7328_7329_7330_7331_7332_7333_7334_7335_7336_7337_7338_7339_7340_7341_7342_7343_7344_7345_7346_7347_7348_7349_7350_7351_7352_7353_7354_7355_7356_7357_7358_7359_7360_7361_7362_7363_7364_7365_7366_7367_7368_7369_7370_7371_7372_7373_7374_7375_7376_7377_7378_7379_7380_7381_7382_7383_7384_7385_7386_7387_7388_7389_7390_7391_7392_7393_7394_7395_7396_7397_7398_7399_7400_7401_7402_7403_7404_7405_7406_7407_7408_7409_7410_7411_7412_7413_7414_7415_7416_7417_7418_7419_7420_7421_7422_7423_7424_7425_7426_7427_7428_7429_7430_7431_7432_7433_7434_7435_7436_7437_7438_7439_7440_7441_7442_7443_7444_7445_7446_7447_7448_7449_7450_7451_7452_7453_7454_7455_7456_7457_7458_7459_7460_7461_7462_7463_7464_7465_7466_7467_7468_7469_7470_7471_7472_7473_7474_7475_7476_7477_7478_7479_7480_7481_7482_7483_7484_7485_7486_7487_7488_7489_7490_7491_7492_7493_7494_7495_7496_7497_7498_7499_7500,00.html)

[School Wellness Committee Toolkit \(\[HealthierGeneration.org\]\(https://www.healthiergeneration.org/school-wellness-committee-toolkit\)\)](https://www.healthiergeneration.org/school-wellness-committee-toolkit)

[Promoting Healthy Youth, Schools, and Communities: A Guide to Community-School Health Councils \(\[schoolwellnesspolicies.org\]\(https://www.schoolwellnesspolicies.org/\)\)](https://www.schoolwellnesspolicies.org/)



Click here for a:

[Guide on how to start your own wellness committee](#)

[Sample meeting agenda template](#)