

SCHOOL SUCCESS STORIES



BUILDING HEALTHY COMMUNITIES



CONSIDER THE FOLLOWING QUESTIONS BEFORE YOU BEGIN:

As a **BHC school**, you have been busy implementing healthy changes in your school environment this past year. We ask that each BHC school submit one success story to their coordinator by the end of May. This story (2-3 paragraphs) should be about a sustainable healthy change that has been most impactful to your school. Please include pictures if you have them.

- What need did you want to address?
- What impact did your actions have on your school? What positive changes did you see for students, staff, families, the community, etc.
- Were the positive changes seen throughout your school building or in specific venues such as the lunchroom or a classroom?
- What were the most important factors in your success? Administrator buy-in? Grant funding? An active, determined school health team?

SAMPLE SUCCESS STORIES:

PAST BHC SCHOOL:

We created a staff wellness room. This room is different from the teachers' lounge and is a space created with wellness in mind. Teachers can call/text to request a 10-15 minute 'break', when they are feeling overwhelmed or frustrated. This room is home to soft lighting, a comfortable chair, soft relaxing music, essential oils, a coloring station, fidgets, a water feature, a yoga mat with a foam roller and stretch bands, along with healthy snacks, coffee, and water. Many staff have made positive comments on the space and appreciate how it helps them. A walking club that meets once a week to walk for 30 minutes was also created. What started as 4 staff members walking has gained quick momentum, with over 15 staff members participating by week 4. This program will continue throughout the end of the year. A 30 minute walking session was also offered as a choice during one of our professional development days, which many staff members took advantage of.