

# Hallways to Health

## Creating a School-Wide Culture of Wellness

"Hallways to Health gave our school-based health center a direction to address public health population-based strategies. It supported our ability to expand the nurse practitioner/school nurse role to collaborate more with community and other partners." - HOPE SBHC

### STAFF LOUNGE

- Staff wellness program
- Walking clubs
- Fitness competitions
- Weekly wellness tips
- Professional development

### PRINCIPAL'S OFFICE

- Restorative justice practices
- School and district health and wellness policies
- School wellness teams
- Mental health task forces

### CLASSROOM

- Classroom-based health education
- Mindfulness classes
- School-wide health campaigns
- School-wide health and wellness activities

### GYM/PLAYGROUND

- Add brain breaks and recess
- After school fitness clubs
- Family fun runs and dance-a-thons
- New tracks and updated playgrounds

### CAFETERIA

- 2nd chance breakfast
- School gardens
- Healthy food policies
- Food pantry

SBHC

"H2H provided the opportunity to serve employees, adding to the morale and satisfaction of teachers"  
-MERLO SBHC

### Health Outcomes

- Improved nutrition
- ↑ levels of physical activity
- ↑ overall health status
- Improvements in student social and emotional health
- Better management of social determinants of health

### School Climate

- Students feel safe, respected and engaged
- ↑ self-esteem
- ↓ drug use
- ↓ stress among students, staff
- Higher teacher retention

### Academic Outcomes

- Enhanced student focus and concentration
- ↑ student cognition and academic performance
- Students and staff gained health knowledge, skills, advocacy tools
- ↓ absenteeism, truancy, and discipline rates

"Attendance is no longer a top issue because the SBHC is at the school!"

# Health Choosing Wellness Teachers Resource

**K Morrison**



## **Health Choosing Wellness Teachers Resource:**

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **Health Choosing Wellness Teachers Resource** . This educational ebook, conveniently sized in PDF ( PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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