Hallways

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 dubs
- · 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 compaigns
- School-wide health and wellness activities

"HZH provided the opportunity to serve employees, adding to the morale and satisfaction of teachers" MERLO SEAC

CAFETERIA

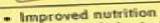
- 2nd chance breakfast
- School gardens
- Healthy food policies
- Food pantry

GYM/PLAYGROUND

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



Outcomes



- levels of physical activity
- · a overall health status
- Improvements in student social and emotional health
- Better management of social determinants of health



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



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

"Amendance is as longer a top issue because the SEMC is at the school?"

A project of Kaiser Permanente Theying Schools and Community Benefit



Health Choosing Wellness Teachers Resource

K Morrison

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