



4-H SCHOOL WELLNESS PROJECT



Youth partner with adult leaders to promote health and wellness on their school campus. Youth may learn about

- the role of school wellness policies and their impact on student and staff health
- ways students and families can have a voice in promoting health at their school
- skills and strategies for becoming a health advocate

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic, and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Learn about your school district's wellness policy. Most are available online, in the parent handbook, or in the school office. • Many wellness policies are written with legal language. Translate key points of the policy into language your peers would relate to. • Develop a poster or flyer letting students, staff, or parents know about the School Wellness Policy. • Attend a District Wellness Committee meeting. 	<ul style="list-style-type: none"> • Gather health and wellness data about your school (e.g., physical education testing results, data from health surveys). • Schedule a meeting with your principal to talk about goals for student and staff health. • Survey peers to find out their health concerns (e.g., drinking water availability, school counselor hours, long lunch lines, etc.). • Create a presentation for the District Wellness Committee about your findings. 	<ul style="list-style-type: none"> • Plan a service project to address health and wellness issues at your school (e.g., installation of a hydration station, feedback from peers on school menu items). • Identify local businesses or community agencies that could help fund your project if cost is a barrier. • Write a letter to the editor or a press release to local media discussing identified health issues and/or what you plan to do about it.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Healthy Living

- Ask your teacher about taking “brain breaks” during class time.
- Get your friends moving at recess. Find games and physical activities that you like to do.
- Make posters and signs to share about the health benefits of eating different fruits and vegetables.

Science, Technology, Engineering, and Mathematics

- Conduct water quality testing of the school water fountains.
- Collect data from students about which menu items are the most and least favorite; analyze and communicate the data to food service adults.

Civic Engagement

- Present on a new school wellness policy that you would like your school to implement.
- Investigate policies that led to large changes in behavior or saved lives (e.g., seatbelt laws, tobacco laws).
- Attend a local government meeting to speak about safe sidewalks and bike lanes to your school.

Leadership

- Launch a “Wellness Wednesday” program at your school focusing on health and wellness.
- Serve in a leadership role (like secretary or president) of your school wellness committee.
- Present at your school’s PTA meeting about the school wellness committee’s initiatives.

College and Career Readiness

- Interview your district food service director.
- Job shadow a Cooperative Extension 4-H program staff position.
- Visit a college campus to learn more about their public health, nutrition, or kinesiology program.

Resources

- CA Local School Wellness Policy <https://www.cde.ca.gov/ls/nu/he/wellness.asp>
- District Wellness Policy Finder <https://www.healthyeating.org/Schools/School-Wellness/School-Wellness-Policies>
- Wellness Policy Resource Guide https://www.healthyeating.org/Portals/0/Documents/Schools/LSWP/TUSD%20Wellness_Policy_Resource_Guide.pdf

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Connections & Events	Curriculum	4-H Record Books
<p>Presentation Days – Share what you’ve learned with others through a fitness-related presentation.</p> <p>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • Wellness Wednesday www.healthyeating.org/Schools/School-Wellness/Weekly-Wellness-Program • Youth Advocates for Health Curriculum https://www.shop4-h.org • Action for Healthy Kids Game On www.actionforhealthykids.org/tools-for-schools/game-on 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/.</p>



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