

BECOME A MEMBER OF THE

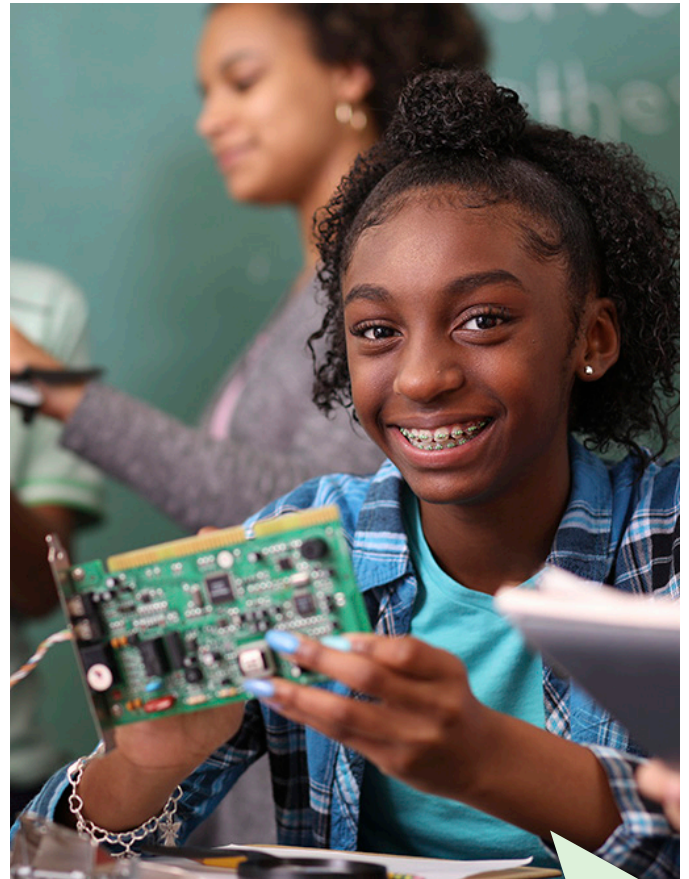
## Texas Health Community Hope

# SCHOOL WELLNESS NETWORK

As a healthcare organization, Texas Health believes that the potential of a community lies in the health and well-being of its members. Studies show time and again that healthier students perform better, have higher attendance rates, tend to be better adjusted and socially connected, and have more potential for future job opportunities and income. Schools play a key role in creating environments that promote healthy behaviors that last a lifetime.<sup>1</sup>

### But schools can't do it alone.

Social determinants of health – the social, economic, and physical environmental factors which can impact health outcomes – can have just as much influence on health as genetic factors. The Texas Health Community Hope School Wellness Network was created to foster and support students and their families through access to evidence-based programs and best practices that promote wellness on campus and at home. Texas Health Community Hope represents more than 30 Texas Health initiatives and collaborations that impact community health outside hospital walls.



**While genetics are responsible for about 30% of a person's health outcomes, research shows five social and economic factors have big influence too: economic stability, education, health, community, and neighborhood.<sup>2</sup>**

By supporting students physically, socially, academically, and nutritionally, the Texas Health Community Hope School Wellness Network offers students a better chance for positive outcomes and increased opportunity to become successful adults.

<sup>1</sup> Nancy G. Fagley & Robert J. Weiss (2021). Wellness and Learning: How Health Influences Student Outcomes and Future Career Paths. *Journal of Education and Work*.

<sup>2</sup> Tanya Albert Henry (2019). Social determinants of health: What medical students need to know. *American Medical Association*.



# NETWORK BENEFITS



As a Texas Health Community Hope School Wellness Network school, you will receive access to benefits such as:

- Access to research and evidence-based resources that support student wellness.
- Individual consultation and support from Texas Health representatives.
- Opportunity to apply for grants from Texas Health Community Hope and external philanthropic and corporate organizations.
- Ideas for supplementing your Campus Improvement Plan.
- Opportunity to collaborate with Texas Health Community Hope volunteer organizations.
- Support for your walk-to-school programs via marketing guides, planning materials, and safety recommendations.
- School learning garden support, coordination, and resources, including professional development opportunities and curriculum support.
- Collaboration and network opportunities with other schools in the Texas Health Community Hope School Wellness Network.
- Potential support for literacy efforts through partner-sponsored book fairs, book walks, and reading resources.
- Potential for volunteer support and access to external professional services.
- Nutrition education opportunities and resources for students and families.
- Ideas and support materials for wellness events, such as healthy fall festivals, trunk-or-treat events, school carnivals, spring flings, field day activities, and school pyramid events.
- Information about city, state, and federal projects that offer financial support for improved infrastructure, walkability, and safety.



- Marketing support, social media promotion, and communication tools that can potentially increase awareness and participation in your school's wellness programs.
- Access to Texas Health's Community Health resources, such as mental health workshops and vaccine clinics, when available.
- Helpful tips and information through a quarterly newsletter.

***As family involvement is an integral component of a student's overall success, network members will also have access to programs and practices that directly support and sustain family engagement. Equally important is the access you'll have to Texas Health's expertise and commitment to supporting the health and well-being of students and their families across North Texas.***





# HOW TO BECOME A MEMBER

## Of the Texas Health Community Hope School Wellness Network

**1** Fill out the Texas Health School Wellness Network Questionnaire: [qrco.de/schoolnetwork](http://qrco.de/schoolnetwork)



**2** Review the Best Practices Options attached and indicate a *minimum* of three that you have already completed or will commit to implementing during the school year.

**3** We will contact you to confirm receipt of your application, answer questions, and provide any materials and resources you may need to get your school on its way.

**4** You'll then want to establish and maintain a wellness committee to support and implement your best practices throughout the school year.

**5** Upon completion of your selected best practices, submit a presentation which highlights and captures those efforts and results. Your presentation may be submitted at any time, but no later than the completion of the school year. A sample PowerPoint template will be provided following submission of your questionnaire. You will also be asked to complete a year-end online survey.



## RECOGNITION

Once your presentation and survey have been completed, we will confirm your Texas Health Community Hope School Wellness Network status. Network schools will receive:

- .....▶ A **Texas Health Community Hope School Wellness Network** certificate
- .....▶ A **Texas Health Community Hope School Wellness Network** decal



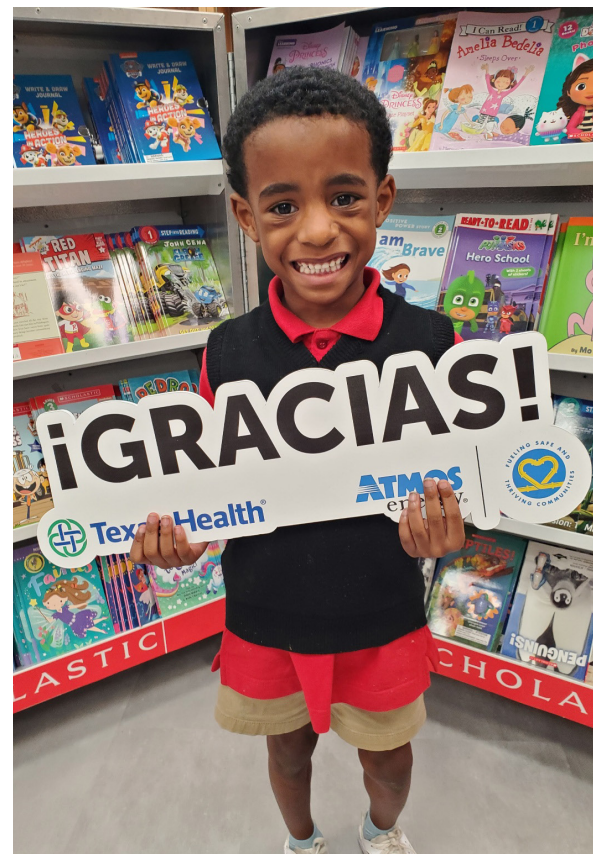
## ANNUAL COMMITMENT

To maintain membership in the Texas Health Community Hope School Wellness Network, you must submit a new application and commit to three or more *additional* well-being best practices each school year.



## COST

There is no cost to participate in the Texas Health Community Hope School Wellness Network other than any costs you may incur to implement your chosen best practices.



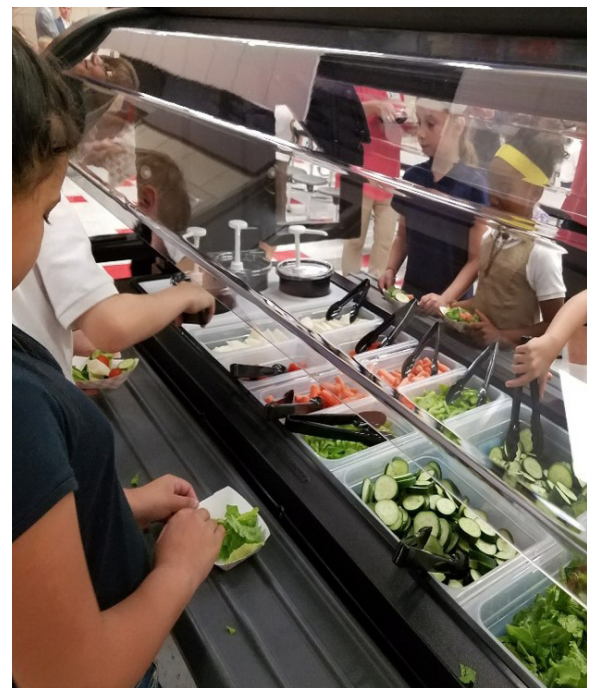
# Texas Health Community Hope School Wellness Network

## BEST-PRACTICES OPTIONS

### CULTURE AND COMMUNITY



- Launch a before- or after-school well-being initiative that emphasizes student wellness and connections, such as yoga or cultural programs.
- Participate in or attend an annual Texas Health Student and Family Summit.
- Host a family wellness night on campus or elsewhere.
- Convert your school carnival to a healthy carnival by replacing cake walks, candy prizes, and sodas and chips with book walks, small toys, and healthier options.
- Encourage family engagement through movement activities and nutrition opportunities such as walk-a-thons and cooking demonstrations.
- Support and maintain a school learning garden.
- Implement a student ambassador committee that focuses on promoting wellness, activity, and nutrition throughout the year.
- Create and support innovative wellness activities for staff, such as weight-loss challenges, walking programs, or plant-based potlucks.



### LITERACY



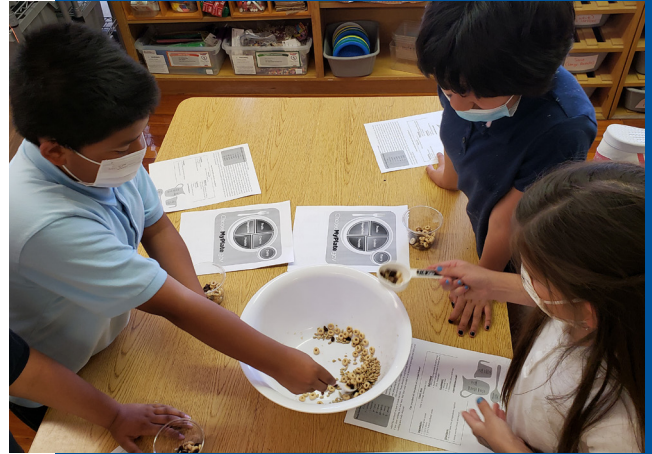
- Support student literacy through book fairs, reading challenges, reading pen pals, or other efforts.
- Host a literacy night for students and their families.



## NUTRITION AND WELL-BEING



- Repurpose a campus space into a calm room or wellness room.
- Conduct a school-wide wellness challenge, such as a walk-a-thon, kickball tournament, or other movement event.
- Participate in a hydration program that promotes drinking water over sodas or other drinks.
- Modify family engagement events to focus on nutrition education and food environment changes, such as substituting “Donuts with Dad” with “Breakfast with Buddies” and providing fruit, yogurt and granola, promoting “Movement with Mom” instead of “Muffins with Mom, and hosting a book or art walk instead of a cake walk.
- Promote fruits, vegetables, and healthier options in your cafeteria and throughout campus through signage and other visual messages.
- Conduct a farmers market simulation, which includes produce, cash registers, and literacy components.



## PHYSICAL ACTIVITY



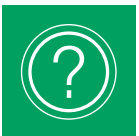
- Host a school-wide walk-to-school event or recurring walking program.
- Encourage more student movement during recess through enhanced programming and graphics in your recess area.
- Participate in Safe Routes to School or other pedestrian safety program.
- Create and support an after-school running club, pickleball league, or other team activity.

**For more information about each best practice and for examples of past programs, contact:**

[StephanieJackson@TexasHealth.org](mailto:StephanieJackson@TexasHealth.org)  
[AdjoaBrown@TexasHealth.org](mailto:AdjoaBrown@TexasHealth.org)  
[MichelleBowles@TexasHealth.org](mailto:MichelleBowles@TexasHealth.org)



## CREATE YOUR OWN SCHOOL WELLNESS INITIATIVE



- Create your own program that promotes school well-being.