



Kaiser Permanente Thriving Schools

A partnership for healthy students, staff & teachers

October 27, 2015

Creating Sustainable Change in Schools

Webinar Series for School Employee Wellness



Review First Two Webinars

Make the case and gain leadership support

Involve others at school / district

Engage or build your wellness committee

Identify key steps for developing wellness plan

Start small

Our Objectives Today

1. Understand the many faces of creating a culture of health

2. Identify strategies to move toward a culture of health

Introductions



Molly Balfe

Program Manager,
Alliance for a Healthier
Generation



Tamar Schnepf

Union Engagement Leader,
Office of Labor
Management Partnership,
Kaiser Permanente

When you think of a school
with a culture of health,
what comes to mind?

What Makes a Successful Wellness Effort?

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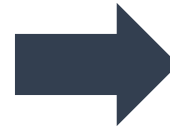
Time, buy-in



Implement programs & activities



Create policies and environments that support healthful behaviors



Foster a culture of health at your school

School / district / union leadership +
wellness champions +
good communication

Shifting culture and environment



Social environment



Physical environment

Staff Breakroom Refresh



Salad Bar Potluck

Service Employees International Union Local 1000
CA State Employees – Wellness Champions!



Walking Groups

Service Employees International Union Local 1000
CA State Employees – Wellness Champions!



LACE UP FOR
SNEAKER FRIDAYS!



GET YOUR MOVE ON!

Healthier W



Proactive Union Engagement

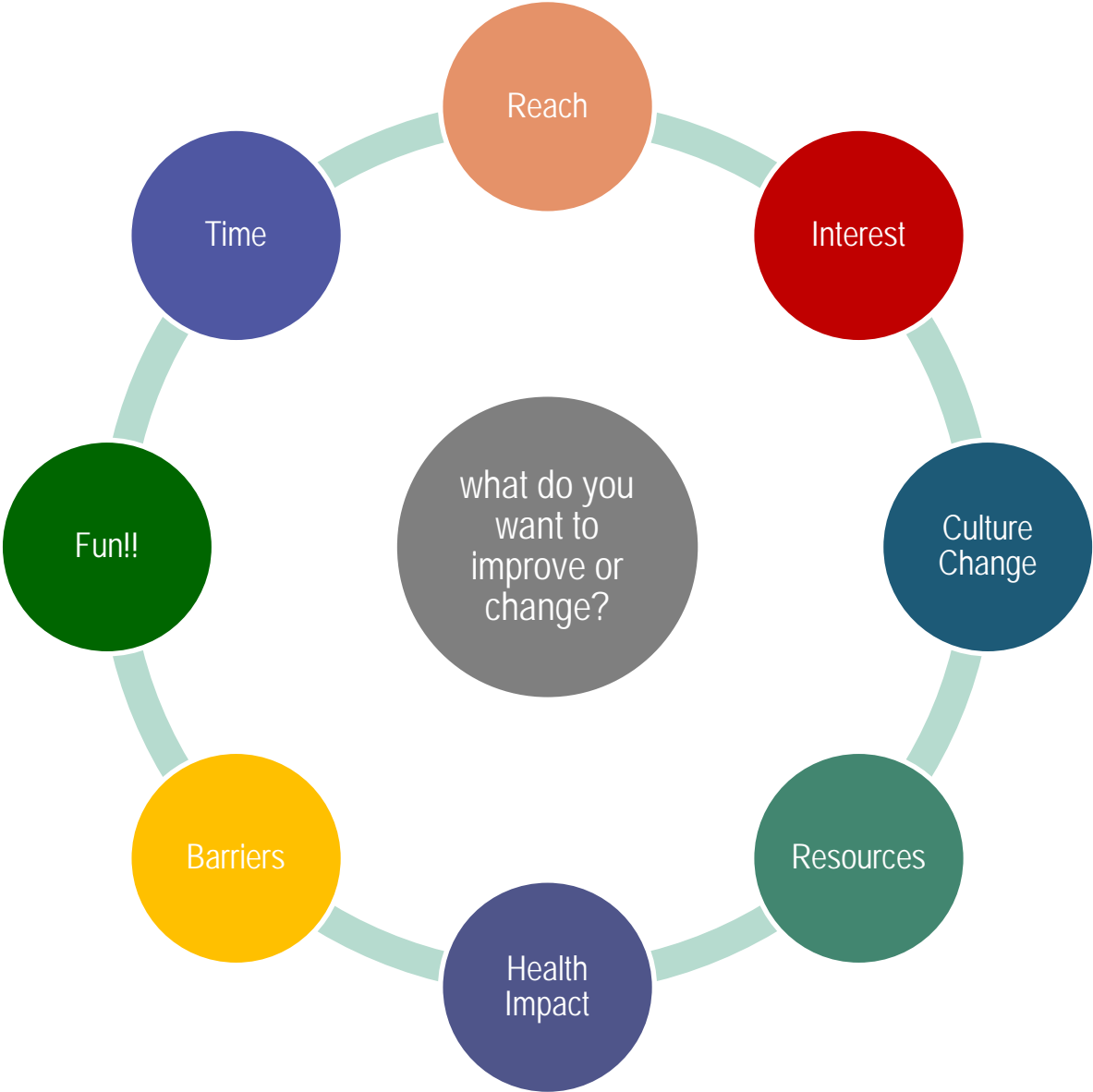


California School Employee Association—
Wellness Champion Program!

Winning strategies for success

1. Gain leadership buy-in
2. Proactively engage unions
3. Paint a picture of success
4. Tell everyone
5. Support each other
6. Use strategies that target staff / teachers & students
7. Make it fun!!

Focusing efforts



Creating a culture of health is a journey



Next Steps



Have a plan for continued engagement with leadership



Consider the social and / or physical environment and identify an opportunity



Share successes and acknowledge champions



Take small steps!