



Staff Wellness Days

Staff development days are a wonderful opportunity to provide a variety of health, nutrition, and physical activity options for teachers and other school personnel. The following ideas will help you provide a campus professional development day that is filled with healthy options.

Start each professional development day with healthy breakfast offerings:

- Whole grain muffins or whole grain cereal, fruit, low-fat yogurt, orange juice, and skim milk

Provide lunch options that also provide a healthy, balanced meal:

- Turkey sandwiches on whole wheat bread, baked chips, fruit, and water bottles
- Mexican Potluck - Whole wheat tortillas filled with black beans or sliced, grilled, skinless chicken breasts, romaine lettuce, pico de gallo, and low-fat cheese, fruit, and water bottles
- Vegetable/Fruit Potluck – Have everyone bring a vegetable (prepared healthfully), salad with low-fat dressing, or fruit dish.

Use the Healthy Educator Checklist as a reflection tool throughout the year during campus staff development days to give your teachers a chance to evaluate their health behaviors and attitudes and the progress they are making.

Set up SPARK fitness circuits and sports activities in the gym and have a designated physical activity break in the morning professional development session and in the afternoon session. Encourage all teachers to participate.

Ask teachers to bring copies of a healthy recipe to share with other teachers during each campus professional development day.

On at least one of the professional development days, ask a health professional (doctor, dietician, wellness consultant, etc.) to provide a brief (15 minute) wellness session.

Have teachers share ideas for working more movement and physical activity into their lessons.

Recognize teachers that are improving their health or impacting their students' health behaviors by presenting them with a Healthy and Wise – SPARK Health Achievement Award. Template available in the school Staff Section.