



*How to Get Started*

Make **HEALTHY CHOICES** for Life!<sup>®</sup>



Before creating an **Oliver Kids Team**® identify who the “champions” are in your school.

*How do you find an Oliver Kids Team® Champion?*



**PASSIONATE LEADER**

A Champion recognizes the problem of childhood obesity and has a personal interest in addressing the issues associated with this epidemic.

Passionate leaders are the ones who can overcome roadblocks and identify solutions.

They are interested in learning more and teaching others

*Don't worry if you only have a very basic understanding of nutrition and health.*

*The desire to learn and teach others about childhood obesity is the key to success.*



**TEAM PLAYER**

The Champion is willing to take on a leadership role and *wants* the support of others on your campus to excite the kids, staff, food service, parents and the community about the **Oliver Kids Team**®.

Many times the Champion becomes a facilitator who seeks other's involvement.

A Champion who engages people to work with them is most effective.

They seek out others who are passionate about this issue and encourage them to begin making changes on their campus.



**IDENTIFIES NEW RESOURCES**

The **Oliver Kids Team**® **Champion** should seek out professional experts and resources at the school, the school board and community.



By activating and engaging multiple resources, they ensure that they will have more than enough support to succeed.

Most school districts have registered dietitians, nurses and physical education teachers on staff, which are invaluable additions to the team.

They can also seek out parents who are physicians and dentists for medical expertise.



### ROLE MODEL

Role modeling is needed to create change. They need to motivate, be a role model and help the school make those first steps towards change.

The Champion is willing to make the same changes that other school staff and, most importantly, the students are being asked to do.

Small steps make big changes.

*I will teach my future classes all the good healthy behaviors that I learned in your program.  
Thanks!*

*Lily Monroe  
3<sup>rd</sup> grade teacher  
Arizona Fleming Elementary*



## Build your Oliver Kids Team<sup>®</sup>

To create a healthy sustainable environment at your campus takes more than one person - a supportive team lightens the load and makes the process easier, ensuring sustainable success.

- ✓ Identify the health leaders at your campus.
- ✓ Create a Health or Wellness Team - this can be a new team, or can be integrated into one already in existence such as:
  - Campus Based Leadership Team (CBLT)
  - Staff Wellness Committee
  - Health Committee

## Teachers have a full day already!

This doesn't require additional staff or work.

Use an existing team as the **Oliver Kids Team<sup>®</sup>**. Integrate the healthy messages into your current lessons and activities.

**Can't find more time in your day to fit in one more thing?  
You don't have to!**

*The key is to integrate the healthy messages into your existing day. Use an existing standing committee, your current lesson plans and integrate into those already planned celebrations and after-school activities.*



**Oliver Kids Team**® members can be anyone on your campus from nurses to cafeteria managers who share a passion for creating a sustainable healthy school environment.

The ideal team should be well-rounded and include the support of the following individuals:

**Principal:** Principals are responsible for maintaining a safe and healthy school environment for staff and students. They can provide support, enforce policies and be a role model on their campus.

**Nurse:** Nurses are responsible for the overall well being of the students. They are the main resource for providing information on health and nutrition.

**Representative from each grade level:** Teachers specifically can easily incorporate healthy messages and physical activity into their daily classroom lesson and serve as role models.

**Ancillary teachers:** Music, Art and the Library are great resources for your team. Reinforcement of the healthy messages from classroom teachers can be done in a fun, easy way.

**PE:** Physical Activity is a vital part of a healthy campus. PE teachers can be key leaders on your team. They can also provide resources for ways to increase physical activity in your classroom.

**Cafeteria manager/staff:** Cafeteria managers and staff are responsible for preparing balanced meals and encouraging healthy eating on campus. Use displays and presentations of healthy foods to encourage student selection.

**Parent Representative:** PTA/PTO involvement is a critical part of the Health Team. Bringing the messages home, providing healthy meals and encouraging physical activity is essential in creating a complete healthy environment for our children.

#### WHAT HAPPENS AFTER WE BUILD A TEAM?

The individuals may have different titles at your schools and some teams may not include all of these individuals.

The most critical aspect of creating a team is to find individuals that truly want to be a part of the team and will support small and gradual changes to improve the health environment of your school.

As time goes on and your **Oliver Kids Team**® continues to evolve, you may directly focus your efforts on including a specific individual to create a more well-rounded team.

This team needs to be flexible enough to include new individuals as there is typically turnover of key personnel on a yearly basis.

This team will be responsible for developing a system of integrating healthy messages throughout the day, campus wide.

The team may be in charge of developing this system, but the whole campus, staff and parents must be involved in following through with the program.

Through small steps, this will lead to creating a sustainable, healthy school environment.



**Volunteers in Public Schools:** Reach out to existing volunteer organization that already work in your school district. Send a notice to the District Volunteer Coordinator or your Community Liaison asking for their help.

**Community Partner:** Community Partners will support the program at your campus and encourage a healthy environment in your community. They include local businesses, grocery stores, foundations, youth groups like the YMCA, boy and girl scouts. Check out your local college sports teams for role modeling and presentations!

