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# Creating a School-Wide Culture of Wellness

"Hallways to Health gave our school-based health center a direction to address public health population-based strategies. It supported our ability to expand the nurse practitioner/school nurse role to collaborate more with community and other partners." - HOPE SBHC

#### STAFF LOUNGE

- Staff wellness program
- Walking clubs
- Fitness competitions
- Weekly wellness tips
- Professional development

#### PRINCIPAL'S OFFICE

- Restorative justice practices
- School and district health and wellness policies
- School wellness teams
- Mental health task forces

#### CLASSROOM

- Classroom-based health education
- Mindfulness classes
- School-wide health campaigns
- School-wide health and wellness activities

"H2H provided the opportunity to serve employees, adding to the morale and satisfaction of teachers"

-MERLO SBHC

#### CAFETERIA

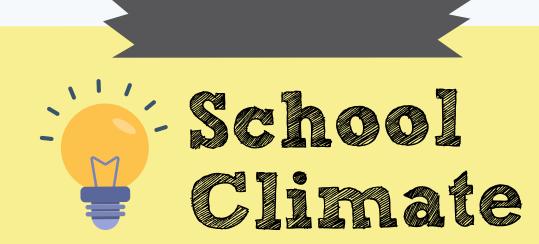
- 2nd chance breakfast
- School gardens
- Healthy food policies
- Food pantry

### GYM/PLAYGROUND

- Add brain breaks and recess
- After school fitness clubs
- Family fun runs and dance-a-thons
- New tracks and updated playgrounds

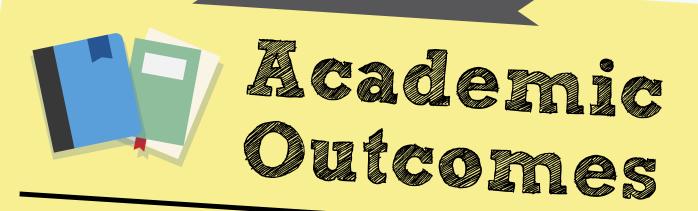
## Elealth Outcomes

- Improved nutrition
- levels of physical activity
- a overall health status
- Improvements in student social and emotional health
- Better management of social determinants of health



SBHC

- Students feel safe, respected and engaged
- **self-esteem**
- **drug use**
- stress among students, staff
- Higher teacher retention



- Enhanced student focus and concentration
- tudent cognition and academic performance
- Students and staff gained health knowledge, skills, advocacy tools
- absenteeism, truancy, and discipline rates

"Attendance is no longer a top issue because the SBHC is at the school!"

A project of Kaiser Permanente Thriving Schools and Community Benefit

