

School Nurses and Wellness

School nurses are essential in promoting and improving the health of students, staff and communities. School nurses provide student-centered care such as screenings and referrals, first aid, health counseling and education, administer medications and treatments, and lead in health and wellness efforts to prevent chronic absenteeism. Healthy children make great learners!

School Health Fair– Partner with your local educational agencies to host a school health fair focusing on child and adolescent health promotion. Incorporate community organizations and include parental engagement to support school nurses in the event.

Afterschool Enrichment Programs– Partner with your school’s PTO to create craft workshops, fitness and exercise clubs, and/or dancing and yoga clubs. Provide students with opportunities to be active outside of sports!

Vending Machine Transformation– Implement after school vending programs that substitute high-sugar drinks, such as sodas and juices, for water and 100% juices with no added sugars.

Smarter Lunchrooms Movement– Implement a change in your district’s schools’ lunchrooms to encourage students to select and eat healthier foods without eliminating choice.

Spread the Word– Advertise the events using flyers, emails and social media. Parents are integral in improving the health of their children, and including them in health programs can improve child health outcomes.

Resources –

[NJ State School Nurses Association](#)

[Healthy Schools CDC](#)

[Smarter Lunchrooms: Using Behavioral Economics](#)

MWC Success Stories:

Elizabeth, NJ held its 9th annual Healthy Leap into Summer Health Expo at the Dunn Sports Center in collaboration with the Chamber of Commerce and Trinitas Regional Medical Center. This event was attended by over 2,000 Elizabeth high school students, making it the largest teen obesity awareness program in the United States. To learn more, click [here](#).



Mayors Wellness Campaign
Put your community in motion.