



Mayors Wellness Campaign
Put your community in motion.



SCHOOL NURSES AND WELLNESS



THE OFFICE EVERY STUDENT KNOWS

- Healthy children make great learners!
- School nurses are essential in promoting and improving the physical and mental health of their students, staff, and communities.
- School nurses provide student-centered care such as screenings and referrals, first aid, health counseling and education, administering medications and treatments, and leading health and wellness efforts.
- **Studies** suggest that school nurse interventions have a positive effect on decreasing absenteeism and increasing immunization rates.



ACTION STEPS

Hold a School Health Fair

- Partner with your school's education organizations to host a school health fair focused on promoting child and adolescent health.
- Involve parents and community organizations to support school nurses in the event.

Partner with Your School PTO's

- The arts can positively impact individual and community health by providing therapeutic, educational, and expressive opportunities. Partner with your school nurse to create after-school enrichment opportunities for free or inexpensive crafts.
- Host educational health workshops, fitness and exercise clubs, and/or dancing and yoga clubs.
- Provide students with low or no-cost opportunities to be active outside of sports!

Transform the Machines

- Overhaul local vending machines by substituting sugary drinks for water and 100% juices with no added sugar.

FOLLOW THEIR LEAD!

Elizabeth 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](#).

Get Smart in the Lunchrooms

- Implement a change in your district's schools' lunchrooms to encourage students to select and eat healthier foods without eliminating choice.



MORE RESOURCES

Smarter Lunchrooms: Using Behavioral Economics
How to Implement a Health and Wellness Fair at School
Smarter Lunchrooms Campaign