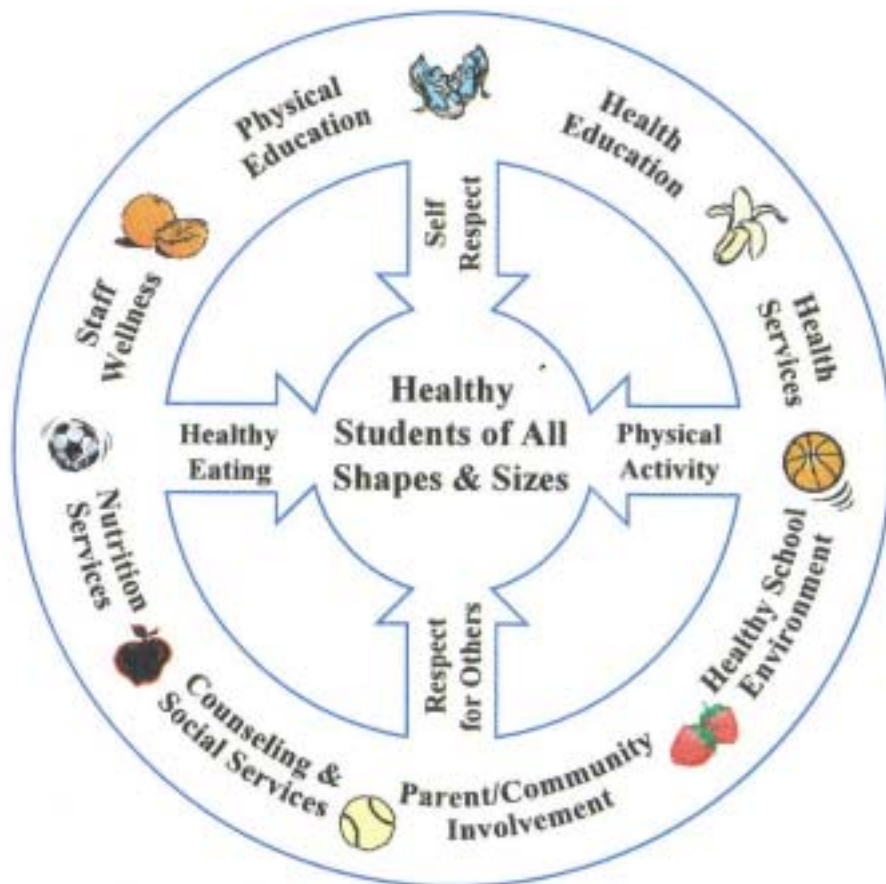


School Wellness Planning

Goal: Healthy Students of all Shapes and Sizes



School wellness plans and programs designed to prevent eating and weight problems are aimed at promoting the health and well-being of all students. As in this model, the goal at the center is *Healthy Students of All Shapes and Sizes*.

The healthy living approach emphasizes regular moderate activity, healthy eating without diets and a nurturing environment that promotes self-respect and respect for others. Consistent messages that support these behaviors and attitudes come from those who work with and care about children – including teachers, counselors, school nurses, coaches, food service and other staff, families, community leaders, health care providers and media personnel – working through the entities shown around the outside of this diagram (the eight components of the school’s Coordinated School Health Program).

Working together through all aspects of school and community life, they reinforce and support a nurturing environment that avoids doing harm to vulnerable students, while emphasizing physical, mental and social wellness for every child.

This model was adapted from the Health at Any Size model in Children and Teens Afraid to Eat, by Frances M. Berg, p23-26. It was published in the Consensus Paper, The Role of Michigan Schools in Promoting Healthy Weight, by the Michigan Department of Education in cooperation with the Michigan Department of Community Health and the Michigan Fitness Foundation, September 2001. http://www.michigan.gov/documents/healthyweight_13649_7.pdf. Copyright 2008, 2005, 2001, 1997 by Frances M. Berg, Healthy Weight Network. See also Underage and Overweight, p232. The author permits use of this model for school programs and educational purposes provided it is reproduced in its entirety with this citation. Written permission is required for use online, in books or in publications for sale. www.healthyweight.net.