
WELLNESS TEAMS

Rush-Henrietta Central School District

West Henrietta, New York

Beginning in September 2000, each of the Rush-Henrietta Central School District's five elementary schools began a wellness team consisting of the school nurse, teachers, parents, community members, and often the school psychologist or social worker. The team meets at least monthly to plan activities that will help build developmental assets in children.

The school wellness teams grew from the school district's commitment to an asset-building initiative started in the 1999-2000 school year. The school district and the Henrietta Town Youth Board together hired an asset facilitator to work with the schools. The facilitator met with each PTA group, and sometimes with school shared-decision-making teams, to introduce the asset-building initiative and talk about ways wellness teams could be formed.

The wellness teams work on activities that benefit all children and families. For example, one team planned a family roller-skating party; another a heritage day at a local nature park; and another planned a Turn-Off-the-TV event. In many cases, community business people and organization members joined or sponsored events to make them successful. For example, senior citizens read each month to children in our preschool program, and the Heritage Day planned by one school was co-sponsored by the Town of Henrietta.

Each wellness team facilitator receives a stipend of \$500.00 a year to carry out their extra duties. Each school has available \$1750.00-\$2000.00 a year to implement practices events. The school wellness teams submit proposals to the District Wellness Team requesting funds. As part of their review process, the District Wellness Team makes suggestions or recommendations of ways to improve the activities and to reach more children and families.

The funding to support the school wellness teams comes from the school district's general funds, Drug Free Schools Grants, and other sources. In addition to the \$2000.00 each

school may request from the District Wellness Team, the schools can receive further funding from PTA groups and the Shared Decision-Making Teams.

Kay Lyons, Director of Family Services
(716) 359-7912