

Logic Model-Sharma, Ralston, Rosenberg

Health Ambassadors



Teacher Leaders as

Problem Statement: Teacher’s well being is forgotten amidst setting the high expectations for student achievement, and is a barrier for student learning.

Goal: Happier and healthier teachers, students and community members and more productive classroom experiences for students.

Rationale:

A wellness program will promote happier, healthier school community and more productive classroom experiences for students.

Inputs: →

- Activist (teachers, counselors, social workers, parent coordinator, psychologist, administrators, students activists)
- Wellness community members (yoga

Activities: →

- For the plan:
- Organize and train activists
 - Promotional meetings on health awareness
 - Team building activities
 - Create a

Outputs: →

- Wellness program
- PD opportunities
- Create health ambassadors group

Outcomes:

Short Term:

30 Days

- Get activist and champions on board
- Administer initial satisfaction survey and analyze the data

Medium Term:

60-90 Days

- Health ambassadors pilot wellness program in the classroom
- Administer second satisfaction survey and analyze the data

Long Term:

- 90 Days and Beyond

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- instructor , personal trainer)
- Champions (administrators, parents, fitness organizations)
- All staff members
- Time commitment: Release Time(Coverage) After hours(Stipend)

- healthy lifestyle committee
- Create a satisfaction survey for teachers /students/parents
- Review teacher/student/parent satisfaction survey as a staff
- Schoolwide

- Develop the comprehensive 2015-2016 plan
- Train the staff

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fitness
Friday
• Caught
you
smiling
bulletin
board

Use de-stress
strategies on
daily basis
(examples
may include)

- Tapping
Activity
- STAR
(Smile,
take a
deep
breath
and
relax)
-

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TEACH  **LEAD** Teacher Leaders as

External Environment: Extreme personal stress (death in family, divorce, weather, etc.)