

Colorado’s Promising Partnership Practices

Thompson School District: Family Wellness Engagement Specialist

Description/Summary

At the Thompson School District, a Family Wellness Engagement Specialist was hired to assist in facilitating strong family, school and community partnerships, and to support connections between family health, parent engagement, student academic performance and student attendance and behavior.

What happened at Garden Club today...

- Made garden signs and maps
- Planted a variety of greens in rows, patches and in a scattered formation
- Continued working on mulch and dirt pile for pumpkins

Did you know... lettuce seedlings can even withstand frost?! What a strong vegetable! However, it prefers temperatures between 45 and 65 degrees. It is also a good idea to plant chives and garlic between your lettuce to control aphids, also known as plant lice.

There are 5 different types of lettuce: leaf, romaine, crisphead, butterhead and stem. Leaf lettuce is the most well known type of lettuce. It makes crisp leaves loosely arrange around a stalk. But how do you know which has the highest health benefits? Typically, the **darker green leaves** means increased nutritional value! Join us next week on 4/24 to learn more!

Findings

The Family Wellness Engagement Specialist position increased communication around health and wellness among students, staff and families. There was also an enhanced collaboration among schools and community partners in support of student success and family health and wellness.

Key Elements – Universal Strategies

- Monthly **Family** Wellness Newsletters
 - monthly health theme
 - upcoming community events
 - health-related learning opportunities
- Monthly **School** Wellness Newsletters
 - tips for promoting health and wellness in schools
 - health-related professional development, opportunities and resources.
- School Bulletin Boards highlighting seasonal health themes, impacts of health on students success, etc.
- Wellness resources at Back to School nights, Family Wellness events, fundraisers, and other school events.

Lessons Learned

- Focus on priority schools with strong support from staff, families, and administrators
- Building relationships takes time

Top Resources

[Parent Health and Wellness Toolkit](#)

[Ways to Engage in Your Child's School to Support Student Health and Learning](#)

[School and Family Partnerships Promote School Wellness](#)

Key Elements – Targeted Strategies

- Cooking Matters for Families*
 - 6-week course to support families in making healthy and affordable nutrition choices.
- After-school Community Garden Club* with strong family/neighborhood involvement
- Focused health/wellness-based homework during *Every Kid Healthy Week*
- Collaboration with PTO on before-school *Smoothie/Nutrition Education Club*
- Alignment and promotion of health/wellness-related family engagement events and learning opportunities