

PROCESSES



APPLE Wellness Policy Tree

Purpose:

To assist in developing a general wellness policy by creating parameters and encouraging conversations around it.

This process is targeted at new school health facilitators who will be developing and implementing a wellness policy in their school community.

Materials:

- A tree with roots, a trunk, and 7 to 8 branches drawn on large poster paper
- Leaf cutouts (attached)
- A marker for each individual
- A copy of your school community's vision statement

Time for process: 20 minutes

Pre-process Steps:

1. Draw a tree with roots, a trunk, and 7 to 8 branches on a large piece of paper.
2. Prepare four to five leaf cutouts for each individual.

Process:

1. Review the school community's health vision and discuss how the vision represents the school's values around health and wellness. The vision and values will be maintained and implemented through the wellness policy, which is the trunk. Write *Wellness Policy* on the tree trunk.
2. Ask participants to share examples of school settings where the wellness policy would apply (e.g., staff meetings, administrator meetings, core committee meetings, etc.). Write each setting on a tree branch.
3. Give each participant 4-5 leaf cutouts and ask them to quietly write down potential specifics of the wellness policy for the different settings written on the branches, then tape each leaf on or around the tree branch that it applies to.

E.g. A potential setting might be at staff meetings, and a leaf might state that any food brought for staff must be choose-most-often according to the Alberta Nutrition Guidelines for Adults.

4. Review the branches with your group. Group similar leaves together. The groups of leaves on each branch will form the basic policy outline for what is expected for health and wellness in each setting.

Next Steps: The information from the wellness policy tree can be used to create a wellness policy for healthy eating, physical activity, or mental health, and the scope of that policy. Separate participants into small groups to create a draft policy. Regroup and have each group present their draft policy to everyone else.

Leaf Cutout:

