



SCHOOL HEALTH CHAMPIONS: WHO ARE THEY AT YOUR SCHOOL?

WHAT DO YOU PICTURE WHEN YOU THINK OF A “SCHOOL HEALTH CHAMPION?”

- a cheerleader with carrots instead of pom poms?
- the most vocal member of the group?
- the school “health nut”?
- the head of the Coordinated School Health Team?
- the school Food Service Director?

Some people may shy away from being involved because they feel as if they “don’t fit the mold” of what they think a school health champion is. A school health champion is the person that provides the spark that starts change. That spark may lead to a slow steady burn or an all out bonfire! There is no wrong way to initiate change—unless you don’t do anything. The most important thing about being a school health champion is that you are in it for the right reasons—the students.

Taking that first step toward becoming a school health champion can be scary but, as momentum builds, you will start to gain allies and together, make positive changes that affect not only the students, but the entire school community. Here are some stories of “School Health Champions” right here in Michigan.

DANIELLE GONZALEZ

*SCHOOL
HEALTH
CHAMPION*

Danielle Gonzalez is the Nutrition Manager at Spencer Elementary in Brighton. Danielle implements a running club for girls and presents regularly to students on the benefits of healthy eating. She allows students to sample new items and has received parental commendations for her work and dedication. Ms. Gonzalez volunteers to coach the 5th and 6th grade girls cross country team and encourages the girls to develop good fitness and healthy lifestyle habits at a young age. She is an outstanding role model.

KARI SELLECK

*SCHOOL
HEALTH
CHAMPION*

Kari Selleck is the Curriculum Director with Corruna Public Schools who strives to make the health and well being of the students and staff a district goal. She supported the creation of Friday walk days, bicycle clubs, wrote health improvement grants, and led healthy fundraising activities. In the cafeteria, she encourages students to taste healthy foods. She supported a new block scheduling system which allowed an advanced fitness course to be offered. In addition, Ms. Selleck was instrumental in championing Girls on the Run and leading the districts Comprehensive Health Action Team. She is a true role model.



SCHOOL
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SANDY KREAGER

Sandy Kreager is a Counselor at Swan Valley Middle School. Sandy is a program advisor for Fuel Up to Play 60. She was interested in creating fun activities for students. She found others to support her in starting up the Fuel Up to Play 60 student team to help their students adopt healthy habits. They have seen changes in the cafeteria offering more whole grains and fresh fruits and vegetables in school meals. Their a la carte now includes yogurt and low fat cheese. Fuel Up to Play 60 has been successful at the school because of Sandy being a champion for student health. "Fuel Up to Play 60 is part of who students and staff at Swan Valley Middle School are." Being healthy is now part of their daily routine.

