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A Closer Look: Coordinated School Health in Action: High School Story

Greeley Central High School

Stress is a condition of our times. And stress increases when changes occur—especially changes over which a person has no control. Therefore, in the fall of 2005, when unexpected district changes took place, the stress level of staff at Greeley Central High School (GCHS) in Greeley, Colorado rose significantly.

Highlights of the GCHS wellness program included the following:

- (1) Local businesses helped sponsor the initiative by donating incentives making it a community event.
- (2) Teams were formed to promote competition. Each team elected a captain.
- (3) A Healthy Breakfast was hosted by the teams to introduce and kick off the five week Winter Wellness activity.
- (4) Team captains experienced additional stress due to the pressure of compiling weekly progress reports so one-on-one counseling sessions encouraged their continued participation.
- (5) Throughout the five week period, participants were encouraged to stay the course through motivational posters, e-mails, and other activities promoting wellness.
- (6) A culminating healthy luncheon was held and awards presented.
- (7) Staff members completed a pre- and post-survey of personal wellness. The results were positive. Another sign of the program's success was the attendance by a majority of participants at the healthy luncheon.

For more information about this program, contact Susan LaBonde or David Mamich at 970-348-5000.

