



## Building an Effective Student Team

### Why is it important to build a student team?

- Fuel Up to Play 60 is based on what the students want – more successful than "What Mrs. Brooks thinks is important."
- Students take ownership in making positive changes when they're involved in the decision-making.
- Students are often unaware of school wellness deficiencies until they are involved in evaluation (School Wellness Investigation).
- It's much easier to be truly effective if students are making posters, writing announcements, selecting prizes, asking the principal to support a new initiative, etc. Kids are invested, so kids will support it. Also, staff and parents sometimes listen more when it comes from the kids.
- Other: \_\_\_\_\_

### When can I meet with students?

- Homeroom/advisory class, every day or weekly.
- Breakfast or lunch bunch (periodic meetings with group at breakfast or lunch).
- Before- or after-school club.
- Periodic meetings announced in advance on "game days."
- Study hall or student assistants.
- Other: \_\_\_\_\_

### How can I recruit student leaders?

- Strive for a diverse balance so you can plan to reach *all* students in your school.
- Ask for recommendations from teachers, guidance counselors and administrators.
- Organize and advertise a call-out meeting, then explain the purpose of the group and have interested students sign up.
- Hold a Kickoff event or have a promotion at the next school convocation to let students know about Fuel Up to Play 60, and tell students where/how to sign up to get involved.
- Other: \_\_\_\_\_



### What can I use as incentives for student leaders?

- Anything that helps them feel "special" within your school: T-shirts, personalized badges, stickers, lanyards, locker tags, certificates, school announcements, sitting together as a "team" at school convocations.
- Participation in special programs: Fitness Camp, field trip, small group meeting with NFL player who is speaking to school, relay race during school convocation, "guest speaker" for daily announcements, judges for challenge submissions, etc.
- Ask local businesses to donate free passes or discounts for activities or healthier food items to thank your student leaders for their hard work.
- Ask students what incentives they would like when you're putting together your Funds for Fuel Up to Play 60 application.
- Sometimes if your school is very active in Fuel Up to Play 60, your local Dairy Council or NFL team will think of you when they have special opportunities.
- Other: \_\_\_\_\_

### How can I make the best use of my time with students?

- "Committees" for small, ongoing projects/tasks (updating bulletin boards, maintaining breakfast/lunch menu posters, etc.).
- Funds for Fuel Up to Play 60: brainstorming, researching budget costs, outlining or writing sections of the application, proofreading others' submissions, etc.
- Projects (short- and long-term): brainstorming (use the Fuel Up to Play 60 Playbook!), listing tasks, signing up, laying out responsibilities, work time.
- Team-building and trust activities that encourage your diverse students to work with each other even if they're not best friends.
- Other: \_\_\_\_\_