

North Carolina Action For Health Kids – Team Member Guidelines How to Get Involved!

As a team member you will:

- Attend annual state team meeting and regional meetings
- Take part in committee work
- Share information with your community
- Serve as an advocate for school wellness in your community using the Successful Students campaign resources
 - Talk to your principal(s)
 - Make presentations to school boards, PTAs
 - Write letters to the editor of your local paper
 - Be a role model of good health in your community
 - Get other community members involved by talking to them
 - Serve on your school district's School Health Advisory Council
 - Start a health advisory council in your school building

Member benefits:

- Receive a discount for the Healthy Schools Institute in 2009
- Have access to scholarships, trainings, and workshops
- Network with others who share an interest in school health and wellness