2019-2020 Wellness Champ Schedule & Timelines
All meetings at Lincoln Public Schools District Offices, 5905 O Street

Key Due Dates, Wellness Opportunities to Promote:
(Challenge themes may change due to grant opportunities)

- Focus Quarter #1: Hydration & Milk
- Sneaker September Fridays: Wear Sneakers
- UNL Health Coaching Opportunity for Staff Semester 1
- Return Results Quarter #1: Oct. 26
- School Wellness Investigation (SWI) including mini Action Plans due: Oct. 31
- Bonus Option for Quarter 1 or 2: Focus on Fall Fun
- Return Results Quarter #2: Dec. 19
- Focus Quarter #2: Fitness & Activity for All
- Biometric measures available at participating school locations
- Dashing December Fridays: Wear Sneakers
- Holiday Hold’em Weight Maintenance Challenge for staff
- Return Results Quarter #2: Dec. 19
- Focus Quarter #3: Self Acceptance BeYOUtiful
- UNL Health Coaching Opportunity for Staff Semester 2
- Fuel Up Grants Written for following school year
- Fitness February Fridays: Wear Sneakers
- EHA Online Health Surveys (G.C. Incentive): February
- (Optional but a resource for awards) Fuel Up: Complete 6 Steps on Fuel Up Dashboard at fueluptoplay60.com by Feb 26
- Return Results Quarter #3: March 22
- Focus Quarter #4: Stress, Calm and Focus
- Receipts for Incentive Reimbursement due: April 30
  (Note: Must meet all requirements to receive this incentive)
- Fuel Up: Reports due if grant funded May 10
  (Only: Arnold, Brownell, Bryan C., Dawes, Holmes, LSW, Lefler, Pershing, Rousseau)
- Return Results Quarter #4: May 17
- Activity Success Update: May 22

New Wellness Champs Orientation:
- Part 1: August 28 OR 29, 4:00 pm
- Part 2: Individual mtg during Quarter 1 at your school. (Contact me to schedule)

Watch meeting invites, changes may happen if the wellness champ is unable to attend either date, please send an alternate from your wellness committee to attend.

Wellness Champ Meetings:
4:00 pm Start, All at LPSDO
Two Options Monthly

- September 11 & 12
- October 9 & 10
- November 13 & 14
- December No Meeting
- January 15 & 23
- February 26 & 27
- March 25 & 26
- April 29 & 30
- May No Meeting

(Subject to change, please follow emails closely for any updates)

I am glad to meet with you/your crew at any time throughout the year. I am here for you!

Michelle Welch, RD, LMNT  LPS District Wellness
mwelch@lps.org  402.436.1728  402.570.7113 text
See your school featured on social media!
Facebook: LPS Wellness
Twitter: @LPSWellness

www.lps.org/wellness
For all challenge materials, staff/student resources and much more!