



Tips to Get Your Healthy P.A.L.S. Team Started

Stress-Free Ideas to Gather Your Leaders and Your Materials

1. Announce your intention to bring Healthy P.A.L.S. to your school and briefly explain the program at a staff meeting.
2. Create and hang two simple posters in the hallways to build curiosity (i.e., “Healthy P.A.L.S. is coming!” with a drawing of a red flag held by a hand).
3. Ask your administrator for a creative way to provide you with some coverage allowing you to visit classes in order to personally explain the Healthy P.A.L.S. program and the commitment involved to students. Answer questions. Bring applications with you to leave behind.
4. Be prepared to explain how this leadership opportunity is a personal benefit to junior grade students.
5. Underscore the due date for the applications.
6. Make reminder announcements about this leadership opportunity and the date that the applications are due.
7. Be inclusive when selecting leaders to include students of all abilities. This helps to ensure equity - the motto for Healthy P.A.L.S.: There’s always room for one more!
8. Post a Healthy P.A.L.S. leader list announcing the team. Be sure to record on this sheet when and where the training date will be.
9. Make an announcement reminding the team of the training day and the items they should bring along. (Refer to your Student Leader Training Guidebook for an equipment/supplies checklist.)
10. Shop for your snacks. Arrange for any photocopying. Put all games equipment in the bin. Set these items in the gym on training day.
11. Using the longest portion of the day for the student training (i.e., many schools on a balanced day have one segment longer than others).
12. Be creative and imbed some training time over the student snack time or lunchtime during this training day (i.e., you might keep the students in for recess and allow them to snack as you present).

13. Use the first portion of the training day to deliver the information pieces using the Student-Leader Training guidebook. Notice how the training sessions are organized, but feel free to adapt the sessions so they best accommodate the scheduling at your school.
14. You can invite students to create a personalized version of the Games Book, inserting tabs with various types of games as a personal resource.
15. Reserve time to discuss scheduling. Identify that you will create the schedule and teams. Allow students to identify preferred days to be a leader and partner with a friend. Use this as a teachable moment to discuss being inclusive.
16. Finish with the signing of the contract. Have students try on the ID item (i.e., red tie-on armband, pinnie, etc.).
17. Communicate the program's official start date to your leaders and select a pair of students to make a morning announcement each day for the next few weeks.
18. As always, watch your time. Create efficient transitions during the training and emphasize that leaders need to model leadership during training.
19. Get ready to be amazed. Your leaders will be so excited and you will find yourself proud of these students as they will continue to grow and assume greater responsibilities. Soon you will see a new level of leadership emerge from the group!