

SCHOOL DISTRICT OF WAKULLA COUNTY

WELLNESS COACH - SUPPLEMENTAL

JOB DESCRIPTION

TITLE: Wellness Coach

EMPLOYEE CATEGORY: Differentiated Pay Schedule/Supplemental

QUALIFICATIONS:

1. Must be at least 21 years of age.
2. Minimum of a high school diploma.
3. Must be a current active WCS employee.
4. Ability to work with diverse groups – children and adults.
5. Ability to make presentations.

KNOWLEDGE, SKILLS, AND ABILITIES:

Under supervision of the site principal/supervisor, the wellness coach will plan, develop and provide wellness programs and awareness to all site employees.

REPORTS TO: Principal/Designated Administrator

JOB GOAL

Promote programs to facilitate an increase in school/site wellness activities and campaigns.

SUPERVISES: N/A

PERFORMANCE RESPONSIBILITIES:

1. Develop a School/Site Wellness Program.
2. Work directly with district staff to implement wellness initiatives.
3. Plan, develop and implement wellness initiatives that may include physical activities, healthy lifestyle choices, or health/wellness presentations.
4. Collaborate with other district wellness coaches for the purpose of promoting healthy choices.
5. Facilitate staff development and training programs on wellness.
6. Promote the District Employee Assistance Program, at least quarterly, to insure all employees are aware of the benefit, i.e., via e-mail, at staff meetings, bulletin boards, etc...
7. Proactively research health/wellness programs and initiatives for both staff and students.
8. Explore and distribute wellness tips/resources to employees, i.e. USDA, 10 Tips for Nutrition Education Series, <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> and distribute systemically to faculty/staff.
9. Attend district wellness meetings as scheduled.
10. Serve as Point of Contact for Smart Snacks Standards to ensure compliance and

- maintain a school calendar in reference to exempted competitive food fundraisers.
11. Report school compliance regarding Smart Snacks to designated administrator.
 12. Serve as a member on the designated Wellness Steering Committee.
 13. Serve as the school liaison on the district School Health Advisory Council [SHAC].
Includes attendance at quarterly meetings, sharing information with school administration, faculty and staff, collecting data and participating in decision making on policy relating to health and wellness.

PHYSICAL REQUIREMENTS: Physical Work

Exerting up to 50 pounds or more of force occasionally and/or 20 pounds of force regularly to move objects and/or participate in school/site physical activities such as runs or cardio programs.

TERMS OF EMPLOYMENT: Supplemental

Salary and benefits shall be paid consistent with the District's approved compensation plan. Length of the work year and hours of employment shall be those as determined by the season/head coach and athletic director.

EVALUATION: Annually by Principal/Designated Administrator

Performance of this job will be evaluated in accordance with provisions of the Board's policy on evaluation of personnel.

SALARY ITEM NUMBER: Stipend per Differentiated Salary Schedule

