



Wellness for Children Initiative Briefing Paper 2017

What is the aim of your initiative?

The purpose of the Global Wellness for Children (GWFC) Initiative is to educate, demonstrate and nurture opportunities for children of all ages and abilities to actively be involved in their own wellness – by providing educational resources to live a well life through the best practices of physical, emotional and mental health.

What or who are the current “news makers” or trends in the initiative’s industry/sector?

The greatest trends today for embracing wellness for children can be found in three areas:

1. Classroom – Teaching wellness practices to children of all ages and abilities. GWFC will ‘teach the teacher’ how to provide opportunities for children throughout their tenure through nutrition, mindfulness, physical fitness and environment.
2. Home – Empowering parents to set the example in a well life through their own practices and providing healthy standards in the home.
3. Community – Having communities provide a basic standard of living within their own communities for nutrition, water resources, shelter and love.

Name some (high level) challenges facing your industry/sector?

The greatest challenge today facing wellness for children is political and economic. Many governments have their own agenda in schools when it comes to nutrition, exercise and curriculum that are counterintuitive to children living a well life.

In many third world countries, children do not have basic resources such as clean water, shelter and nutritious foods to meet their basic needs. If the global leaders had a focus on a baseline standard of living, then the opportunity would be afforded to every child to be well.

Where do you see the opportunities for industry/sector?

The greatest opportunity for advancing wellness in children around the globe lies at the local level, working with governing bodies to implement wellness programs with minimal cost to the school systems. Thus, introducing the

concept of wellness to children that will be the most impactful in their formative years.

Are there any “heroes” (either companies or individuals) who stand out in your industry/sector?

Heroes in the wellness for children sector include California, who has a Local Wellness Policy that’s promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal standards.

Canada has developed a “Mental Health Commission” since 2007 with a focus to improve mental health and well-being for everyone, creating a mental health system that can truly meet the needs of people of all ages living with mental health problems and illnesses.

The Philadelphia School district won a 2017 U.S. Department of Education Green Ribbon for its five-year sustainability plan that has goals of conserving resources, decreasing consumption and waste, creating healthy indoor environments, and more. It was one of just nine school systems in the country to win the prize, which is given annually.

Is there noteworthy investment happening in your industry/sector?

A big investment was announced recently for wellness within the public school system of New South Wales (NSW), where all public schools are required to have a planned approach to wellbeing (according to the NSW Education Department) and \$167.2 million was earmarked over four years for well-being packages for schools.

Name any key accomplishments (milestones) made by your initiative?

Since the GWFC was founding in early 2017, we have achieved the following:

- Filed for a 501-C
- Launched a prototype [website](#) outlining our mission.
- Developed a Wellness for Children pilot program in partnership with the Montessori School and Baby genius in Dublin, Ireland (See the video [here.](#))
- Currently developing a ‘GWFC Teacher Manual’ on wellness in the classroom

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