

4. Write one relevant, realistic health and wellness goal for your school for this school year.

5. In moving toward your goal, what do you see as the **advantages** for your school considering both the similarities and the differences between your school and Milton Elementary School?

6. What are some of the **challenges** for your school considering both the similarities and the differences between your school and Milton Elementary School?

7. **Generating Strategies:** The **advantages** and **challenges** are used as inputs to the creative generation of possible strategies for attaining your goal, by asking and answering the following questions:

A. How can we build upon and use each **advantage**?

B. How can we mitigate or improve upon each **challenge**?

8. The culture of a school represents the essence of the environment, influenced by the values, attitudes and the patterns of behavior of all who share the workday. Because workplace culture is a deep-rooted and powerful force, it is often difficult to change.

However, as seen in the documentary – It’s the Numbers Game – igniting the process of change begins with just one person at a time, spreading to others, until a majority adopts the attitude and behaviors that become the new norm.

What one action can you as an individual take now to become a model of change and move your school toward a culture of health?

Notes: