

# Champion Best Practices

Your role, your commitment, and how we support you · 2026–2027



Champions are the reason INtegrate works. You are the person who makes staff wellness real in your building, and the program rises and falls on your effort. This guide is honest about what the role asks of you, because it matters and because your colleagues are counting on you. It is also our promise to you: you will not do any of this alone. Everything here is built to be doable, supported, and worth your time. Read it as a clear picture of the commitment, not a list to fear.

A handful of things are essential. These are what every Champion is expected to do, and they are what your role is measured on through the Participation and Scorecard. Beyond the essentials, there is always room to do more when you have the time and interest. We mark the essentials clearly so you always know where the bar is, and we pair each one with the support that makes it reachable.

## Start with your Champion Manual

Before the school year begins, read the INtegrate Champion Manual from cover to cover. It is your complete guide to the role — how INtegrate works, what is expected of you, the tools and forms you will use, and answers to the questions that come up most. Keep it close and return to it throughout the year whenever you need a refresher or run into something new.

## Engage your building

This is the heart of the role: getting your colleagues to take part, and keeping them engaged over time.

### THE ESSENTIALS

- Promote every challenge, and encourage staff to try NuStart Blocks and coaching. Growing and holding participation is your most important work.
- Keep steady, welcome communication, about two to three touchpoints a month. Consistent, never overwhelming. The one-minute monthly reflection that arrives with each Champion newsletter logs the month, and your dashboard credits it the moment you submit.
- Run a few wellness activities across the year that fit your building.

**Your support.** Ready-made content, challenge materials, and NuStart Blocks mean you promote and share. You do not build from scratch.

## Make the healthy choice the easier choice

INtegrate is about shaping your building so the healthy option is the easy, obvious one. That starts with knowing what you have to work with.

### THE ESSENTIALS

- Complete your Building Resource Inventory.
- Put what you have to use. Match resources to simple activities, and integrate with what is already happening rather than starting something new.

**Your support.** The inventory tool, your training lessons, and your liaison, who will brainstorm activities with you any time.

## Connect and collaborate

You are not meant to carry this alone, and the strongest Champions do not.

### THE ESSENTIALS

- Partner with the people and groups already active in your building: your administrator, the social committee, the Conscious Discipline Champion, counselors, athletics, and your PE teacher, who may be you.
- Pair with another Champion for support, ideas, and accountability.

**Your support.** The Champion network and mentorship connect you with people who have done this and want to help.

## Learn, show up, and stay accountable

These commitments keep the whole program strong, and they are where accountability matters most. They are also some of the most visible, so doing them well is how you stand out.

### THE ESSENTIALS

- Read the INtegrate Champion Manual at the start of the year, and keep it handy as your reference throughout.
- Complete the required Champion training, the twelve core Champion Lessons, during the first semester.
- Attend the Steering Committee meetings and take part in them, and submit your short building report before each one.
- Share a story for the Champion newsletter when you have one worth telling (optional; a published story earns extra credit). We review and lightly edit it, and you use the consent form whenever you feature a colleague or include a photo.
- Complete the All-IN application and your Champion self-assessment, now combined into one process.

**Your support.** Short web lessons, ready-made report and newsletter templates, and the consent form make each of these quick to do.

## Model and represent

Take part yourself. Champions who live the habits inspire others to follow.

Share your building's wins on school channels using #TSCINtegrate.

## How your work is recognized

Your effort is seen, measured fairly, and celebrated. The Participation and Scorecard covers four areas: engaging your building, running it well, collaboration, and your training and engagement. Recognition includes certificates, mentions in TSC Matters, tiered Champion awards at Honorable Mention, Bronze, Silver, Gold, and Platinum, and end-of-year prize drawings. Champions are recognized within building-size groups, so you are compared fairly with buildings like yours, and improvement counts, not just size. Accountability and reward go together here. The same scorecard that sets the bar is how we celebrate you clearing it.

Remember the idea behind our name. You do not have to build from scratch. You integrate with what is already moving in your building, and you make the healthy choice a little easier. Do that consistently, lean on us when you need to, and the rest follows. Champions are the backbone of INtegrate. Thank you for stepping up. We are with you the whole way.