

Champion Pledge

Lafayette School Corporation



As an INtegrate Champion, I commit to leading staff wellness in my building and helping my colleagues make the healthy choice the easier choice.

- ✓ **I will promote our challenges, NuStart Blocks, and coaching, and work to grow participation in my building.**
- ✓ **I will take stock of my building's resources and use them to make the healthy choice the easier choice.**
- ✓ **I will keep steady, welcome communication with my staff.**
- ✓ **I will connect and collaborate with the people and groups in my building.**
- ✓ **I will complete my Champion training and keep growing in the role.**
- ✓ **I will read the INtegrate Champion Manual at the start of the year and use it as my guide throughout.**
- ✓ **I will take part in our Coordinated Health Council meetings and share what is happening in my building.**
- ✓ **I will watch for the wins in my building and share one for the Champion newsletter when I have a story worth telling.**
- ✓ **I will take part myself and model the habits I encourage in others.**

I understand that Champions are the heart of INtegrate, and that NuStart and LSC support me the whole way. I pledge to lead with encouragement, consistency, and care.

CHAMPION SIGNATURE

DATE

PRINTED NAME

BUILDING