

Your Training at a Glance

Lafayette School Corporation • 2026–2027



Welcome, Champion. Your training is a set of short, self-paced Champion Lessons; most take about five to ten minutes each. The twelve core lessons build on one another; the six extra-credit lessons are yours to explore any time you want to go further.

START HERE Read the **INtegrate Champion Manual** first; it is your complete reference for the role. It covers how INtegrate works, your responsibilities, and the tools and forms you will use, all year long.

REQUIRED CORE LESSONS • 12 • ONE A WEEK, FIRST SEMESTER

1 Welcome to INtegrate: The Heart and the Mission

The heart of INtegrate, and your role in it.

2 Your Role as a Champion

What Champions do, and what success looks like.

3 Inventory Your Building's Resources

Find what your building already has.

4 Turn Resources Into Action

Turn them into simple, doable activities.

5 Connect and Collaborate

Partner with people already active here.

6 Point Peers to the Right Support

Connect colleagues to help, not answers.

7 Communicate So People Listen

Write messages people open and act on.

8 Promote Challenges, NuStart Blocks, and Coaching, and Use the Digital Hub

Grow participation; use the digital hub.

9 Move People to Participate: The Power of Story

Be the guide: And, But, Therefore.

10 Make the Healthy Choice the Easier Choice

Shape the building so the easy choice fits.

11 Coordinated Health Council: Participate and Report

Show up, report, and represent your building on the Coordinated Health Council.

12 Plan, Act, and Improve

Use simple feedback to keep improving.

OPTIONAL EXTRA CREDIT • 6 • ANY TIME

X1 Build a Building Wellness Team

Share the load with a small team.

X2 Support Staff Self-Care and Connection

Small gestures that help a building feel cared-for.

X3 Tell a Great Story for the Champion Newsletter

Share your building's wins, with consent.

X4 Learn From Your Building's Data

Read your numbers as feedback, not a grade.

X5 Going Deeper With Story: Make It Land and Stick

Duarte's sparkline and the Heaths' SUCCEss.

X6 Share It on Social: Reaching Your Building Online

Post well and safely on the social platforms.

NEED HELP? Email info@nustarthealth.com and your message goes to your assigned NuStart INtegrate Liaison, who replies within three business days, or set up time with your Liaison directly. You are never on your own.