

INtegrate Champion — Role & Responsibilities

A building-level wellness role · Lafayette School Corporation (LSC) · 2026–2027



Purpose

The INtegrate Champion is a building-level staff member who coordinates and connects wellness where they work — a connector and encourager, not the expert with every health answer. The Champion helps colleagues take part in INtegrate and makes the healthy choice the easier choice in their building.

Position type, appointment, and term

- Stipend role, taken on alongside the Champion's regular full-time job.
- Appointed by the building administrator, who also backs the Champion and helps set the building's tone.
- Serves for the school year, with the option to continue in subsequent years.

Who supports the Champion

- The NuStart INtegrate Liaison — onboards, trains, encourages, and connects the Champion to what they need.
- The building administrator — appoints the Champion and owns overall accountability for the building's participation.
- NuStart Health — provides ready-made content, the resource hub, the Champion Lessons, and the supporting documents.

Key responsibilities

Engage your building.

- Promote the challenges, and encourage staff to try NuStart Blocks (healthy-living lessons) and coaching.
- Run a few wellness activities that fit your building across the year.
- Keep steady, welcome communication — about two to three touchpoints a month, using the ready-made content provided. Log each month in the one-minute reflection that arrives with the Champion newsletter; your dashboard credits it the moment you submit.

Connect and collaborate.

- Team up with the people and groups already active in your building.
- Pair with another Champion for support and ideas.
- Use the NuStart resources and pass them along to your staff.

Take part and represent.

- Take part yourself — Champions who model the habits inspire others to follow.
- Attend the Coordinated Health Council meetings, join the conversation, and submit a short building report beforehand.
- Share a story for the Champion newsletter when you have one worth telling (optional; a published story earns extra credit).

Keep learning and improving.

- Read the INtegrate Champion Manual at the start of the year, and use it as your reference throughout.
- Complete the Champion Lessons — twelve core lessons, about one a week through the first semester.
- Complete the All-IN application and Champion self-assessment (now one combined process).
- Take stock of your building's resources with the Building Resource Inventory.

Time commitment

Designed to be doable on top of a full job: roughly two to three brief communications a month, a handful of small activities across the year, the Coordinated Health Council meetings, and the twelve short core lessons (about one a week early in the year). The six optional extra-credit lessons are available anytime for Champions who want to go further.

How the work is recognized

Champion effort is measured through the Participation and Scorecard, which covers building engagement, the practices above, training and participation, and collaboration. Recognition includes certificates, mentions in the LSC e-newsletter, tiered Champion awards (Honorable Mention, Bronze, Silver, Gold, and Platinum), and end-of-year prize drawings. Champions are recognized within building-size groups, so effort is compared fairly and improvement counts, not just size.

What this role is not

- Not the building's health expert or counselor — point colleagues to the right support rather than trying to be it.
- When a colleague wants one-to-one help, point them to NuStart personal coaching.
- Not solely accountable for whether a building participates — overall accountability rests with building and district administrators.

Need help? You are never on your own. Reach your NuStart INtegrate Liaison anytime, or email info@nustarthealth.com and a NuStart coach will reply within three business days.