

Wellscales Key Terms

The terms below are commonly used with the Wellscales initiative. Included are the 3 Essential Elements: Community Hub, Community Action, and Community Data System. Read through them and become familiar with them.



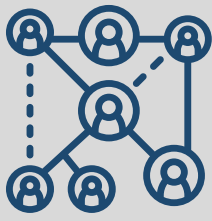
COMMUNITY

A group of people living in a system of social relationships in a geographic area.



Wellscales Essential Element #1

COMMUNITY HUB

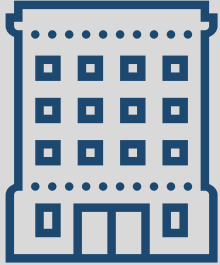


A group that has the capacity to lead community change through sharing and receiving information across a network of community organizations, leaders, and local community members.

These two Essential Elements are parts of the Community Hub

COMMUNITY ORGANIZATION

An organization that has a formal or informal network of places with group opportunities in a community (e.g., school, after school organization, youth sport organization, youth club (scouting, 4-H))



GROUP OPPORTUNITY

A recurring place where a group of children spend time that promotes healthy behaviors and development, such as a classroom, after school group session, sport team practice or youth club meeting (e.g., 4-H, Scouting)

Wellscales Essential Element #2

COMMUNITY ACTION

A community-driven wellness landscape development process with investigation, design, practice, and reflection steps supported by four-time yearly workshops and continuous technical support.



Wellscales Essential Element #3

COMMUNITY DATA SYSTEM

Locally owned data organized to provide information for community action that is shared among organizations, leaders, and community members for community action.



GROUP PLACE LEADERS

Adults and youth with a high degree of responsibility and day-to-day interaction with children in group places where youth spend a majority of their time.



PLACE

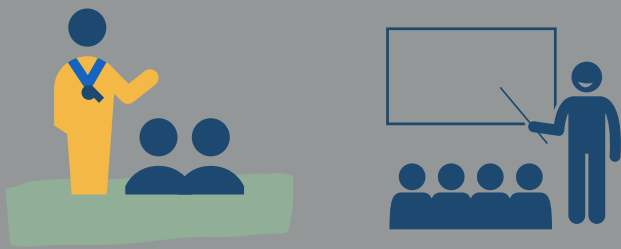
A community location where organized group opportunities for youth can occur.



THERE ARE TWO TYPES OF GROUP OPPORTUNITIES

ADULT-ORGANIZED GROUP OPPORTUNITY

Organized physical activity (i.e., scheduled, with leadership by school or agency personnel apparent) is occurring in the area (e.g., intramurals, interscholastic practices, fitness stations).



ADULT-SUPERVISED GROUP OPPORTUNITY

Area is supervised by designated school or adjunct (e.g., YMCA) personnel (e.g., teachers, playground supervisors, volunteers). The supervisor must be in or adjacent to that specific area (i.e., available to direct youth and respond to emergencies), but does not have to be instructing, officiating, or organizing activities.



GROUP SESSION

A time period within the routine of a group opportunity that has a specific purpose (e.g., academics, active recreation, snack)

COMMUNITY WELLNESS LANDSCAPE

A mosaic of diverse places across a geographic area providing group opportunities for the health and positive development of a community of children & families



GROUP SESSION EPISODE

Sessions can be split into smaller time periods defined by specific group tasks (e.g., warm-up, cool down, game, skill practice), arrangement (e.g., whole-group, small group), and membership (over 50% of participants change groups).

