

Keeping Students Physically Active In Our Schools

Presenters:

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Our Goals

Our goal is to promote a healthy lifestyle through:

- Increasing activity among students/families in our buildings
- Increasing awareness of the importance of a healthy lifestyle
- Increasing activity among staff

Promoting Healthy Lifestyles

- Get Up and Get Movin'
 - In Our Schools
 - Walking Clubs for Outdoor and Indoor Recess
 - Fitness Classes for Staff
 - Outside Our Walls
 - Jim Falls School-Wide Trail Walk
 - Hillcrest PTO Fitness-A-Thon
 - Hillcrest Family 5K Fun Run

Promoting Healthy Lifestyles

- Health and Wellness in our Schools
 - Healthy Classroom Celebrations (food/body)
 - Energizing Brain Breaks (brain/body)
 - Healthy Birthday Treats (body)
 - Healthy News Tips (brains)
 - Hydration is encouraged (water bottles in class)
 - Eco-Friendly Water Fountains

How We Did It!

- Staff investment/buy-in is key:
 - Look for any way possible to promote (School Report Card celebration with Smoothies, etc)
 - Provide resources- teachers are busy; they have to do on their own, the better
 - Start with the “go-getters” and teacher Leaders to encourage ideas
 - Encourage little bits at a time
 - Share the “why” it works

How We Did It!

- Staff investment/buy-in is key: (cont.)
 - Connect it to student behavior
 - Connect it to Educator Effectiveness-Student Participation
 - Engage parents with healthy treats connected to celebrations, thank you cards for providing healthy treats
 - Build healthy activities through PBIS incentives and celebrations

Classroom Activities



Jim Falls and Hillcrest have utilized a number of different resources to get students moving. These include: GoNoodle.com [Jammin' Minute](#)

Brain Break: Jammin' Minute



Brain Break: Continental Drift



Brain Break: Dinosaur Stomp



Active Celebrations



Active Celebrations



Hillcrest Fitness-A-Thon



Learning Collaborative Pilot

- Hillcrest and Jim Falls Elementary Schools

- 2013-2014 Goals:

- Student Wellness
 - Jammin' Minutes, Energizing Brain Breaks, Adventure to Fitness
 - Healthy News Tips via Student News
 - All Elementary Schools



- Staff Wellness

- Biggest Loser Competition
- Zumba, Cross-fit, Running Club



Healthy Snack Ideas



Questions?

Thank you for coming today!

