Healthy School Communities

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Eagan, MN

Creating a Healthy School Community



Healthy Kids=Happy Kids



10 Characteristics of Healthy Schools

Wellness Councils

Wellness Events

Physical Education

Healthy Foods/Beverages

Healthy Culture

Wellness Policy

Physical Activity

Health Education

Employee Wellness

Leadership

Wellness Councils

- School/District Wellness Committees
 - Members include parents, staff, students
 - Families engaged as participants, recipients of information, volunteers, followers of policy changes

Wellness Policy

- District Level
- School Level
 - Families engaged by helping shape policy, helping students follow policy, encouraging policy through actions (volunteering, donations, follow up at home, etc.)

Wellness Events

- Regular Events During or After School
 - Families engaged in planning, as volunteers, as participants with their children and family, as host business or organizations, as sponsors

Wellness Events



Physical Activity

- Active Classroom
- Active Recess
 - Families engaged as volunteers, planners, participants, activity leaders

Physical Education



Families engaged as volunteers and participants

Health Education

- Classroom-Teacher or Volunteer Led
 - Families engaged as instructional leaders, classroom volunteers, following through at home

Healthy Foods and Beverages

- Breakfast, Lunch and Snacks
 - Families engaged in supporting healthy eating, providing healthy snacks, planning healthy celebrations/parties

Employee Wellness

- Movement, Activity, Mental Health
 - Families engaged as activity leaders, providing support for staff, providing healthy resources for staff

Culture of Health and Wellness

- Safe and Welcoming Environment
 - Families engaged as safety liaisons, in following policy, in providing support for customer service

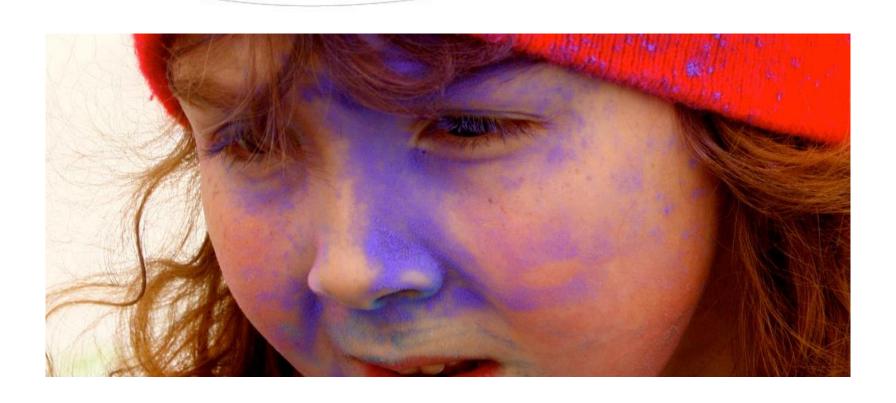
Leadership

- Health Messaging
 - Parents engaged in leadership roles, providing health messaging, modeling healthy habits

Weather-Not An Excuse



Serving Our Children



Menu of Strategies/Events

- Health/Wellness Fair
- ♦ Color Run/Walk/Bike
- Walk/Bike to School Day
- Yoga Calm
- Moving and Learning
- Interactive Whiteboard Movement
- Food Explorers

Menu continued

- Fuel Up to Play 60
- Walking School Buses
- Running Clubs
- Monthly Events (Hiking, Bowling, Skiing, Swimming, etc.)
- Parent Led Training, Exercise, Mental Health Support, etc.
- Customer Service Training
- Newsletter Columns, Quotes, Statements

The More Opportunities and Options You Provide for Families to Become Engaged in School, the More Engaged They Become"

Questions?



Contact Information

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Healthy Schools are: WELCOMING



Arrival/Dismissal



Responsive Classroom



Family Involvement





Responsive Classroom School Design

2014-2015 CRSS All-School Expectations

- Treat everyone and everything with respect.
 - 2. Try your best and be on task.
- 3. Stand up for yourself and others who need it.
 - 4. Be safe to have fun.

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4 Rules of Olweus

- 1. We will not bully others.
- 2. We will try to help students who are bullied.
- 3. We will try to include students who are left out.
- 4. If we know that someone is being bullied, we will tell an adult at school and an adult at home.



Healthy Schools are: SAFE

Olweus Implementation

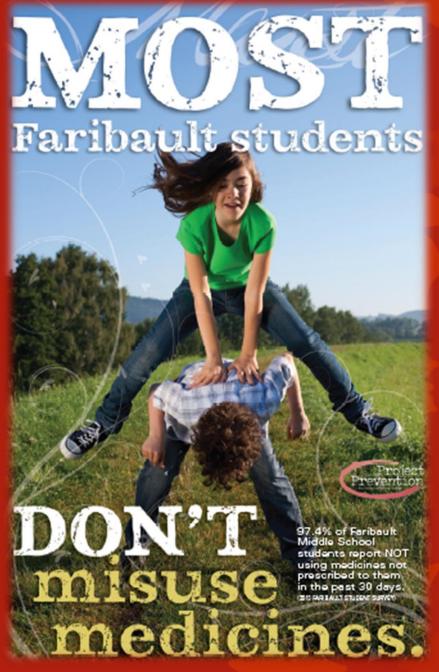




Social Norms Marketing: Risk Prevention

- Sonya G. ///
- Michael B.////
- Avery M. /

Connectedness Survey





Healthy School are: HEALTHY



Instruction Time Outside Recess for ALL







Homework Philosophy











Parent/Family Support

STRENGTHENING
PROGRAM
For Parents and Youth 10-14

To be approximately secretarily secretaring, circle the number of meets on the dark worth time yee wort together, just the time example sembers shown below (by to 3 meets are possible such day). Well important means where the most family resolver in the came household of store completes important to each or meet. Togethers, both, or distant becoming your good to 5 times a weet?

TRY SOME OF THESE IDEAS TO KEEP MEALTIME INTERESTINGS

Tips for Connecting Through Family Meals: Receive and the first state of the pair and the pair a

- Before the week begins, look of your tamilitys checkels. Choose 5 meetings (breakfoot, both, or dimer) that everyone can est together. Mark your calendar.
- Clear the diving table of clutter (bills, homework, mail, etc.).
- Involve the kids in setting the meru for the week. Create a grocery list together.
- Allow children to help shop for grocery term, choosing a variety of fruits and vegetables.
- Give everyone (including even young children) of role in preparing the medi, setting the table, cleaning up, etc.
- Walt until everyone is home before marting. Frontile a healthy track if disner will be late.
- Before you sit down to eat, turn off the T.V. and put away all phones so that you can talk.
- Start mealtimes with a check-in to talk about the best and most interesting parts of the day.
- Keep convenation light and fur. Deal with serious topics outside of mealtings.
- Thank everyone who helped get ready for the med.
- Involve everyone in meal clean up and keep the connections going.



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Healthy Schools have: STAFF WELLNESS & TRAINING









Park Brook Elementary Focus on Fitness





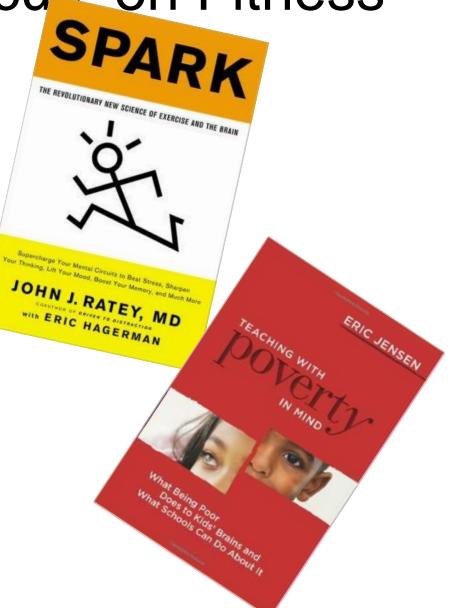
Park Brook—Focus on Fitness

John Ratey, MD

Spark, The Revolutionary
 New Science of Exercise
 and the Brain

Eric Jensen

 Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and what Schools Can Do about it



Park Brook—Focus on Fitness

- Decrease in negative behaviors
- Increase in academic growth
- Student engagement
- Physical health
- Celebration School 2013
- Celebration Eligible 2014

Focus on Fitness—before & after school fitness

- Morning Move
- Boot Camps
- Snow Shoe Boot Camp



Focus on Fitness—Field Trips

Twin Cities 5K

Fun Runs

Luminary Loppet

Fields Trip to the

YMCA



Park Brook—Focus on Fitness

- Increased Movement During Class Time:
 - Stability balls
 - Active lessons
 - Stretch breaks--active

Focus on Fitness—Nutrition

- Salad Bar
- Smoothie Maker, air-pop popcorn



Park Brook—Focus on Fitness

Wellness Committee



Park Brook—Focus on Fitness

- Supporters
 - Allina Health Care
 - Twin Cities in Motion
 - The Loppet Foundation
 - NFL's Fuel Up to Play 60
 - YMCA—Coon Rapids

Park Brook Elementary Focus on Fitness



