

Healthy School Communities

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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**

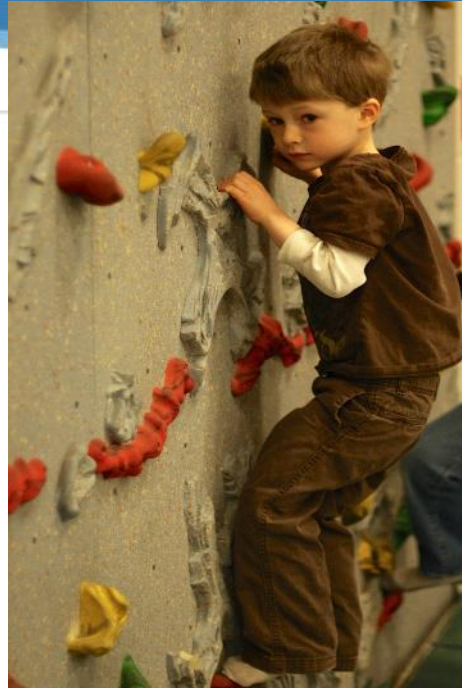
Wellness Events



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

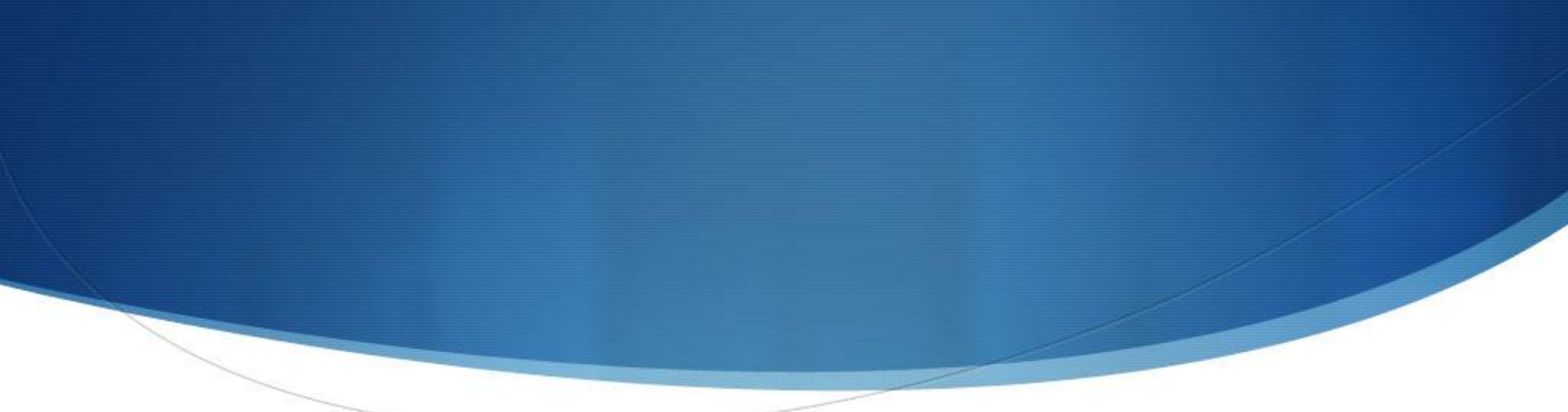


Menu of Strategies/Events

- ◆ 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

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- ◆ “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

1. 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.

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 J. ///
- Michael B./////
- Avery M. /

Connectedness Survey

MOST

Faribault students

A young woman in a green shirt performing a handstand on a boy's back in a grassy field. The image is part of a poster for Project Prevention. The text on the poster includes "DON'T misuse medicines." and a survey result: "97.4% of Faribault Middle School students report NOT using medicines not prescribed to them in the past 30 days. 2010 FARIBAULT STUDENT SURVEY".

Project Prevention

DON'T misuse medicines.

97.4% of Faribault Middle School students report NOT using medicines not prescribed to them in the past 30 days.
2010 FARIBAULT STUDENT SURVEY

Healthy School are: **HEALTHY**

Instruction Time Outside
Recess for ALL



Homework Philosophy



Healthy Schools have: **STAFF WELLNESS & TRAINING**



Park Brook Elementary

Focus on Fitness

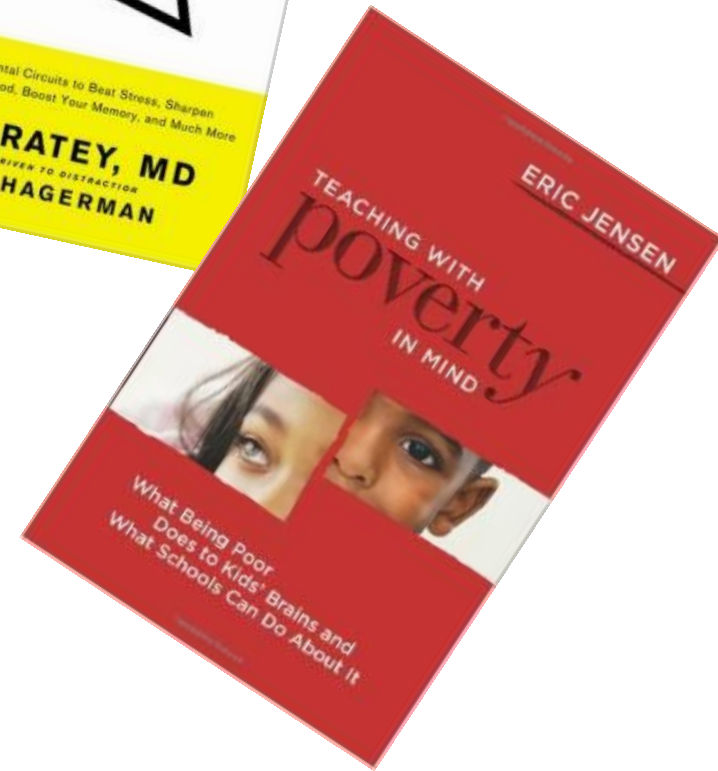
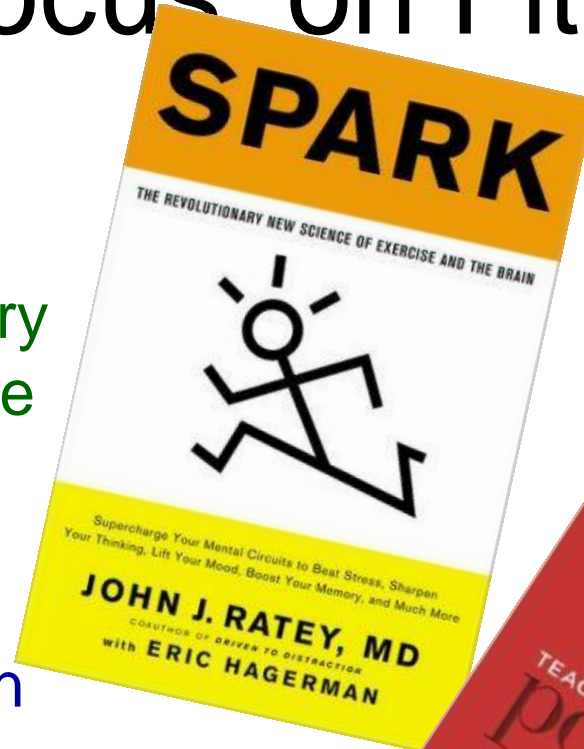


OSSEO AREA SCHOOLS

ISD  279

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



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