

School Wellness

Appendix A: Healthy Party Ideas

Non-Food Celebrations

- Games or crafts – ask parents to bring supplies for a game or craft project
- Let's trade! Ask parents to bring small items to trade such as pencils, stickers or erasers
- Dance party
- Extra recess or play time
- Special book
- Guest Readers
- Activity time
- Overnight stuffed animal or item from class or program
- Special show and tell
- Special time with principal, teacher or site staff – take a walk around the school or playground
- Organize a community project
- Have a themed scavenger hunt around the school or site
- Stock a treasure chest – ask parents to bring items such as pencils, stickers and erasers or other small trinkets to fill the chest
- Themed parade around your school – try a vocabulary or food group theme!
- Allow the birthday child to be the class or site assistant for the day to help with special tasks, such as making deliveries around the school or site or lead the line
- Make it an event! Allow the birthday child to wear a special sash and crown or carry a special item
- For birthday celebrations, allow the birthday child to choose the game, activity, music, item, book, etc.

Healthy Snack and Beverages Ideas

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit –trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-Free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, Hummus, nut or seed butter and jelly or vegetables)

- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

Appendix B: Alternative Ways to Reward Children

- Pencils
- Stickers
- Erasers
- Drawings or raffles for a prize
- Tokens/points toward a prize
- Special physical activity breakfast
- Choice of special activity
- Students have the opportunity to lead an activity
- Extra free time
- Special book selected by student
- A feat by a teacher or principal
- Special dress day (like PJs)
- Special visitor
- Choice of music for study time
- Certificates or ribbons
- Post recognition signs (i.e. student of the month) around the school
- Special section in the announcements
- Call or letter to a parent
- Photo board
- Going first for something
- “No Homework” pass
- Designing a prominent bulletin board
- Special event (i.e. dance or kite-flying party)
- Extra recess or P.E. time.

Appendix C: Healthy Fundraising Ideas

Events that promote physical activity and celebrate fitness

- As-THON-ishing results: School groups raise thousands of dollars when students get pledges for miles biked, distance walked, time jumped, or time skated. Bike-a-thons, Trike-a-thons, Walk-a-thons, Jog-a-thons, Skate-a-thons and Dance-a-thons, as well as 1K or 5K races are a few examples.
- Hidden talents = fundraising treasures: Talent shows are a fun and healthy way to raise money. Children can sing, dance, juggle, perform magic tricks, do gymnastics, and get ready for an appearance on American Idol!
- Friendly competitions: Tickets sales for games can really boost the bottom line. Example = basketball games between a high/middle school team – and a team of teachers, police or fire department members, or local college players.
- Sport-o-rama: A bowling alley, miniature golf course, or club (tennis, swim, or fitness) can help sponsor/organize a tournament or family fun night.
- Rent-a-teen programs: Young people can set up a ‘job bank’ to rake leaves, water gardens, mow lawns, walk dogs, wash windows, or do other services.

Other events that involve communities in supporting schools

- Carnivals or game nights
- Spelling bees for kids and adults
- Book fairs and read-a-thons
- Giant yard and/or craft sales

- Auctions of products and services
- Raffles for products and services

Non-food items to sell

- Car washes and dog washes
- Recycling (cans to ink cartridges)
- Singing telegrams
- Holiday gift-wrapping services
- Grocery store rebate programs
- Bake-less bake sales
- School spirit items, especially those that support healthy choices, such as water bottles, Frisbees, and other sports equipment and clothing. Other options include decals, bumper stickers, cups, and stadium pillow/blankets
- Coupon books
- Calendars
- Magazine subscriptions
- First aid and car safety kits
- Holiday wreaths, candles, greeting cards, and wrapping paper
- Newsletter and yearbook space or advertisements
- School supplies (notebooks, pencils, pens and crayons)
- Arts and crafts made by students and/or school staff

Appendix D: Ideas For Physical Activity Breaks

1. **Chair Aerobics:** Have students pull their chairs out from their desk. They should sit up straight, keeping their ankles together to do leg lifts by extending their legs to a 180-degree angle for 20 repetitions. Then have students stand behind the chair and while holding the back for balance, extend their right leg out to the side to a 45-degree angle for 20 repetitions. Then repeat with the left leg.
2. **Task Master:** Have students stand up and push in their chairs. Explain that you are going to give them a series of tasks and the goal is to complete them as quickly as possible. Direct students that once they have completed the task, they should stop where they are and raise their hand. For the first task have students touch 10 chairs not in a row. For the next task, have students touch elbows with 8 classmates. For the last task, touch toes with 6 classmates wearing 6 different colored shirts.
3. **Boogie Days:** Have students spread out across the room and play one school-appropriate song and let kids bust-a-move. Have them follow your moves and make sure movements are appropriate. Try doing some vintage moves like the Twist, mash potatoes or just jumping around.
4. **No Stress Test:** Make it a classroom tradition to have a 5-minute walking break before a test to help everyone unwind and relax.
5. **Take a Tour:** Lead students on an imaginary tour of a different country or state in charades-like game. For example, take a tour of Texas; march to the Alamo, climb an oak tree, climb Guadalupe Peak, swim in the Gulf of Mexico. Create other simulations that point out various landmarks within any state.
6. **Play Cards:** Using a standard card deck, assign an activity to each of the four suits (ex: jumping in place, running in place, sit-ups, squats). Pass out a card to each student and they have to the activity for that suit for 20 seconds. Have students pass their cards to their neighbor and repeat for 5 passes. Add a twist: have students perform the activity the number of times designated on the card.
7. **Mix it up:** Create a dance sequence one move at a time by calling out a move. Add one move each time through the sequence. Moves could include: stomp left, high five, jump twice, spin in a circle, squat, etc.
8. **Acting out:** Read a paragraph or page of a book, and every time an action verb comes up, the students have to act it out.

9. **Look Ma, No Hands!** Have students put an object on the floor (pen, notebook, ID card) and call out different body parts they have to try to pick it up with (ex: elbows, feet, knees, forearm, neck, etc.).
10. **Keep it Clean:** Push some chairs to the side and draw an imaginary line down the middle of the room. Give students several soft objects to throw (wadded up paper from the recycle bin works well). Students begin throwing objects across the line – the object is to keep objects off of your side of the room. When you call “time” the cleanest side (the one with the fewest objects) wins. Do best 2 out of 3 for minute sessions.
11. **Calm Down:** Lead students in stretches to help loosen up tension. Have students each hold for 15-20 seconds each: reach for the sky, touch toes, arm circles, neck circles, knee to chest, etc.
12. **Quiz Me:** While reviewing for a test, ask the students a series of true-or-false questions. If the question is true students should jump in place for 15 seconds. If it is false they should touch their toes.
13. **Shake it:** Students remain seated and raise their hands in the air. Have them start by shaking their right hand 10 times, left hand 10 times, and right foot 10 times. Repeat counting down the number of shakes from 9-1. Speed up or slow down the counting to keep it interesting.
14. **Workout Videos:** Although most workout videos can last from 20-40 minutes, they’re often broken down into different moves that only last 2-4 minutes. If you have a TV in your classroom, work through a video over the course of a week doing one move at a time. Libraries often have workout videos for students.
15. **Write Your Name:** Using your index finger as an imaginary pencil, write your name in huge cursive in the air. Now repeat using different parts as your pencil – elbow, knee, toe, belly button, head. Don’t forget to make sure all your l’s are dotted and t’s are crossed.
16. **Mime Yourself:** Have students get into pairs and without talking mirror each other’s actions. Specify who will be the leader to start, and tell students that without talking they should switch back and forth as to who has the lead.
17. **Take the Long Way:** Before your next class change, stop class 3 minutes early and take your students the long way to their next room.
18. **Stand Up for Vocabulary:** Create a poem or song using vocabulary words that all start with the same letter. Every time a word starting with that letter is said or sung have students stand up or sit down.
19. **Rainstorm:** Have a rainstorm in your classroom. Have students follow your lead; begin by having students very lightly rubbing their hands together, then lightly snap, slap their thighs, slap their thighs and stomp their feet (the rainstorm is at its peak!) Then stop stomping their feet, just slap their thighs, return to lightly snapping, rubbing their hands and stop. Do each action for 20 seconds.
20. **Animal Instincts:** Pick one student to call out an animal and have everyone mimic how that animal moves. Go around the room until every student has an opportunity to call out an animal and the class has mimicked that animal.
21. **Train Like a Pro:** Have students emulate various sports for 10-15 seconds each:
 - Kick a field goal
 - Shoot a jump shot
 - Run through tires
 - Swing a bag
 - Serve a tennis ball
 - Downhill skiing
 - Spike a volleyball
 - Swing a golf club
 - Throw a football
 - Shoot an arrow
 - Shoot a hockey puck
 - Swim
22. **The Classroom Workout Circuit:** Have students do the following in place for 1 minute each (feel free to mix up the order); jog in place, high knees, jumping jacks, hop on one foot, hop on the other foot, hop on both feet.
23. **Take a Seat!** Have students stand up and pull their chairs away from their desks. They should stand in front of their chair (seat facing out). Have students quickly sit, then stand, sit then stand 8-10 times. Next, quickly repeat sitting halfway down and standing, repeating 8-10 times. Last, have students barely sit (just touching the chair) and stand quickly repeating 8-10 times.

24. **Stations:** Create 3 stations in different areas of the room designated by a sign depicting a different physical activity (boxing jabs, running in place, jumping on both feet, jumping jacks, sit-ups, etc.) Divide students into 3 groups and assign them to a station. Have students perform the activity for one minute and then rotate to the next station. To mix it up, add new types of activities or more stations.
25. **Do the Conga!** Have students line up, placing their hands on the shoulders of the student in front of them. Start some music and lead students around the classroom.
26. **Walk and Talk:** Break students into groups of 2 or 3, and assign a topic related to a current lesson plan that students need to discuss while taking a 5-minute walk. They should report their discussion back to the class.
27. **Physical Activity Jeopardy:** Take 5-10 envelopes with one physical activity listed inside each envelope on the board in the front of the classroom. Write 10, 15, 20 and 25 on the outside of each envelope. Call on a student to pick one of the envelopes, and the class performs the physical activity inside it for the number of repetitions listed on the front of the envelope. Activities could include: boxing jabs, jumps, push-ups, triceps dips using their chair, arm circles, jumping jacks, elbow to opposite knee touches, etc.
28. **Feel the Beat:** Have every student get a partner and sit cross legged on the floor facing their partner 2-3 feet away. Place a hacky-sac or other object between them. Turn on some music and have students perform the following actions to the beat of the music:
- Tap knees
 - Tap shoulders
 - Clap
 - Tap knees, shoulders, clap
 - Clap partners' hands (both, right-right, left-left)
- When the music stops, students try to be the first to grab the hacky-sac. Repeat for 5 times.
29. **Stretch It Out:** Have students stand with both arms extended out in front. Slowly, alternate using arms to push open an imaginary door. Clasp hands together and extend arms out, bending the elbows slightly, and stretch neck by lowering your head (as if trying to touch nose to chest).
30. **Future Trainer:** Have a student lead a 3-5 minute physical activity break during any activities or games of the class's choosing – be creative and have everyone in the class get involved.

Adapted from Fuel Up To Play 60; In-School Activity Break Ideas
<https://school.fueluptoplay60.com/tools/view.php?id=15749467>

Appendix E:

Each School's Wellness Policy/Procedures Coordinator

SCHOOL	WELLNESS COORDINATOR	PHONE
GCHS	Principal, Nurse, PE Staff	618-451-5808
COOLIDGE	Principal, Nurse, PE Staff	618-451-5826
GRIGSBY	Principal, Nurse, PE Staff	618-931-5544
FROHARDT	Principal, Nurse, PE Teacher	618-451-5821
MARVILLE	Principal, Nurse, PE Teacher	618-931-2044
MITCHELL	Principal, Nurse, PE Teacher	618-931-0057
PRATHER	Principal, Nurse	618-451-5823
WILSON	Principal, Nurse, PE Teacher	618-451-5817

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