

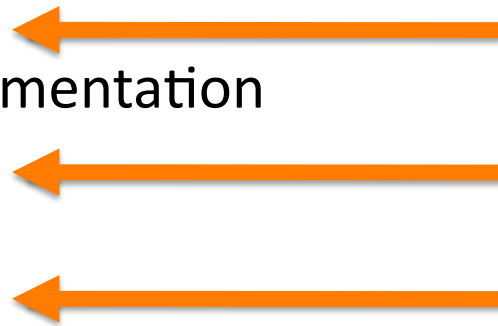
Promoting School-Wide Wellness: Evidence to inform your practice



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Agenda

1. Highlight evidence and support for wellness
2. Summarize effective tactics
3. Describe a large-scale implementation
4. Share tips for sustainability
5. Identify key resources
6. Open the floor for discussion



**Develop
Your
Action
Plan**

OMG! Assault of the Acronyms

- **CSH** = coordinated school health
- **NPAP** = national physical activity plan
- **CSPAP** = comprehensive school physical activity program
- **DPA**= director of physical activity
- **BASPs** = before- and after-school programs

Supporting Youth Wellness

Physical Activity

Healthy Eating

Healthy Relationships



National Physical Activity Plan

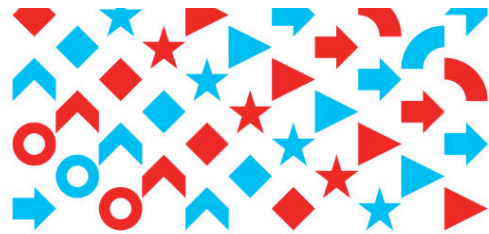


Education Strategies and Tactics

Coordinated School Health



Comprehensive School Physical Activity Programs



Let's Move **Active Schools**

[Physical Education](#)

[Physical Activity During School](#)

[Physical Activity Before and After school](#)

[Staff Involvement](#)

[Family and Community Engagement](#)

Comprehensive School Physical Activity Programs: A Guide for Schools



National Association for
Sport and Physical Education

NASPE Sets the Standard



**CENTERS FOR DISEASE™
CONTROL AND PREVENTION**

Tactics for Promoting Wellness

Themes

Student Leadership

Multiple Messaging

Communication with Parents

Partnering with the Community

Action Plan Part 1: Where are you now?

Identify the strategies and tactics you
are currently using

A County-Wide Approach to Coordinated School Health in Pima County, Arizona



Fitness For Life: Elementary School

Wellness Coordinator Process

Recruit School Wellness Coordinators	<ul style="list-style-type: none">• Attend Coordinated School Health Training, including School Health Index and School Health Advisory Council• Complete SHI Modules 1-4• Implement 4 Wellness Weeks
Schools Apply for Healthy School Zone Designation	<ul style="list-style-type: none">• Demonstrate SHAC formed• Completed SHI Action Plan• Demonstrate 1 PA and 1 Nutrition strategy
Implementation of SHI Action Plan	<ul style="list-style-type: none">• To purchase curricula, materials for volley ball courts, walking paths, recess equipment, garden tools and cisterns, par course equipment, bike skills course, bikes, chicken coops
Training Opportunities	<ul style="list-style-type: none">• Fuel up to Play 60• Fitness for Life Elementary, Middle, and High School• Summer Nutrition Institute• Student Wellness Advocacy Team (2 day camp for Middle/High schools students)• Grant Writing Workshops• Structured Recess

Materials for FFL Supplied

- Complete FFL Elementary package/school
- Additional grade level books for each classroom teachers
- Package of color signage for cafeteria and special events
- Kodak Color Printer, cardstock, extra ink
- DVD player (if needed)
- Schools could use action plan money to buy AV equipment



Volume Control



Start Small
Connect with Others

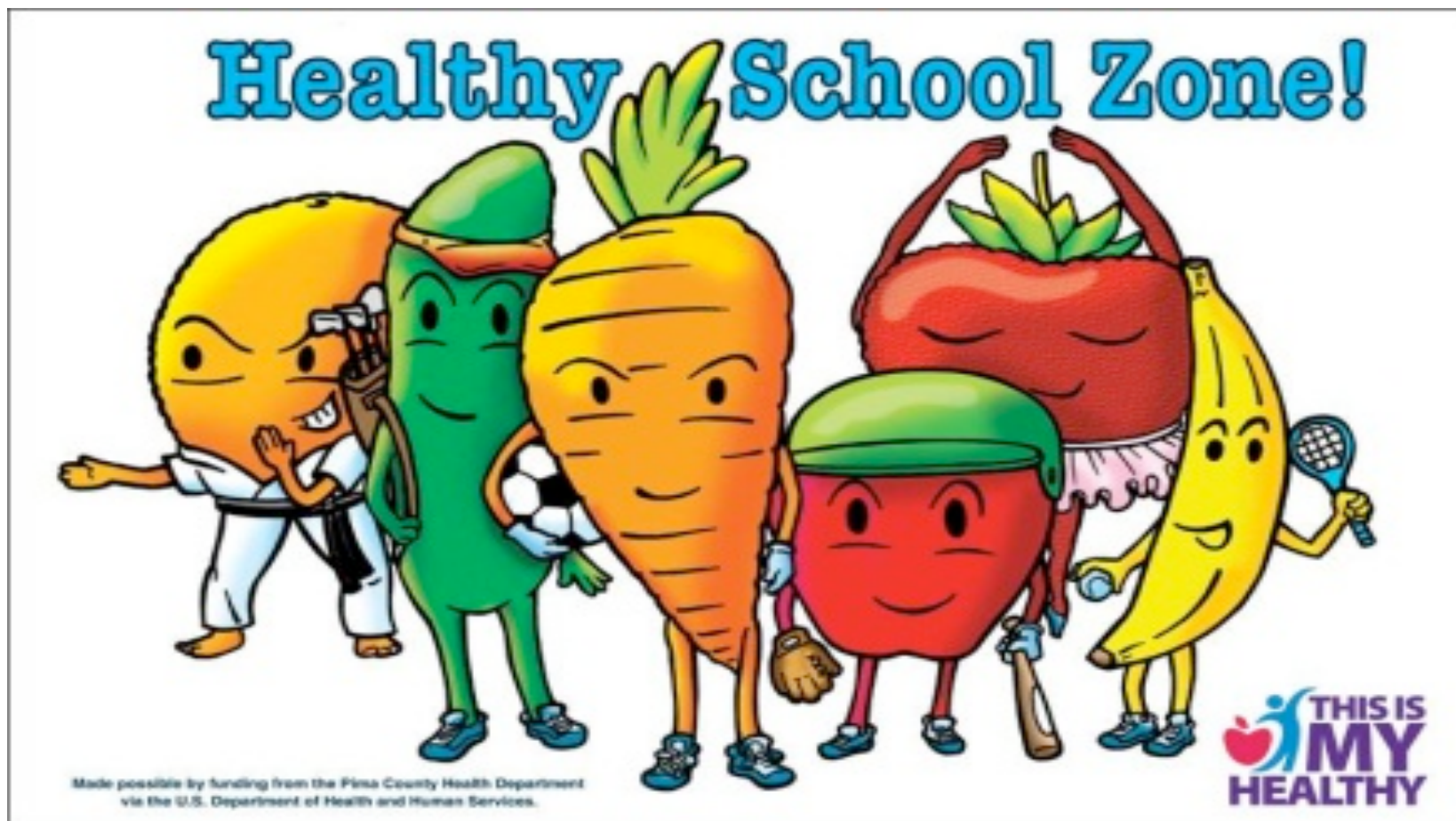
Action Plan Part 2: What will you do next?

Identify the strategies and tactics you plan to use before the end of the school year

Sustaining Your Efforts

Tips from the Trenches

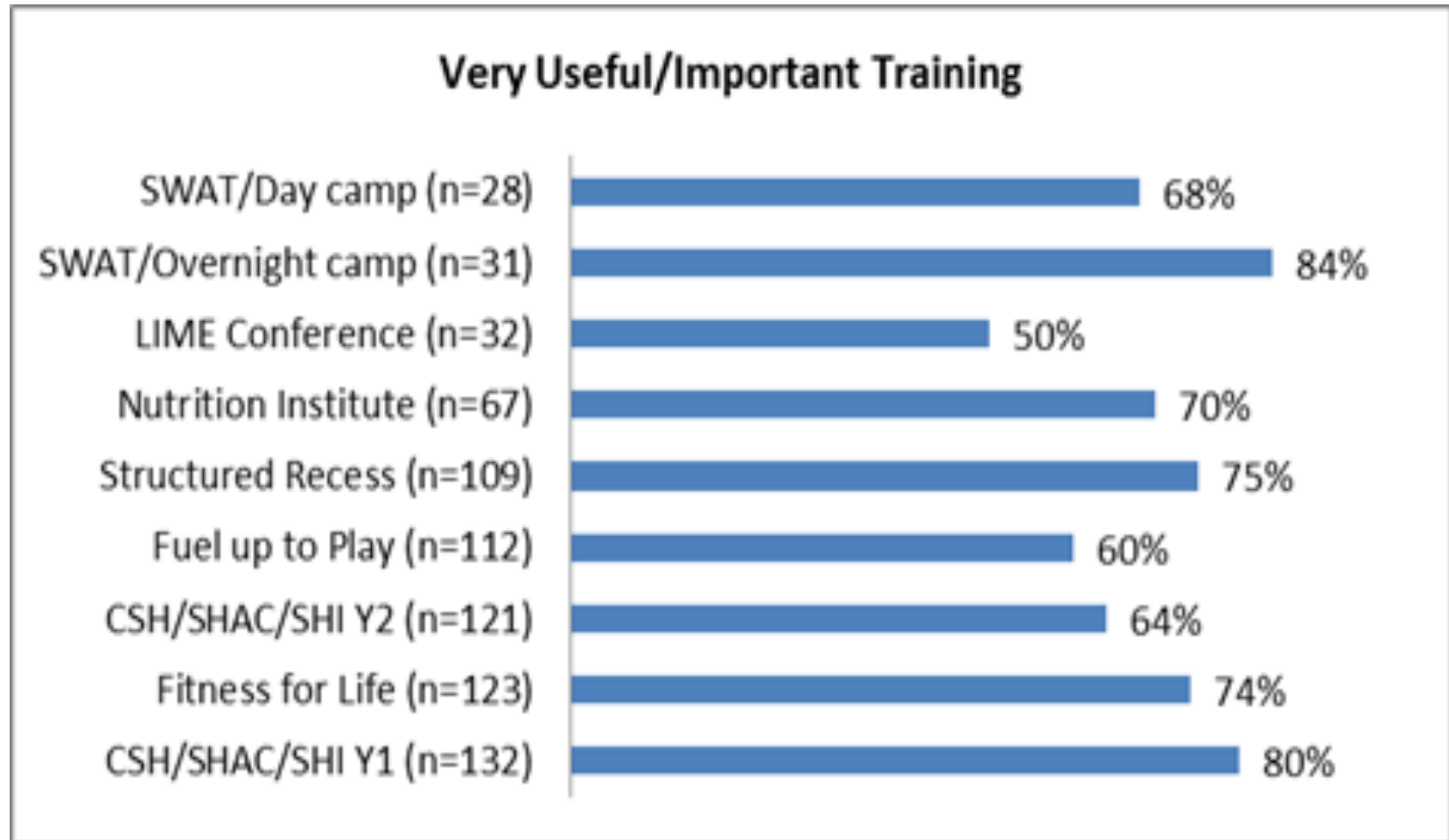
Healthy School Zones



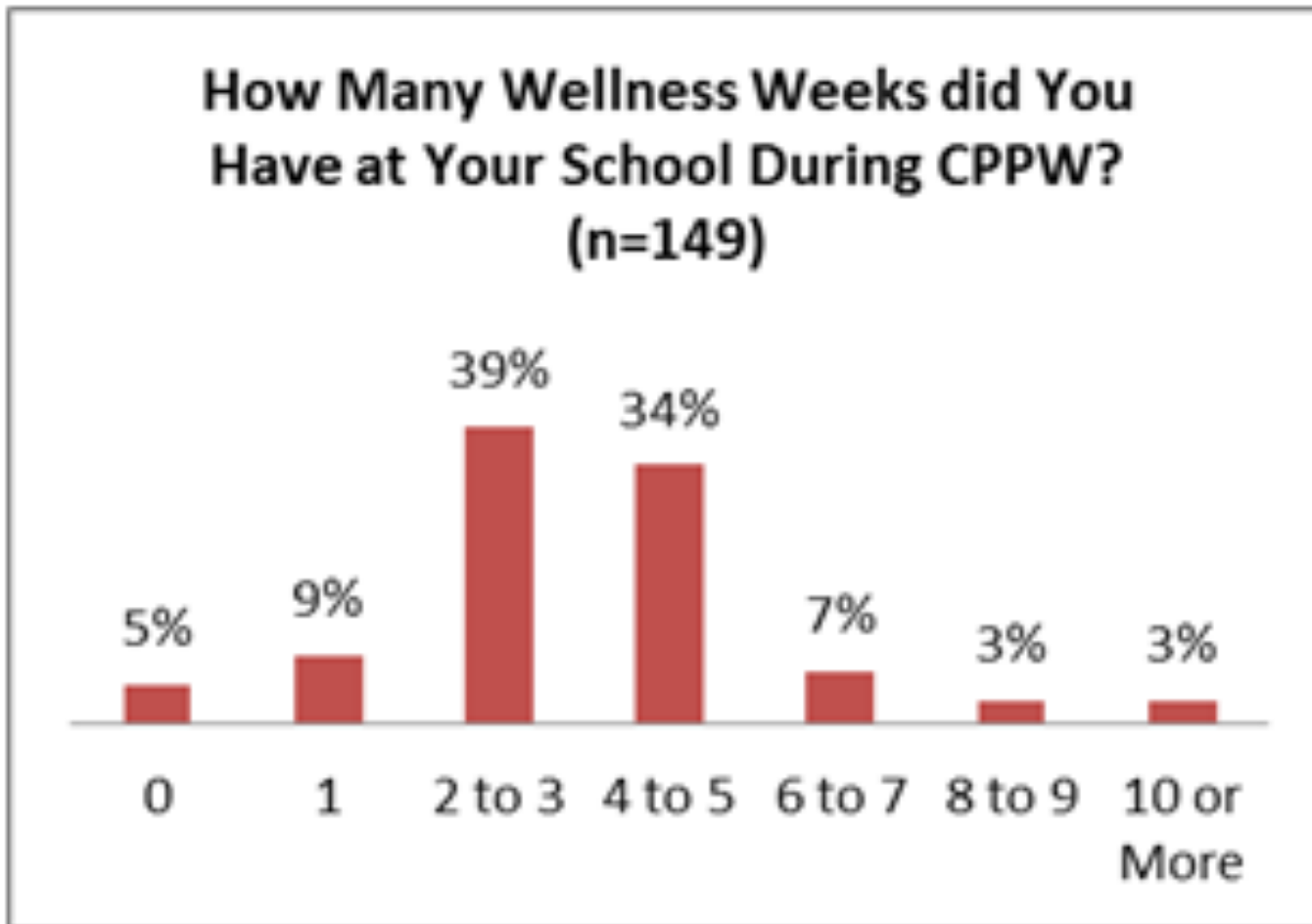
Anecdotal Evidence

- “Kids enjoyed the Wellness Weeks”
- “Wellness Weeks broke up the monotony during the school day and gave students something to look forward to during lunch and after school hours”
- Student councils or other student groups were going to lead and organize Wellness Weeks
- Principal loved “Moving Mondays” and led campus
- Some felt it was difficult to “convince” classroom teachers who were under district pressure to reach required number of instructional minutes

Fitness for Life Training

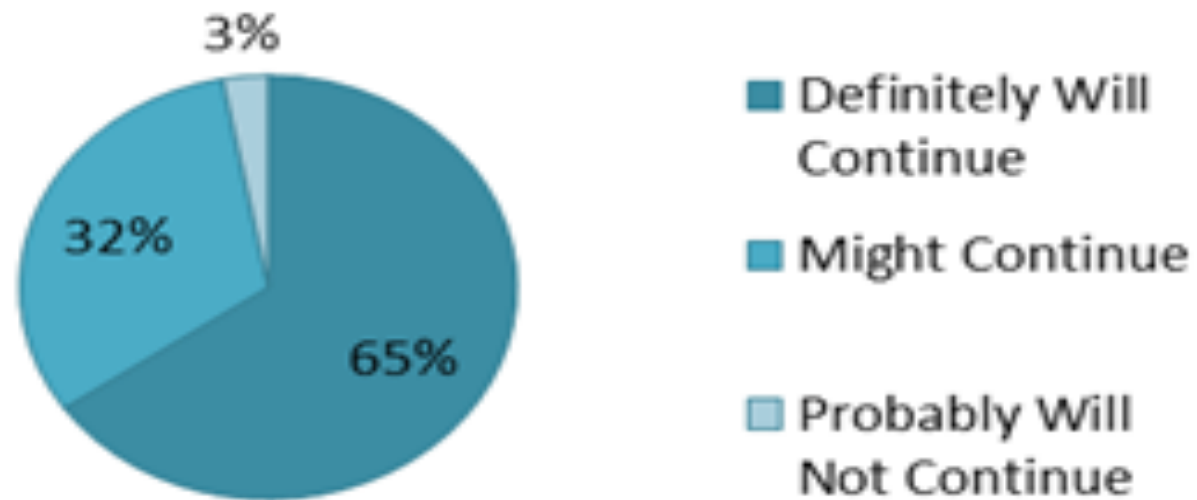


Fitness For Life Successes



Wellness Weeks

**How Likely Is Your School To Continue Having Wellness Weeks?
(n=149)**



Action Plan Part 3: How will you support wellness next year?

Identify the strategies and tactics you
plan to use next school year

Discussion and Sharing

Free CSPAP Resources

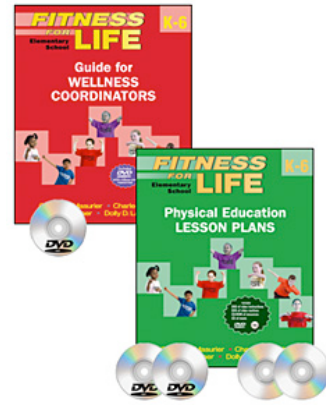
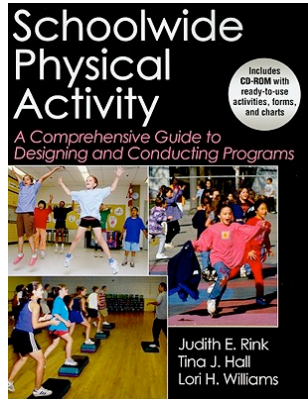
- [NASPE](#) (web)
- [NASPE](#) (document)
- [Let's Move, Active Schools](#)
- [Action for Healthy Kids](#) Resource for promoting CSH
- [The US Department of Health and Human Services](#)



National Association for
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NASPE Sets the Standard

Selected CSPAP Resources for Sale



CATCH Materials

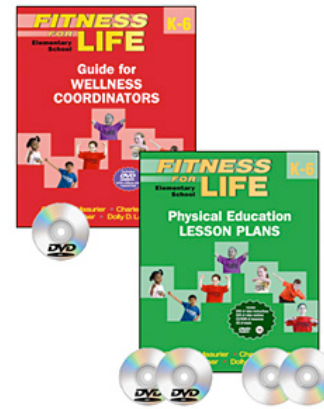
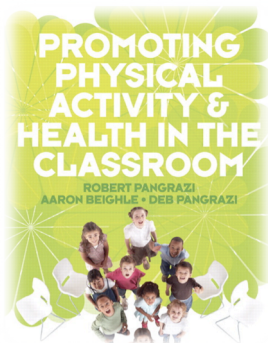


Classroom Activity Resources

FREE!

- [Action Schools! BC](#)
- [Eat Smart, Move More Energizers](#)
- [PE Central](#)
- NASPE provides a list of links for [integrating physical activity](#)
- [We Can!](#) Ways to enhance children's activity and nutrition

FOR SALE



PA During the School Day

- JOPERD Articles
 - Castelli and Ward “Physical Activity During the School Day” (August 2012)
 - Hall et al., “Preparing Classroom Teachers to Meet Student's Physical Activity Needs” (March 2011)
 - Beighle et al. “Preparing Physical Educators for the Role of Physical Activity Director” (April 2009)
 - Kahan “Recess, Extracurricular Activities, and Active Classrooms: Means for Increasing Elementary School Students’ Physical Activity” (February 2008)
 - Faber et al. “Strategies for Physical Activity Promotion Beyond the Physical Education Classroom” (November 2007)
 - Lee and Solmon “School Programs to Increase Physical Activity” (May 2007)
- [PELinks4U article by Heather Erwin](#)

Recess and Lunch Activities

A [review of the research](#) by Active Living Research

[Physical Activity During Recess](#): A systematic review

A short article on [maximizing recess PA](#) by Aaron Beighle

[Playworks](#) creates spaces that support children's PA

Maximizing PA in Physical Education

Instant Activity description and ideas from PE Central

JOPERD Articles

- Beighle and Erwin “Minimize management time in PE” (January 2013)
- McNamee “High-Activity Skills Progression: A Method for Increasing MVPA” (September 2007)
- Solmon “Creating a Motivational Climate to Foster Engagement in Physical Education” (October 2006)
- Alderman et al. “Enhancing Motivation in Physical Education” (February 2006)

Before- and After-School PA

[Engaging Parents to Increase PA](#) (Review)

JOPERD Articles

- Beighle and Moore “Physical Activity Before and After School” (August 2012)
- Thompson “After-School All-Stars: Providing Structured Health and Physical Activity Programs in Urban Environments” (October 2009)

Funding Resources

- [Active Schools Acceleration Project](#) Acceleration Grants K-8 or Elementary Schools to jumpstart one of three programs
- [Fuel Up to Play 60 Awards](#) \$4,000 to provide healthy eating, promotions, and physical activity plays. You must work with a student group and perform a wellness investigation in order to apply. Due June 3, 2013
- [Presidential Youth Fitness](#) Funding supports participation in the [Presidential Youth Fitness Program](#) for the 2013–2014 and 2014–2015 school years

Advocacy and Education Videos

[National Academy of Kinesiology](#) speaker videos

[Institute of Medicine](#) videos and resources

[Designed to Move](#) campaign [video](#) and website

[23.5 hours](#) and the narrated sketches from My Favorite Medicine