



More than a PEP grant

Teachers Making a Difference



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Healthy*MOVES*

Meaningful Opportunities for Vigorous Exercise Success



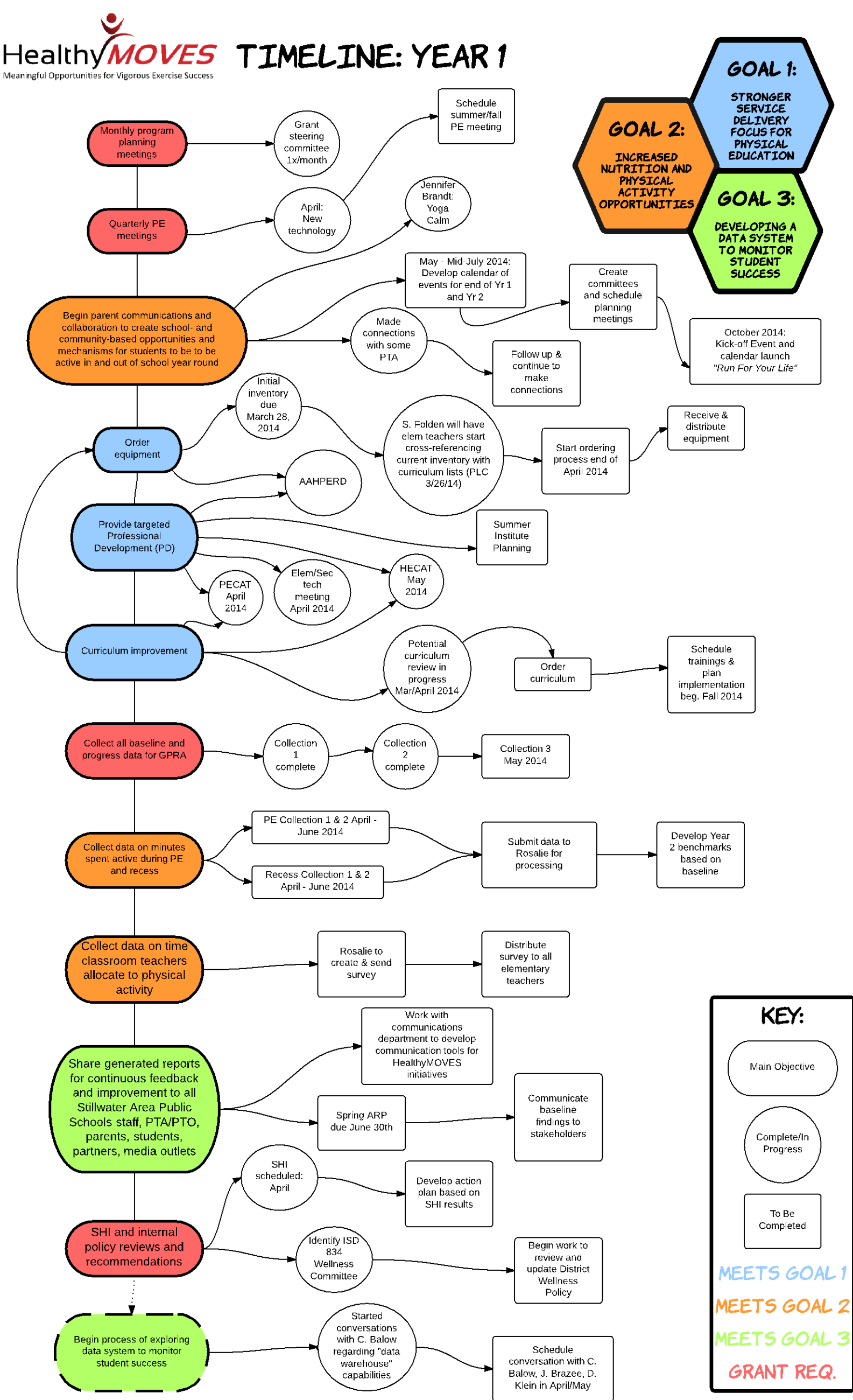
Where we were...need
for the grant

Grant Goals

#1- Stronger Delivery Service for Physical Education

#2- Increased Nutrition and Physical Activity Opportunities

#3- Developing a Data System to Monitor Student Success



Free tools
for
assessment
offered by
the
CDC(HECAT,
PECAT, SHI)



rements of a state or school
district.
<http://www.cdc.gov/healthyyouth/hecat>



Professional Development/ Curriculum Focus

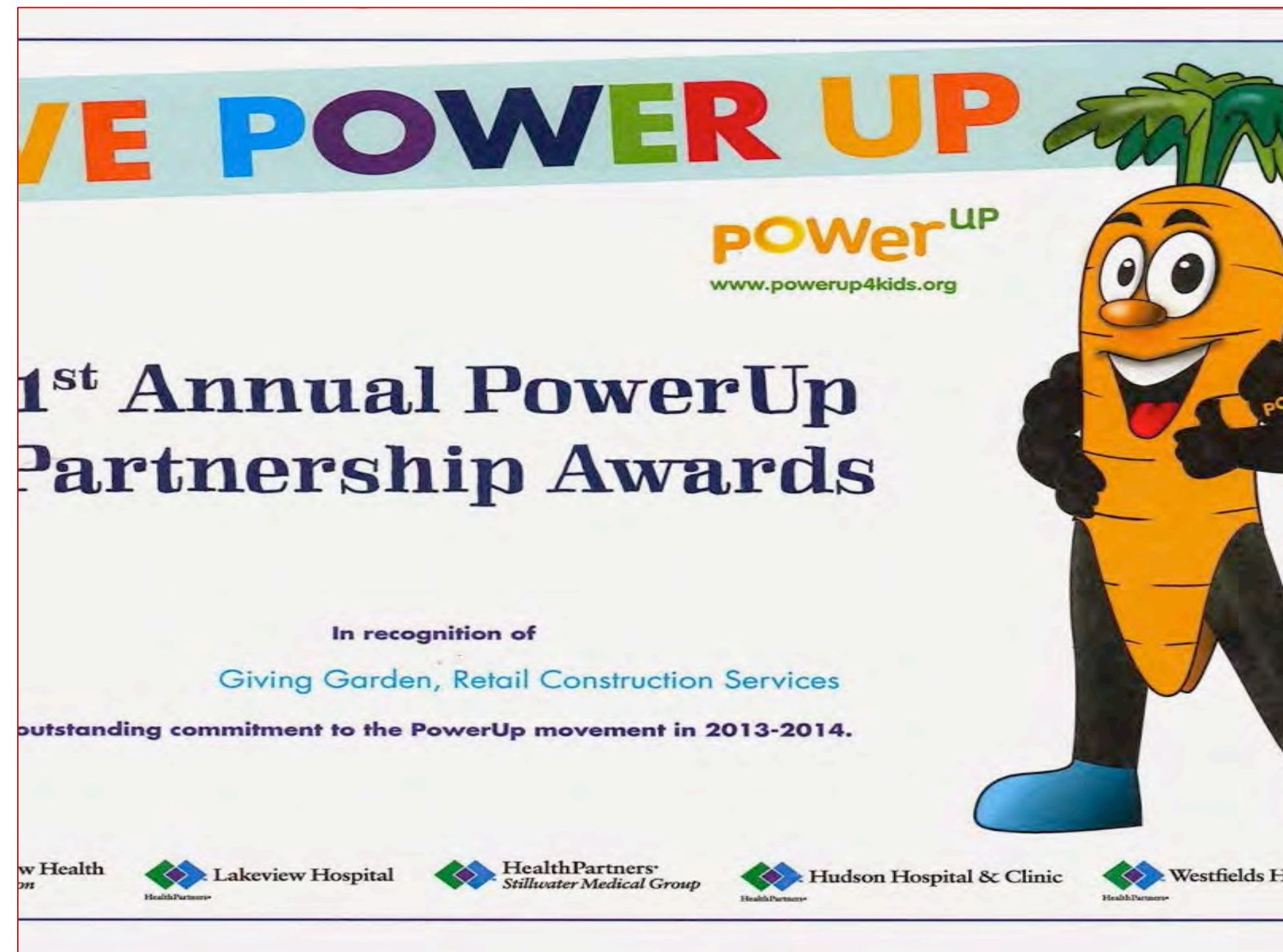
- * PE teachers
 - * SPARK K-12 workshops
 - * Smart Heart Systems
 - * Climbing Wall
 - * Curriculum mapping
 - * Adventure Club/Paraprofessionals (Active Schools workshop by SPARK)
 - * Community Education
 - * Action Based Learning
- District K-12 staff



- * K-12 Curriculum maps
- * K-12 SPARK PE
- * Smart Heart Systems
- * Assessment- year three focus
- * Standards based reporting-
 - * year three focus



The Importance of Partnerships



- * Community Education
- * Nutrition Services
- * Public Health
- * Lakeview Foundation



* LEA Partners
importance of work involved

* Increased physical activity opportunities

* PowerUP School Challenge addressing healthy eating

* Concession update

Stay Active This Year with Pony Community Activity Centers!

Join us for a fun time full of exercise and fitness options at a school near you!

You and your friends are welcome to enjoy some indoor walking Monday-Thursday evenings at Stillwater Area High School.

On select Friday evenings at Stillwater Junior High School, come on in and access the pool, weight room, indoor walking route, or gym activities including basketball, floor hockey, wiffle ball, play balls and other activities

On select Saturday mornings join us at the Early Childhood Family Center for open gym activities designed just for families with toddlers and preschoolers.

Register for these activities online at www.stillwaterschools.org/PCAC in advance and they are FREE! Walk-in registration will be available at the door for a small fee. Children under 10 must be accompanied by an adult.



OCTOBER

S	M	T	W	TH	F	S
			1	2	3	4*
5	6	7	8	9	10*	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12*	13
14	15	16	17	18	19*	20
21	22	23	24	25	26	27
8	29	30	31			

NOVEMBER

S	M	T	W	TH	F	S
						1*
2	3	4	5	6	7	8
9	10	11	12	13	14*	15
16	17	18	19	20	21*	22
23	24	25	26	27	28	

Open Indoor Walking, Stillwater Area High School 5:30-8:30 p.m.

Open Gym for Families with children 0-7, Early Childhood Family Ctr 9-11:30 a.m.

Fitness Friday (gym, pool and weight room), Stillwater Junior High 6-8:30 p.m.

* These events are sponsored by PowerUp and also include PowerUp activities.

www.stillwaterschools.org/PCAC  

As we continue our partnerships with HealthyMOVES and PowerUp, sponsored by Lakeview Health, we will be hosting special PowerUp activities on select dates marked with an asterisk on the calendar.

HealthyMOVES
Meaningful Opportunities for Vigorous Exercise Success

powerUP

- * Restructured our district wellness committee
- * 25 staff and community members
- * School Health Index baseline assessment
- * 8 focus areas
- * Action planning at a district level
- * Action planning at a school level

Stillwater Health  ***Advisory Council***

Year One Baseline Data Collection Measures

GPRA -

- * Percentage of students who engage in 60 minutes of daily physical activity measured by using pedometers for students in grades K-12 and an additional 3-Day Physical Activity Recall (3DPAR) instrument to collect data on students in grades 5-12
* **20.% increase**
- * Percentage of students who meet the standard of a healthy fitness zone (HFZ) as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least five of the six fitness areas of that assessment
* **5.3% increase**
- * Percentage of students who consume fruit two or more times per day and vegetables three or more times per day
* **11.9% increase**

District data Collection Measures

- * Increase physical education activity time by 5-10 minutes a day
- * Add 10-15 minutes of physical activity by having structured recess activities
- * Add 15-25 minutes of physical activity a day by increasing “brain boosts” in the classroom

School Health Index- no substantial change

* **Year one measures**

- * Stillwater story
- * Smart PE
- * Parent communications
- * School visits from other districts



* What part of the grant has impacted you the most?



* I thought I was really good teacher...

* Can I run the 5k?

* Come on you can do it....

* Moving forward has been a challenge...



* It's changing the way we teach

What does PE look like in Stillwater?

<https://drive.google.com/file/d/0B6j4ghBcGjwmYzITZDdnbV9VQWs/view?usp=sharing>

What's next?

<https://youtu.be/jXNf79oAvQw>

* **Assessment and Data Collection**

Questions?



***Thanks for attending**