

# **Hayden-Winkelman School District**



**2016-17**

**Health and Wellness Policy**

**Get Moving!**

## Leonor Hambly K- 8 School

### **Nutrition Standards**

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students at the Leonor Hambly K-8 School campus.

### **Fats and Fried Foods**

- The Hayden-Winkelman School District will not serve food items containing more than 28 grams of fat per serving size more than twice per week. Our goal is to reduce this to 23 grams of fat per serving size.
- Schools will not fry foods as part of the school meals a la carte snack lines and competitive foods.
- Foods that have been flash-fried by the manufacture maybe served but should be baked or heated by another method.
- The District will not purchase products containing Trans fats.

### **Portion Size**

The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

<b>Food or Beverage</b>	<b>Portion Size</b>
Chips	1 ounce
Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, fruit, jerky and pretzels.	1.5 ounces
Cookies/Cereal Bars	1.5 ounces
Bakery items (e.g., pastries, muffins). (This excludes items that count as two bread components served/sold only at breakfast.)	3 ounces
Frozen desserts, ice cream, pudding, and jello	4 ounces
Yogurt	8 ounces
Whole Milk, flavored or unflavored (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving)	8 ounces
Reduced fat milk (2% or less). Flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving)	16 ounces
Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. No limit on non-carbonated, unflavored bottle water.	12 ounces

The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewal executed after August 1, 2005, must expressly comply with this policy.

## Other Food Items

- Fruit and/or vegetables should be offered daily on all points of service. Fruits vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- School may offer low fat or fat free milk at all points where milk is served.
- It is the goal of this policy that all beverages served in elementary schools would be milk, unflavored or flavored, unsweetened water and 100 percent fruit and/or vegetable juice by the start of the 2006-2007 school year. Vending machines will supply unsweetened water only.
- Schools serving chips should use reduced fat (no more than 5 grams of fat per ounce) or baked varieties whenever possible.

## Competitive Foods and Snacks

- An elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until the end of the last scheduled class. This does not pertain to food items made available by the food service department.
- Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the school time as the regular meal periods for that class. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students.
- The snack must comply with the fat and sugar limits of the Nutrition Policy and may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream, or frozen desserts, etc). Please refer to the attached revised suggestions for nutritious snacks.

## Foods and Minimal Nutritional Value (FMNV)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the food service area during meal periods. Foods and beverages that are restricted from the sale to students are classified in the following four categories:

- **Jellies and Gums:** a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit flavored slices.
- **Marshmallow Candies:** A confections composed of sugar corn syrup inverted sugar, 20 percent water and gelatin or egg white to which flavors and color can be added.
- **Fondant:** A product consisting of Microscopic –size sugar crystals that are separated by a thin film of sugar and /or inverted sugar in solutions such as candy corn or soft mints.

- **Licorice:** a Product made of predominately from sugar and corn syrup that is flavored with an extract made from licorice roots.
- **Spun Candy:** A product that is made from sugar, that has been boiled at high temperatures and spun at high speeds in a special machine.
- **Candy Coated Popcorn:** Popcorn that is coated with a mixture made predominately from sugar and corn syrup.

USDA has approved exceptions for certain products included in the above categories. See TDA, Food and Nutrition Division, Administrators Reference Manual from the current list of these exemptions.

## FMNV and Policy Exemptions

- **School Nurse:** This policy does not apply to the school nurse using FMNV's during the course of providing health care to individual students.
- **Accommodating Students with Special Needs:** Special needs student (whose IEP indicates the use of an FMNV of candy for behavior modification or other suitable need) may be given FMNV or candy item.
- **School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by each campus. The exemption must be approved by a school official. During these events, students must be given meal times in the areas where meals are being served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with Federal Regulations.
- **AIMS Test Days:** Schools and parents may provide one additional nutritious snack per day for students taking the AIMS, or other standardized test required by the state. The snack must comply with the fat and sugar guidelines of the Public School Nutritional Policy and may not contain any foods of minimal value.
- **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use food as long as the food items are not considered FMNV or candy. Students may consume food items prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students and classes. Food provided to students as part of a class or cultural heritage event for instruction or enrichment purposes would be exempt from this policy. However, FMNV may not be served during meals periods in the areas where school meals are being served. Students must continue to have access to the normal school meals served each day (breakfast and lunch).
- **Field Trips:** School provided field trips are exempt from the nutrition policy.
- **Athletic or Other Competitions/Events:** The nutritional policy does not apply to students that travel away from school for athletic or other school sponsored events.

- This policy does not restrict what parents may provide for their own child at lunch and for snacks. Parents may provide FMNV or candy items for their child's consumptions, but they may not provide restricted items to other children at school. The district or school site retains the right to adopt a more restrict local policy.

## HEALTHY NUTRITIONAL ENVIRONMENT

All school cafeterias and dining area should be healthy nutrition environments. HWUSD participation in federal child nutrition programs should ensure that all students have daily access to school meals (breakfast and lunch). Schools should not establish policies, class schedules, bus schedules and other barriers that directly or indirectly restrict meal access.

Adequate time should be allowed for students to receive and consume and cafeterias should provide a pleasant dining environment. The minimum recommended eating times for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.

It is strongly recommended that PE or recess should be scheduled before lunch whenever possible.

- **Physical Activity: Physical activity during the school day/week**

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum (150 minutes for elementary students and 225 minutes for middle school students. Schools will promote an environment supportive of physical activity.

- **Fitness Breaks:** Students will be provided Fitness Breaks during the school day using the Fitness Break Program, which includes stretching, aerobic and strength training exercises. The program is recognized by the President's Council on Physical Fitness and Sports. Teachers and students will participate in the short exercise breaks to promote health and fitness as well as increasing mental alertness. All exercise can be done inside or outside the classroom. The Fitness Break Program includes a home physical activity plan to encourage students that are physically active for a minimum of one hour per day.

- **Physical Activity Before and After School:** Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

- **Physical Education Classes:** Physical education classes are taught by qualified instructors in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Physical education classes will include the instruction of individual activities as well as competitive and non competitive team sports to encourage life-long physical activity. PE will be taught by a highly qualified physical education teacher.

- **Thirty Minutes of Physical Activity per day:** All elementary school children will receive 30 minutes of structure recess per school day. This policy has been adopted by the Hayden-Winkelman Governing Board. This can include daily classroom fitness breaks and walking. The

purpose of this time is to promote healthy life styles in children, and develop lifelong fitness habits.

- **Creating a Positive Environment for Physical Activity:** Physical activity (e.g. running laps, pushups) **will not** be used as a form of punishment. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline. This guideline does not apply to extracurricular sports teams. Recess will not be cancelled for instructional make-up time. Physical activity will be a priority for all students.
- All schools in the district will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Students will be encouraged to do their personal best during PE and physical activity time.

## **Other School Based Activities to Promote Student Wellness Food Sold for Fundraising Activities.**

The district will encourage non-food items sold as part of school-sponsored fundraising activities. When food is sold, it will conform to the same standards as competitive food sales.

No foods of minimal nutritional value will be sold on the school campus during the school day.

### **Healthy Classroom Parties and Celebrations**

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.

It is recommended that food and beverages for classroom parties and celebrations conform to the same standards as competitive food sales.

No foods of minimal nutritional value will be sold on the school campus during the day.

## **Food will not be used as a Reward or Punishment**

Teachers and school staff will not use food as a reward or punishment for students. For example, they will not give coupons for fast food meals as a reward for an "A" on a class project or withhold snacks as a punishment for bad behavior.

## **District Faculty, Staff and Food Service Staff Role in a Healthy School Environment: Professional Development**

District and food services staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles.

The district will partner with Gila Community College to develop a wellness center for the use of the district gym and fitness center. The college will provide a certified fitness instructor to supervise the wellness center. The center will be available to all staff and community members throughout the school year.

The Districts nurse will provide blood pressure and health screening to staff to help them meet their personal fitness and health goals.

Health and wellness will be a priority to both our students and staff in the Hayden-Winkelman School District.

### **HWUSD Health and Wellness Advisory Committee**

The Hayden-Winkelman Health and Wellness Advisory Committee will consist of Parents, Teachers, Administrators, Food Service, School Medical Staff, Counselor and Students. The committee will meet yearly to review the school wellness policy and make recommendations to improve the health and wellness of students, staff and community.

# HAYDEN HIGH SCHOOL

For purposes of this policy, a high school campus is defined as a campus containing grades 9-12.

## Foods of minimal Nutritional Value (FMNV) Policy.

The Hayden High School campus may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the school day. For exemptions and a listing of foods and beverages restricted by the FMNV policy.

## Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students at the Hayden High School campus.

## Fats and Fried Foods

- Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size.
- Schools will eliminate frying as a method of on-site preparation for foods served as a part of school meals, a la carte, snack lines and competitive foods.
- Foods that have been flash-fried by the manufacturing may be served but should be baked or heated by another method.
- The District will follow January 1, 2006 Federal labeling guidelines of trans fats on all food products.

## Portion Size

Food or Beverage	Portion Size
Chips	1 ounce
Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, fruit, jerky and pretzels.	1.5 ounces
Cookies/Cereal Bars	2 ounces
Bakery items (e.g., pastries, muffins). (This excludes items that count as two bread components served/sold only at breakfast.)	3 ounces
Frozen desserts, ice cream, pudding, and jello	4 ounces
Yogurt	8 ounces
Whole Milk, flavored or unflavored (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving)	8 ounces
Reduced fat milk (2% or less). Flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving)	16 ounces
Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. No limit on non-carbonated, unflavored bottle water.	12 ounces

## Other Food Items

- Other Fruits and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be offered fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- Schools may offer low fat or fat free milk at all points where milk is served.
- It is the goal of this policy that all beverages in vending machines should supply unsweetened water only.
- Schools serving chips should use reduced fat (no more than 5 grams per ounce) or baked varieties whenever possible.

## Competitive Foods

- A middle and/or junior high school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day. This does not pertain to food items made available by the school service department.
- High school may not serve or provide access to competitive foods during meal periods in area where reimbursable meals are served and/or consumed. This does not pertain to food items made available by the school food service department. All competitive food sold or provided to students must meet the nutrition standards listed in policy.

## Foods and Minimal Nutritional Value (FMNV)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the food service area during meal periods. Foods and beverages that are restricted from the sale to students are classified in the following four categories:

- **Jellies and Gums:** a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit flavored slices.
- **Marshmallow Candies:** A confections composed of sugar corn syrup inverted sugar, 20 percent water and gelatin or egg white to which flavors and color can be added.
- **Fondant:** A product consisting of Microscopic –size sugar crystals that are separated by a thin film of sugar and /or inverted sugar in solutions such as candy corn or soft mints.
- **Licorice:** a Product made of predominately from sugar and corn syrup that is flavored with an extract made from licorice roots.

- **Spun Candy:** A product that is made from sugar, that has been boiled at high temperatures and spun at high speeds in a special machine.
- **Candy Coated Popcorn:** Popcorn that is coated with a mixture made predominately from sugar and corn syrup.

USDA has approved exceptions for certain products included in the above categories. See TDA, Food and Nutrition Division, Administrators Reference Manual from the current list of these exemptions.

## FMNV and Policy Exemptions

- **School Nurse:** This policy does not apply to the school nurse using FMNV's during the course of providing health care to individual students.
- **Accommodating Students with Special Needs:** Special needs student whose IEP indicates the use of an FMNV of candy for behavior modification or other suitable need) may be given FMNV or candy item.
- **School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by each campus. The exemption must be approved by a school official. During these events, students must be given meal times in the areas where meals are being served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with Federal Regulations.
- **AIMS Test Days:** Schools and parents may provide one additional nutritious snack per day for students taking the AIMS, or other standardized test required by the state. The snack must comply with the fat and sugar guidelines of the Public School Nutritional Policy and may not contain any foods of minimal value.
- **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use food as long as the food items are not considered FMNV or candy. Students may consume food items prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students and classes. Food provided to students as part of a class or cultural heritage event for instruction or enrichment purposes would be exempt from this policy. However, FMNV may not be served during meals periods in the areas where school meals are being served. Students must continue to have access to the normal school meals served each day (breakfast and lunch).
- **Field Trips:** School provided field trips are exempt from the nutrition policy.
- **Athletic or Other Competitions/Events:** The nutritional policy does not apply to students that travel away from school for athletic or other school sponsored events.

- This policy does not restrict what parents may provide for their own child at lunch and for snacks. Parents may provide FMNV or candy items for their child's consumptions, but they may not provide restricted items to other children at school. The district or school site retains the right to adopt a more restrict local policy.

## HEALTHY NUTRITIONAL ENVIRONMENT

All school cafeterias and dining area should be healthy nutrition environments. HWUSD participation in federal child nutrition programs should ensure that all students have daily access to school meals (breakfast and lunch). Schools should not establish policies, class schedules, bus schedules and other barriers that directly or indirectly restrict meal access.

Adequate time should be allowed for students to receive and consume and cafeterias should provide a pleasant dining environment. The minimum recommended eating times for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.

It is strongly recommended that PE or recess should be scheduled before lunch whenever possible.

- **Physical Activity: Physical activity during the school day/week**

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum (150 minutes for elementary students and 225 minutes for middle school students. Schools will promote an environment supportive of physical activity.

- **Fitness Breaks:** Students will be provided Fitness Breaks during the school day using the Fitness Break Program, which includes stretching, aerobic and strength training exercises. The program is recognized by the President's Council on Physical Fitness and Sports. Teachers and students will participate in the short exercise breaks to promote health and fitness as well as increasing mental alertness. All exercise can be done inside or outside the classroom. The Fitness Break Program includes a home physical activity plan to encourage students that are physically active for a minimum of one hour per day.

- **Physical Activity Before and After School:** Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

- **Physical Education Classes:** Physical education classes are taught by qualified instructors in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Physical education classes will include the instruction of individual activities as well as competitive and non competitive team sports to encourage life-long physical activity. PE will be taught by a highly qualified physical education teacher.

- **Thirty Minutes of Physical Activity per day:** All elementary school children will receive 30 minutes of structure recess per school day. This policy has been adopted by the Hayden-Winkelman Governing Board. This can include daily classroom fitness breaks and walking. The

purpose of this time is to promote healthy life styles in children, and develop lifelong fitness habits.

- **Creating a Positive Environment for Physical Activity:** Physical activity (e.g. running laps, pushups) **will not** be used as a form of punishment. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline. This guideline does not apply to extracurricular sports teams. Recess will not be cancelled for instructional make-up time. Physical activity will be a priority for all students.
- All schools in the district will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Students will be encouraged to do their personal best during PE and physical activity time.

## **Other School Based Activities to Promote Student Wellness Food Sold for Fundraising Activities.**

The district will encourage non-food items sold as part of school-sponsored fundraising activities. When food is sold, it will conform to the same standards as competitive food sales.

No foods of minimal nutritional value will be sold on the school campus during the school day.

### **Healthy Classroom Parties and Celebrations**

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.

It is recommended that food and beverages for classroom parties and celebrations conform to the same standards as competitive food sales.

No foods of minimal nutritional value will be sold on the school campus during the day.

## **Food will not be used as a Reward or Punishment**

Teachers and school staff will not use food as a reward or punishment for students. For example, they will not give coupons for fast food meals as a reward for an "A" on a class project or withhold snacks as a punishment for bad behavior.

## **District Faculty, Staff and Food Service Staff Role in a Healthy School Environment: Professional Development**

District and food services staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles.

The district will partner with Gila Community College to develop a wellness center for the use of the district gym and fitness center. The college will provide a certified fitness instructor to supervise the wellness center. The center will be available to all staff and community members throughout the school year.

The Districts nurse will provide blood pressure and health screening to staff to help them meet their personal fitness and health goals.

Health and wellness will be a priority to both our students and staff in the Hayden-Winkelman School District.

## **Student Physical Activity and Wellness Program**

### **Hayden-Winkelman School District Get Moving Program**

**Purpose of Get Moving Program** - To get children moving in our classrooms and encourage 60 minutes or more of physical activity each day. Our goal is to promote and instill positive daily physical activity habits in children. In addition, the Get Moving Program will help children develop goal setting skills and monitor their goals by keeping a daily activity log to track daily physical activity points.

**Get Moving Program has two important components:**

Part I - *Get Moving Classroom Exercise Break* - Students exercising in the classroom or Walking at school

Part II - *Get Moving 28 Day Physical Activity Challenge* - Daily Physical Activity goals and Logs - Goal (60 minutes a day of physical activity)

**Increase Learning** - Children are growing rapidly during the elementary school years and emphasis should be placed on both the development of their minds and bodies. Research has proven the benefits of physical activity for both children and adults. Research also suggests that children that are physically active are healthier and will learn better. Health children are also have better self-esteem and overall happier.

The *Get Moving Program* also will have an immediate impact on learning and student achievement because short physical activity breaks will increase the heart rate which will increase blood and oxygen flow through the body and to the brain. After a short *Get Moving* break, children will be more alert and ready for more learning.

How Much Time does a *Get Moving* break Take - The Average *Get Moving* break is designed to take between 5 to 15 minutes. This can vary depending on time the teacher and the activity levels of the students

Will my children like it? The overwhelming answer is yes. Young Children love to get moving

**What the *Get Moving* Program is Not** - A replace for high quality physical education programs in our schools. The *Get Moving* Program is a supplement to any physical education program and can be used to enhance schools current physical education programs.

What is need today is a refocus of schools on bringing daily physical education classes back into our schools. The *Get Moving* Program could be a great supplement to use with daily physical education classes. All health and physical education expertize agree that more physical activity is needed for both our children and adults.

Technology advances have reduced the need to use our bodies for most of the activities in our life. The lack of physical activity in our lives with the reduction of physical activity is creating a major health crises in our society. The *Get Moving* Program is a commonsense program that is designed to simply do what it says *Get Moving*.

Part I - *Get Moving* Classroom Exercise Program

What is part I?

- Classroom Exercise that is Easy to use

How much time a day?

- Time a few minutes to 15 minutes or more daily

Can anyone or everyone do it?

What if they are in a wheel chair?

If you get winded, just slow down?

*Get Moving* Breaks are fun short exercise breaks

How to get started

Does the teacher have to do it?

- No, but the benefits of getting moving will help both young and older adults too.

If I only have few minutes...is it work it...yes...promoting and encouraging daily physical activity.

I don't have much room in my classroom....that's okay...

Most classrooms have plenty of room to participate in the *Getting Moving Break*. All is needed is a step to front, set back and side to side. Usually the room between two desks is plenty enough to participate.

Part II

### **Get Moving 28 Day Physical Activity Program**

Goal: To learn to set goals

- Keep track of Progress
- Monitor physical Activity
- Promote lifelong physical Activity

Many people don't realize that being physically activity doesn't have to mean going to a gym and exercising. Being active can include many of the activities we love to do every day.

### **28-Day Physical Activity Challenge**

Points to Reach Your Goal:

**108 Maximum Points = 420 Minutes per week**

Formula Minutes per day (Maximum of 60 min X 7 Days)

**Excellent** (Superintendent Award) - 28 Points Day - 420 Minutes Week

60 Minutes a day for 28 days

4 - points per day for 28 days

**Good** - 24 Points - 378 Minutes per week

Average 52 minutes a day

Average 92 Points

Average 6 days a week

**Fair** - 20 Points - 420 Minutes

Average minutes a day

Average 92 Points

Average 6 days a week

**Below 20 Point - Not Enough**

### **Type Physical Activities**

**Sports (S)**

Football, Basketball, soccer, baseball, hockey, hunting, volleyball, cheerleading,

### **Exercise (E)**

Walking, hiking Biking, working out, jump rope, fitness break, PE, exercise video

### **Playing (P)**

Must be physical active! Do not count playing video games or games that do not require the body to move and increase heart rate.

Playing on Monkey Bars, swinging, chasing the dog,

### **Working (W)**

Yard work, cleaning the house - mopping the floor,

### **Heart Rate**

What does your heart rate have to do with your health and physical activity?

### **What is Physical Activity?**

Physical activity is any activity that requires the body to move which will require the body to burn energy by elevating the heart rate. When the body burns energy it will raise the heart rate as part of the process. During physical activity the body will require more fuel which are calories or food. Some food we know is better than other while other food provide little or no help in this process.

### **Recommended Physical Activity Per day?**

Select Physical Activity you enjoy - Why because if you enjoy it you will do it more often and longer duration

### **Learning and Brain**

Short exercise breaks between extended periods of activity will increase heart rate and reduce tiredness and make you more alert and ready for new learning.

### **Key to Success:**

- Make Daily Physical Activity a Habit?
- Make Physical Activity a priority.
- Make a calendar for Physical Activity and long you success

### **Physical Activity Goal Planning Form**

- Monthly Physical Activity Chart
- Weekly Physical Activity Chart
- Daily Physical Activity Chart

# 28 Day Physical Activity Challenge

Name: \_\_\_\_\_

Week One - Date Beginning: \_\_\_\_\_ Date Ending: \_\_\_\_\_

Week	15 Min 1 Point	30 Min 2 Points	45 min 3 Points	60min 4 Points	Total Points	Total Minutes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
					/28	_____ Total Min

Weekly Total Minutes \_\_\_\_\_ Total Points: \_\_\_\_\_

Week Two - Date Beginning: \_\_\_\_\_ Date Ending: \_\_\_\_\_

Week	15 Min 1 Point	30 Min 2 Points	45 min 3 Points	60min 4 Points	Total Points	Total Minutes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
					/28	_____ Total Min

Weekly Total Minutes \_\_\_\_\_ Total Points: \_\_\_\_\_

Week Three - Date Beginning: \_\_\_\_\_ Date Ending: \_\_\_\_\_

Week	15 Min 1 Point	30 Min 2 Points	45 min 3 Points	60min 4 Points	Total Points	Total Minutes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
					/28	_____ Total Min

Weekly Total Minutes \_\_\_\_\_ Total Points: \_\_\_\_\_

Week Four - Date Beginning: \_\_\_\_\_ Date Ending: \_\_\_\_\_

Week	15 Min 1 Point	30 Min 2 Points	45 min 3 Points	60min 4 Points	Total Points	Total Minutes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
					/28	_____ Total Min

Weekly Total Minutes \_\_\_\_\_ Total Points: \_\_\_\_\_

### Staff Physical Activity and Wellness Program

# Hayden-Winkelman School District

## 28 Day Walking Challenge

Re: Walking Club (28 Day Walking Challenge)

If you are participating in the wellness program, you will need to have dependable devise to measure your steps accurately. At the beginning of the year, you were given free step tracker. Unfortunately, the step trackers did not work well for most of us. They would reset and malfunction, therefore, I will be

purchasing some Fitbit wrist bands or clip on trackers you need one. You can pay for the Fitbit wrist band or clip on Fitbits out of you bi-weekly payroll divided up over a desired period of time.

The Fitbit wrist bands are \$99.00, while the clip on Fitbits are only \$45.00. Both work equally as well and allow you to participate in the 2014 – 28 Day Walking Challenge . There are many step counter brands that you may purchase, but you need to have a devise to count steps accurately.

You will be self reporting your steps each week on participation form. The goal to meet recommend activity recommendations is 10,000 steps a day. The District goal is to average of 5000 step per day. This minimum will meet the requirements for a health insurance reduction.

Starting Date: September 29 –Oct. 26<sup>th</sup>

Weekly Requirements: Turn in Step Participation Form every Monday by 10:00 AM to school site secretary for certification.

Steps Required for Health Insurance Reduction: Average 5,000 Steps Per Day

#### **Awards**

- Bronze Sneak Award - 5000 Step Average Per week for 4 Weeks
- Silver Sneaker Award – 7,500 Step Average Per week for 4 Weeks
- Gold Sneaker Award – 10,000 Step Average Per week for 4 Weeks

#### **Prizes**

- Each Week you walk an average of 7500 steps you receive 1 ticket for ht eraffle
- Each Week you walk an average of 10,000 steps you receive 2 tickets for raffle
- Raffle Prizes: (1) IPOD and (1) Mountain Bike

## **Participation Form** **Week I**

Name: \_\_\_\_\_

**Date beginning October 2<sup>nd</sup> - Date ending October 8<sup>th</sup>**

<b>Week 1</b>	<b>2,500 Steps 1 Point</b>	<b>5,000 Steps 2 Points</b>	<b>7,500 Steps 3 Points</b>	<b>10,000 Steps 4 Points</b>	<b>Total Points</b>
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
<b>Monday</b>					

Tuesday					
Wednesday					
					/28

\_\_\_\_ 14 Points per week is the minimum to Qualify for Health Premium Reduction

\_\_\_\_ 21 Points Qualifies for one (1) Ticket

\_\_\_\_ 28 Points provides two (2) Tickets for Drawing for Prize

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Hayden-Winkelman School District

### 28 Day Walking Challenge

### Participation Form

### Week II

Name: \_\_\_\_\_

Date beginning October 9<sup>th</sup> - Date ending October 15<sup>th</sup>

Week 2	2,500 Steps 1 Point	5,000 Steps 2 Points	7,500 Steps 3 Points	10,000 Steps 4 Points	Total Points
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
					/28

\_\_\_\_ 14 Points per week is the minimum to Qualify for Health Premium Reduction

\_\_\_\_ 21 Points Qualifies for one (1) Ticket

\_\_\_\_ 28 Points provides two (2) Tickets for Drawing for Prize

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **HWUSD Health and Wellness Advisory Committee**

The Hayden-Winkelman Health and Wellness Advisory Committee will consist of Parents, Teachers, Administrators, Food Service, School Medical Staff, Counselor and Students. The committee will meet yearly to review the school wellness policy and make recommendations to improve the health and wellness of students, staff and community.

**Get Active, Stay Active!!!**