



Healthy Kids, Healthy Schools

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Here are the main themes identified from Visions of the Future!

- Articulating our Mission: Purpose & Principles for this Healthy Kids, Healthy Schools Movement

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Summit Vision and Mission

Vision

Healthy High Achieving Students

Mission

To inspire and nurture students to achieve a healthy future

Visual

- A holistic approach to health with students being the focal point of all efforts.
- Physical Education
- Health Education
- Nutrition Services
- Health Services
- Family, Community Involvement (including Business)
- Healthy School Environment
- Staff Wellness
- Counseling, Psychological and Social Services

Principals of Health Kids, Healthy Schools Mission

- Empower Students
- Energize Learning
- Drive Academic Achievement
- Inspire Responsibility
- Cultivate a Positive Environment

Definition of Health

Good health is not the absence of disease- but is the optimal state of being that allows for the ultimate engagement of life!



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Creating the Mission for Health Kids, Health Schools

This group of Summit attendees is dynamic in their breadth of knowledge and excitement in creating this vision statement for the Summit. The mission statement will include a written statement and also a visual to capture the overall idea and individual projects being created.

Key Words/Ideas/Thoughts

- Movement- good metaphor for PA
- Health- typically does not appear, but is instrumental, by removing this word "health"- the idea of health as a component of education has become obsolete
- health- optimizing the state of being,
- collaborative spirit
- quality
- contagious
- comprehensive
- physical activity
- quality of life
- kids drive it
- crisis- embedded in the mission statement
- behavior change at all levels
- establish behavior patterns from the beginning- get away from change, a holistic approach should start from the beginning of exposure to these ideas
- values
- land ethics (environmentally responsible)
- discovery- constantly learning and building on the environment
- flexibility-
- integrated community
- challenge
- holistic
- environment
- mobilize, challenge, create, move, stretch, build

What are Core values we want to aspire to?

- Tying health, academic achievement, and community together to benefit all for all students
- Responsibility of a united community
- Creating demand for healthy products
- OWN IT!
- Community (society, unity, kinship, cooperative spirit)
- Living Life
- National example- shining the light
- HISD Leader in innovation
- Engaging all stakeholders- students, parents, teachers, administrators, business, community

Mid Day Summary

- The Team has moved from the brainstorm phase into formulating a fundamental vision and mission statement for the Summit that will guide the development of current projects and motivate participants to remain committed to the vision and mission!



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