



## Healthy Kids, Healthy Schools

★ *Posted: 05/07/09 7:40 PM*

### Adults as Healthy Role Models

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

- Teachers, Admin & Staff as Healthy Role Models



## Healthy Kids, Healthy Schools

★ *Posted: 05/07/09 7:42 PM*

### Riding The Bike Prototype



With a bike as their visual metaphor, the team presented their prototype for implementing teachers and administrative staff wellness. The bike itself represents the education and application of this wellness prototype with the district support as it's foundation.

First, staff and teachers must be educated on health and wellness. There could be kick-off events at each school and in-services with a wellness spotlight. In addition, the staff needs motivation through incentives. Staff would set personal goals and there would be wellness development sessions, not just professional development. Then, there would be before or after school aerobics for staff, lunch and learn session, individual consultations with dietitians already in the district, weekly wellness emails and stress relief clinics.

Then, to apply this prototype the goal is to keep it fun with an multi-pronged approach including the following ideas:

- Drop, Stop and Dance
- Healthy Staff Star of the Month: create criteria for staff star of the month
- Salad bars for teachers and staff so students can watch and observe teachers making good choices
- Students gotcha moments
- Biggest Loser contest
- Healthy Competition with staff and students: build relationships
- Fitness Fridays and Tennis Shoes Tuesdays
- Junk Food Free Schools

District funding and support is important for these ideas.



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