



## Healthy Kids, Healthy Schools

★ **Posted: 05/07/09 8:02 PM**

## Student & Staff Wellness Plans



Here are the main themes identified from the Summit 'Visions of the Future' exercise!

- "3-P's"
- Coaching & Mentoring
- Login & virtual coaching
- Workbooks

This discussion area will post updates about this project.



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★ **Posted: 05/10/09 1:42 AM**

## Example Projects for Student and Staff Wellness

Christina Mintner shared about a program Soccer for Success - that the US Soccer Federation developed will target specific schools in HISD for 6 to 8 Weeks. If it can be shown the program has validity it may be rolled out to more schools.

Dale Davidson also suggests looking up a program headed by Carol Tuttle and the US Tennis Association. It provides equipment and alternative methods for teaching tennis.



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★ **Posted: 05/07/09 8:04 PM**

## Notes from the Brainstomer Session

### Making Me Who I Want to Be!

Action orientated plan to personalize wellness for students, teachers, staff, & parents. with the primary focus being children.

Must figure out how to empower them with the right tools.

#### *Web-based model*

- Can be turned into a work book for those without access
- "Making Me Who I Want to Be" website
- Name/age login/role (student, staff, etc.)
- Age directs user to appropriate area of website - elementary, MS, HS, Staff, etc
- Personalized exercise programs based on time you can invest/lifestyle, etc.
- Incentive program for tracking fitness and weight loss community.
- Get community/businesses to donate incentives (nalgene bottles, etc.)

- Newsflash scroll across top of webpage to keep user up to date on important items.
- Student created newsletter.
- Student news segment - targeted to different audiences.
- Fitness Challenge -good for initial buy in and maintaining engagement.
- Classes vs. classes, schools vs. schools, etc.
- Coding system for schools, etc. for easy creation of reports & track improvement, etc.

Create action plan so something can be rolled out.

Get creative fitness ideas; it's not just about going to gym (park further in parking lot, etc.)

Create an environment of valuing health - little can make a big difference.

**Yes we can!**



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