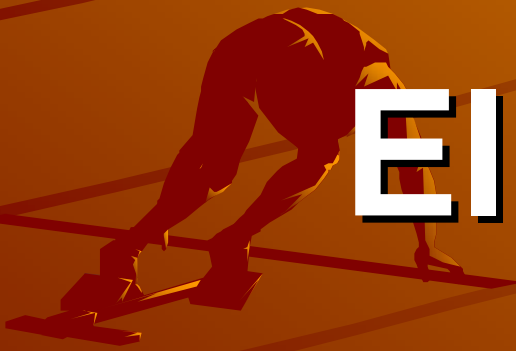


# Wellness and YOU!!!!

*Live It, Love It...*

*Leave a Legacy!*



**Ellen Abbadessa,  
M.Ed.**

**NASPE Board of Directors, 2006-2009**

**Waggoner Elementary  
School**



# My Body Warm-Up

**Why WELLNESS? WHY NOW?**

*My BODY lies up on the sofa,  
My BODY watches too much TV,  
My BODY eats too much junk food,  
Oh BRING BACK my BODY to me...  
BRING BACK, BRING BACK,  
BRING BACK my BODY to me, to me,  
BRING BACK, BRING BACK,  
Oh BRING BACK My BODY to ME!!!*

# Wellness and YOU...



*Live It, Love It...Leave a Legacy!*



*Congress reauthorized the Child Nutrition and WIC (Woman, Infant and Children) Act in 2004. This NEW legislation requires ALL school districts in America who participate in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy promoting an ACTIVE and HEALTHY environment for students, staff and school communities.*

# WELLNESS Keynote


✦ *In this session, I will use the WELLNESS acronym to share some strategies and activities for helping students, school staff and communities meet the new Wellness Policy mandates through a QUALITY PHYSICAL EDUCATION Program and a SCHOOL-BASED PHYSICAL ACTIVITY Program. Along with some nutrition education THROUGH MOVEMENT EXPERIENCES...and we are good to GO!*

✦ *THIS IS OUR “WINDOW” OF OPPORTUNITY...*



# Wellness Policy Mandate

## 5 Components:

1. *Set Goals for Nutrition Education*
  2. *Set Goals for Physical Activity*
  3. *Establish Nutrition Guidelines for foods sold and eaten throughout the school day*
  4. *Create school-based programs to promote student wellness*
  5. *Draft a plan to measure the implementation of policies*
- 

# WELLNESS Acronym

*Teaching Standards-based Quality Physical Education and School-based Physical Activity Programs in America's Schools... WELLNESS Matters!*

**W** = *Wellness...What Is It?*

**E** = *Explore Movement Forms*

**L** = *Lifelong Habits*

**L** = *Lifestyle Management*

**N** = *Nutrition Education*

**E** = *Educational Excellence in ALL Subject Areas*

**S** = *Sun Safety*


**S** = *Special Events*



***HEALTHY and ACTIVE Children LEARN BETTER!***



# National Physical Education Standards

- Standard #1- *Explore Movement Forms skills (physical)*
  - Standard #2- *Movement Vocabulary knowledge (mental)*
  - Standard #3- *Exhibits Physically Active Lifestyle affective (mental and social/emotional)*
  - Standard #4- *Maintains HRF/Physical Fitness skills, knowledge, and affective (physical, emotional)*
  - Standard #5- *Accepts Personal Responsibility affective (social and emotional)*
  - Standard #6- *Intrinsic motivation- ALL physical, mental, social, and emotional-benefits of physical activity!*
- 

# W= wellness...What Is It?

*Wellness is the “State of Being Well”*

5 Components:

*Physical*

*Mental*

*Social*

*Emotional and*

*Spiritual*





# E= Explore Movement Forms

*Judith Rink, Ph.D.- University of South Carolina*

*One of the most important GOALS of a Quality Physical Education program is to provide students with the KNOWLEDGE, SKILLS, and CONFIDENCE to move (learn to move and move to learn), AND to value an active and healthy lifestyle. We need to teach students HOW to be active for a lifetime!*



***PHYSICAL ACTIVITY IS CRITICAL TO THE DEVELOPMENT AND MAINTENANCE OF GOOD HEALTH.***

*PHYSICAL ACTIVITY (vigorous exercise) now has been shown to be a factor in improving academic performance as well.*

***GOOD FOR THEIR HEALTH AND THEIR ACADEMIC SUCCESS!***

# Quality P.E. Programs:

- ◆ **MOVEMENT COMPETENCE** *(standard #1) is the KEY to success in PE and outside of PE. Students need to receive effective instruction in a wide variety of motor skills to increase their confidence and competence so they will choose to be active.*
- ◆ **MOVEMENT VOCABULARY** *(standard #2)- word walls or letters of the week, etc. to enhance skills and knowledge taught. (Fitness ABC's from Physical Best, Character ABC's, etc.)*
- ◆ **FITT Principle** *(standard #4)- knowledge and strategies for increasing physical activity and physical fitness activities in to their daily lives*
- ◆ **BALANCED PROGRAMS** *many movement forms; locomotor movements, motor skills, rhythms, gymnastics, HRF and SRF fitness activities, strategies, game play, and games*
- ◆ **What we do in PE...should NOT stay in PE, it needs to go HOME! (not like life in Vegas)**

# School-based Physical Activity...

## What is it?

➤ **The GOAL** - To INCREASE opportunities to be ACTIVE during the school day, before school, recess, lunch recess, after school, and NOW...activity breaks in the classrooms National Guidelines (NASPE/COPEC or CDC)- 60 minutes of activity and up to SEVERAL HOURS of activity per day.

How can this happen in the school day with ALL the academic requirements of NCLB? COLLABORATION is the key...the WHOLE SCHOOL is responsible for creating an active and healthy learning environment and the P.E. Teacher(s) can take the “lead” in this vital role!

➤ **Support from Administration**- value health and the role it plays in learning

➤ **Nurse**- Coordinated School Health Model

➤ **Classroom Teachers**- DAILY Recess, activity breaks during transitions (Jean Blaydes work- academics through movement experiences)

➤ **ACTIVITY Celebrations** replace “food” for extrinsic motivation...



# Community Connections:

## ✦ School-Home Link-

*Waggoner's M & M Program...MIND and MUSCLES  
working together (homework calendar)*

## ✦ Waggoner's Tax Credit Funds-

*Lunch Time Sports*

*Peaceful Playgrounds Programs*

## ✦ Parents & Kids- *strategies for being active together, increasing physical activity in the home WHILE studying academic concepts (win-win)*

## ✦ Food of the Week- *parents and kids talking, trying new ways to eat healthy foods, include in some fun warm-up activities and game activities, announcements*

# L= Lifelong Habits

- ✦ *Womb to Tomb...Is your child healthy?*
- ✦ *Habits are Taught in most health curriculums and through national and state Health Standards (AAHE)*
- ✦ *Habits should be reinforced in Physical Education curriculum learning experiences*
- ✦ *Health Habits are integration throughout the curriculum (health, P.E., science, library, etc.)*



## *Habits Taught:*

*Rest/Sleep*

*Water/Hydration- “spark plug” for the brain*

*Exercise/Daily Physical Activity*

*Eating Habits- “Food as FUEL” for Learning*

*No to Drugs and Alcohol*

*No to Smoking*



# L= Lifestyle Management

- ✦ **Standard #3: Students will exhibit a physically active lifestyle.** *Standard #3 connects what is taught in P.E. with the lives of students OUTSIDE of P.E.*
- ✦ **PATTERNS** of *REGULAR and MEANINGFUL* physical activity
- ✦ **Are your students living an active and healthy lifestyle?** *Authentic assessments- How do we measure this?*
  - *Pedometers- 11,000-13,000 steps*
  - *Physical Activity Logs*
  - *PE Central- Log It Challenge*



➤ **Standard #4- Students will achieve and maintain a health-enhancing level of physical fitness.**

*Focus is on HEALTH-RELATED Physical Fitness components (aerobic fitness, body composition, flexibility, muscular endurance and muscular strength). These components are related to illness or disease that occurs later in life due to a LACK of physical activity.*

*Intent of this standard- STUDENT RESPONSIBILITY and willingness to maintain personal fitness based on knowledge (concepts) and skills/assessments taught.*


*Examples in Activity Session- FITT Tag, Reps and Sets and “To Be FIT...You Must Think FITT”*

**Kyrene School District- AAHPERD’s Physical Best Fitness Education program, combined with the FITNESSGRAM Assessment program- foundation for our fitness program with some integration of DPE lessons (monthly components of fitness- health observances).**

# Activity Pyramids

## Children's and Teen's Physical

**Activity Pyramids** *These are great visuals to have in your gyms to show students how both **PHYSICAL FITNESS** and **LIFESTYLE PHYSICAL ACTIVITY** combine to create a healthy and active lifestyle.*



(Corbin, Fitness for Life, Human Kinetics)

Thom MacKenzie, San Diego State University Professor, has done much of his research on the effects of the ENVIRONMENT on the availability of students to BE PHYSICALLY ACTIVE.

*It must be a School AND Community effort to create active, healthy, and SAFE communities*

- *Schools (After school enrichment activities)*
- *Transportation (large dollars)*
- *Recreation and Public Health initiatives*
- *Cities and Towns (proximity to schools, street design, crime, etc.)*

**CHANGING BEHAVIOR-** *teaching students self management skills, students set goals to improve fitness (FIT Principle), and schedule activity weekly.*

**Russ Pate, Ph.D.** *University of South Carolina*

**Childhood obesity connected to trends in society, influenced by many issues-**

**3 KEY ones:**

✦ *Television/Computers*

✦ *Nutrition- Fast Food*

✦ *Lack of Physical Activity*

**Transportation to and from school:**

*American children today- only 13% walk or ride a bike to school*

**Comparisons- Germany 80%, Denmark-60%, Australia- 43%**

# Policy Issues

Institute of Medicine

**Comprehensive set of recommendations (10 areas) based on the American Heart Association's Scientific Statement related to Health and Health Care...**

## **Making HEALTH a National Priority**

- 1. Minimum 30 minutes of activity per day (school, extra curricular and school-linked community programs)*
- 2. Health-Related Physical Education programs- national standards taught at ALL levels; motor and behavioral skills*
- 3. Physical Education taught by certified and qualified PE teachers...YEAH!!!*
- 4. Hold schools accountable; PE in core accountability system (K-8- 150 min./week, 9-12- 225 min./week)*
- 5. Expand Physical Activity opportunities- (clubs, enrichment, lunch time sports, interscholastic sports, etc.)*



# Policy Issues

## Recommendations (continued):

- *Promote walking and biking to school*
- *Child Development Centers and Elementary Schools- Offer 30 minute recess EVERY DAY*
- *Provide evidence-based education programs (Naperville, Ill., Meg's Team Time, etc.)*
- *College programs- PETE standards- quality health and physical education programs, standards for graduation*
- *SCHOOLS- Minimum of 30 minutes of activity PER DAY (Found on AHA's website) AHA- taking the lead with NASPE for FIT KIDS Act in Congress*



# N= Nutrition Education

**We MUST work with the school community to create a paradigm shift... FOOD is "FUEL" for learning.**

- ✦ *Wellness Policy mandate- nutrition guidelines- one of the 5 components*

*School/School District- Healthy Breakfast Program*

*(cut out sugary cereals, cinnamon rolls, etc., egg and cheese biscuit/sandwich*

*Healthy School Lunch Program- daily salad, fruits and vegetables, no more french fries, No sweets and soda for extrinsic motivation*

- ✦ *Policy can EXCLUDE annual parties/celebrations (fall, holiday, Valentine's Day, end of year in KSD)*

- ✦ *Healthy Snack Policy- sample found on Dole website*

# Nutrition Resources

**There are many Great Resources to teach nutrition education as it relates to physical education, body composition and energy balance, and academic achievement:**

- ✦ *Team Nutrition- MyPyramid for Kids*
- ✦ *Healthy Food of the Week- Advantage Press*
- ✦ *Dole 5 A Day- Fruits and vegetables*
- ✦ *Local Dairy Council*
- ✦ *bSAFE, bFIT- created by Renae Buss, Iowa*

# E= Educational Excellence in ALL Subject Areas

- ✦ *Where there is a Quality Physical Education Program...there is a great school. Why?*
- ✦ *85% of our students are bodily-kinesthetic learners*
- ✦ *Physical activity is KEY- ACTIVE “culture”*
- ✦ *Healthy and active children learn better!!!*
- ✦ *Work with ALL staff, classroom teachers, and other special area teachers to support Wellness Policy mandates*



# Special Area Field Day

**“Celebration of Learning”** ... *Healthy Dose of PHYSICAL ACTIVITY- week after our Arizona AIMS testing!*

*P.E.- motor skills and games*

*M & M Stations- reinforce academics and nutrition education through movement experiences*

*Art- create Sun Wise posters*

*(Be Sun WISE; Block the SUN, Not the FUN)*

*Music- Moving to the beat- rhythms*

*(Spring Training- Take Me Out to the Ball Game)*

*Library- Character Education focus*

*Snack- small bag of M & M's (energy balance)*

# S= Sun Safety

## Part of Arizona Health Education Standards

*Why? Arizona has 2<sup>nd</sup> highest incidence of skin cancer in the world.  
Arizona uses the SunWISE Program, it encourages us to...*

### Think SHADE:

S*unscreen (SPF 30)*

H*ats (wider brim-the better)*

A*void sun during peak hours (10 am-2 pm)*

D*o NOT use tanning booths*

E*yes need to be protected*

*Another great resource – [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)*



# S= Special Events



Yearly “themes” bring “life” to your program with creativity,  
You can tie to national and/or state standards, wellness  
policy, school, character education and/or district goals, etc.

## 2007-2008 School Year Theme

*“FIT to ACHIEVE in Waggoner P.E.”*

*A= Activity & Academics. A Winning Combination (M & M  
Program Goal)*

*C= Character Counts! (school-wide program)*

*H= Health-Related Fitness & Nutrition (#4)*

*I= Individual Differences are celebrated*

*E= Explore Movement Forms (#1 & 2)*

*V= Value an Active and Healthy Lifestyle (#3)*

*E= Educational Excellence in ALL subject areas*



# National Health Observances

National Health Observances related to WELLNESS Components

([www.healthfinder.gov](http://www.healthfinder.gov))

**September-** *Fruit and Veggies-More Matters Month (5 a Day month), Whole Grains Month*

**October-** *Walk to School Day/Week*

**November-** *Great American Smoke Out*

**February-** *American Heart Month*

**March-** *National Nutrition Month*

**May-** *National Physical Fitness & Sports Month National P.E. & Sport Week (May 1-7 annually) (Project A.C.E.S. first Wednesday in May annually) Skin Cancer (Melanoma) Protection & Detection Month*

**June-** *National Family Recreation Week, June 1-7 (AAPAR)*

**June 8-14-** *Sun Safety Week*

# Holiday ideas

*We are able to plan some fun activities for most holidays. Special memories connected to physical education and physical activity are:*

*Halloween- Annual parade at our school (M & M program- Kick-Off), Monster Mash warm-up, PB Fall Into Fitness Circuit, Halloween Obstacle Course*

*Thanksgiving- Annual Turkey Trot (Fun Run)*

*December- 12 Days of Fitness, Holiday Rhythms, Holiday Car Lot (celebrates differences)*

*February- Valentine's Day & Heart Month- Heart Circulatory System Obstacle Course, FITT Tag, Healthy Heart Exercise Hunt and/or Orienteering*

*March- Pyramid Power, Maintaining Balance*

*Easter March or April - SPRING Into Fitness Activity (HRF & SRF Circuit- Total Fitness)*

In Closing

The future belongs to  
those who believe  
in the beauty of their  
dreams!



Teachers hold the "future" in their hands.  
What will you do to seize this "window of opportunity"?

*What 2-3 changes can you make in your Quality P.E. Program  
and/or School-Based Physical Activity Program that will help  
your school create a **HEALTHY AND ACTIVE**  
LEARNING ENVIRONMENT FOR STUDENTS AND*

Health matters...

*WHEN HEALTH IS ABSENT,*  
wisdom *CANNOT* reveal itself,  
Art *CANNOT* manifest,  
strength *CANNOT* fight,  
wealth becomes useless, and  
intelligence *CANNOT* be  
applied.

*Herophilus*