## C'mon People Awards! <br> The winner of the

## Did he just say that?!

category goes to...
-Former Ag Secretary John Block-

## Healthy and Active Schools for the Future.



Bonner Springs Elementary
USD 204
Principal Kim Mitchell

## We are BSE!

## District \#204

- Three elementary schools
- One middle school
- One 5A high school

- Member of the Kaw Valley
- Bonner Springs Elementary
- Located in Bonner Springs, KS
- Considered a suburb of Kansas City, KS
- Population 7,500
- 20 minutes south of Leavenworth on K-7 Highway
- 20 minutes east of Lawrence on Interstate 70


## We are BSE!

- Grades
- Pre-K through $5^{\text {th }}$

- 70\% white, I0\% Hispanic, 7\% multi-ethnic, 4\% African-American
- Enrollment
- 473 students
- Staff
- 37 certified
- 21 classified
- Title I
- Free \& Reduced 56\%


## Learning Targets

I can gain knowledge on ways to integrate healthy habits into school environment.

I can access resources for funding opportunities.

I can learn about the C.S.P.A.P. model as a way to incorporate wellness into schools.

## SHAKE <br> BREAK!!!

## Effects of healthy habits on

## learning.



## Comprehensive School Physical Activity

$$
\begin{aligned}
& \text { Program } \\
& \text { (C.S.P.A.P.) }
\end{aligned}
$$

\#I- Physical Education
\#2- Before/After School Activity
\#3- During School Activity
\#4- Staff Involvement
\#5- Community Involvement

## Beau Bragg P.E./C-DPA

(Certified Director of Physical Activity)

## Physical Education- CSPAP \#I

- Students at BSE receive Physical Education 2-3 times per week based on our 4-day rotational schedule.
- Students experience a wide variety of educational opportunities including basic movement, skill-based instruction, team building, and fitness/health instruction.
- KAHPERD Model School Award in 2006



## Before/After School- CSPAP \#2



RISE \& SHINE CLUB

## Walk to School Day- CSPAP \#2



## Walk to School Day- CSPAP \#2



## Stallion Stackers- CSPAP \#2



## During School- CSPAP \#3

Wellness Weeks

- Moving Monday
- Tasty Tuesday
- Walking Wednesday
- Thirsty Thursday

- Fit Friday


## Wellness Week Example

## FITGO BINGO- CSPAP \#3



## Special Ed.Yoga Fieldwork- CSPAP \#3



## Staff Involvement- CSPAP \#4

- FITSQUAD
- Began 2009 (January-March)
- First focus was weight loss
- Staff lost a combined 368lbs.
- Teams/Weekly Challenges
- Fit-opoly
- Team Building

- 2013/2014: Power Panther \& Teams
- Focus will be "A Healthy Role Model"


## Wellness Committee- CSPAP \#4



- Senate Bill I54 required the Kansas State Board of Education to establish wellness policy guidelines. This bill was written into law as Kansas Statute 72-5I28.
- BSE Wellness Committee
- Plans and develops wellness initiatives school-wide - Chalkboard Wall,Wellness Wall, JAM, Novembeard, Family Wellness Night, PLAY60, etc...


## Wellness Committee- CSPAP \#4



## BSE WELLNESS COMMITTEE

The Wellness Committee is dedicated to providing opportunities of wellness (nutrition, fitness, and wellbeing) for the BSE community including students, staff, and families.

## Webpage

## Wellness Committee- CSPAP \#4

## Treats/Snacks in the Classroom

 We are encouraging our families to NOT send cupcakes or cakes for birthday celebrations and to instead send a small treat bag/juice or healthy snack. Your help with this is greatly appreciated!Our school district has adopted a Wellness Policy and we are asking that these guidelines be followed in classrooms with snacks. Please encourage your students to bring a healthy snack, not cookies or sweets. If you "sell" snacks to your students, you may not sell sweets. We ask that you only sell items such as crackers, granola bars, fruit snacks, popcorn, etc. Items listed below are suggested in our Wellness Plan. Please share this with parents so they can have "alternative" ideas to sweets!

- Popcorn
- 100 Calorie Snacks
- Bagged cereal
- Granola Bars
- Cereal Bars
- Fruit snacks and fresh fruit
- Whole grain crackers
- SlicedVegetables
- Yogurt
- Pudding Snack Packs
- Jello Snack Packs
- Fruit cups
- Nuts,Trail Mix



## Community Involvement- CSPAP \#5

Family Wellness Night


## Family Night Handout

## Family Wellness Night- CSPAP \#5



## Family Wellness Night- CSPAP \#5



## Family Wellness Night- CSPAP \#5



## Family Night- CSPAP \#5



## KC Kids Marathon- CSPAP \#5



Families trained together from Mid-August to Mid-October accumulating 25 miles

- The last I. 2 mile was performed in downtown KC, MO as a team.



## Let's JAM! (Brain Break)

$$
20^{25}
$$

## WINKC Reading \& Fitness Challenge

- $4^{\text {th }}$ Grade students were to read 12 books and complete 3 fitness logs between the months of November and March.
- Attended MIAA Women's Basketball Tournament in Kansas City



#  



WEAR RED CHIEFS ASSEMBLY


BANNER PRESENTATION-CHIEFS PLAY60 SCHOOL!


## Six Steps

- Step I- Join
- Step 2- Draft (Staff/Students)
- Step 3- Kickoff
- Step 4- Survey
- Step 5- Game Time
- Step 6- Share Success

Complete Steps and Win!


## Heathy Kids Crew (It)

- Students must go through an application process to be a part of the HKC.
- The Crew is open to $3^{\text {rd }}-5^{\text {th }}$ graders limited to 12 participants.
- What the Crew will do...
- Brainstorm ideas on how to implement wellness at BSE
- Help create wellness week activities
- Promote Fuel Up to PLAY60
- Sign up as student ambassadors through the PLAY60 Program
- Help create a minimum of two school-wide wellness initiatives


## Healthy Kids Crew (HKC)



## Nutrition Fieldwork



## Nutrition Fieldwork



## Nutrition Fieldwork



List some of your fownite luncher:

## Nutrition Fieldwork





## Novem-beard Challenge

## Got Milk!!!!



## Outdoor Learning Area

Timeline

- October 2011
- Clear out area
- June 2012
- Received grant $(\$ 15,000)$
- October 2012-May 2013
- Major items constructed and placed
- June 2013-Present
- Benches, Signage, Flowers, Tables, Mulch
- Now Until Opening in Spring
- Path/Seating, Procedures/Policy Work, Character Counts Integration

Stallion Corral Components

- Stage
- Reading Areas
- Low Ropes
- Whalewatch, Bermuda Triangle, Maze, Log Shuffle, Mountain Games
- Lab Table
- Picnic Area

Future Components

- Outdoor Music
- Gardens
- More Teambuilding


## **Outdoor Learning Area <br> *



## Before Pics



## * <br> Outdoor Learning Area



After Pics



After Pics


## Body Venture



## Awards/Grants

- These awards are a result of staff and students of BSE working together to provide a healthy place of learning...
- \$15,000 Lowe's Charitable Grant
- \$2,500 PLAY60 Grant
- \$500 Education Foundation Grant
- \$500 Healthier US Schools Challenge (BRONZE)
- \$250 Food, Fun, and Fitness Mini Grant (KSDE)
- $\$ 250$ Mini Grant- $2^{\text {nd }}$ Grade (KSDE)
- \$100 Power Panther Professionals Program (KSDE)
- Fresh Fruits \& Vegetable Grant (FFV-KSDE)
- BodyVenture (20II \& 20I3-KSDE)
- PLAY60 Prize Kits
- Chiefs PLAY60 School
- PLAY60 Touchdown School
- Eat Smart, Play Hard Video Series x2


## Resources

- Fuel Up To PLAY60 (www.fueluptoplay60.com)
- Spark (www.sparkpe.org) - opportunity to apply for Spark ABC's---brain breaks for the classroom
- Alliance for a Healthier Generation- Gretchen Patch (rep) (www.healthiergeneration.org)
- Together Counts (www.togethercounts.com) - apply for a playground makeover
- KSDE (www.kn-eat.org) - Body Venture, FFVP, Power Panther,Team Nutrition, etc...
- Let's Move (www.letsmove.gov) - Healthier U.S. School Challenge and more
- Action for Healthy Kids (www.actionforhealthykids.org)


# September 26, 2013 JAM World Record Day 



## JAMMIN' at BSE!



