



## 2011 School Wellness Recognition Program (examples of award winning success stories)

### Platinum Award Winner

Wingland Elementary School PTA  
660 students  
Standard Elementary School District

**Several years ago**, the Standard School District was awarded a **grant to fund a physical activity program to combat obesity**. The program was funded for three years by a Kaiser Permanente Grant and additional funding was provided by the Wingland PTA. The objective of our program is to **encourage students to choose physical activity during their free time at school**. **Walking was selected as the primary activity** because it is social, convenient, and enjoyable, does not require special equipment and can become a lifelong activity. **Wingland Milecats is a year round walking-at-recess program. Staff, students and volunteers are encouraged to participate in the walking program**. Participants walk or run around the measured field during lunch recess on every Wednesday. **PTA volunteers** are available at the end of the track to punch cards that track the mileage. Students receive "foot token" charms to be worn on neck chains for every mile they complete. Special Walking Club shirts are awarded when students reach the twenty five, fifty and one hundred mile marks.

Posters in the cafeteria provide announcements for the walking program as well as recognition for the walkers and volunteers. The students in the classroom with the most laps completed each month receive a "special" charm for their Milecat chain. The Parent Clubs at each school recognize the importance of health to learning, and they back the walking program with funding and volunteer hours. Funds have been used for incentives to encourage participation in the walking program. Punch cards for mileage and "foot tokens" have been purchased. PTA purchased tee shirts for students reaching 25, 50 and 100 mile goals. This made individual goals more important as everyone could earn a tee shirt even if they weren't the top walker. Students enjoyed wearing the tee shirts and showing off their accomplishment.

The Wingland PTA also provides a gift card to a local shoe store each quarter to the student that has walked the most miles. Students put enough miles on their sneakers that they need replacements! The incentives have worked well and **principal, teacher and parent support have kept the children active and participating**. PTA funds have also provided end of the year celebrations for the walking program participants. There is a special end of the year party at a local recreation park for all students that have walked one hundred miles.

This school year, 654 students participate out of the approximately 750 students that attend Wingland Elementary- almost every student. Participants report that they enjoy the walking program and see an improvement in their physical condition and health when they walk.

We have had celebrity walkers to increase participation. **The students have enjoyed walking with the Condors, the North High football team and cheerleaders, and the CSUB basketball team.** PTA chairmen have made some changes over the years to encourage students, staff and parent volunteers. So far this year Wingland Elementary PTA members have donated over four hundred seventy hours to the Milecat Walking Program. We continue to work toward the goal of all of our students being fit.

**This is the fourth year of implementation for our District Wellness Policy which has eliminated food as rewards, classroom parties where junk food is served, and the sale of non-nutritious food on campus.** The Standard School District Wellness Policy emphasizes promoting healthy foods. We have the Healthy Kids in Healthy Homes Program sponsored by Mercy Hospitals and Kohl's. This program teaches overweight students and their families to make healthy lifestyle changes that incorporate healthy eating and active living.

**Additionally, nutrition lessons have been made available to teachers on line and information for parents on healthy eating and active living is printed on the back of lunch menus and on the website. Through collaboration with Kern County Superintendent of Schools and the Nutrition Network, our district has been able to offer Harvest of the Month (nutrition education) to all classrooms, Kindergarten through fifth grades. Through our Fresh Fruits and Vegetables Grant, our district has been able to provide an extra daily snack of a fresh fruit or vegetable to each student. We also have Farmer's Markets to teach our students about picking and purchasing produce.**

Wingland PTA provides parent volunteers to assist children with their selections and purchases. Our kindergarten through second grade classrooms receive monthly visits from nutrition educators who involve the students in making a healthy recipe and participating in a physical activity. **We want to foster healthy habits at home and at school.** An unexpected benefit of the walking program is decreased discipline problems at lunchtime and increased alertness in class in the afternoons of walking days. Staff participates with the students leading to better relationships between staff and students as well as more positive playground interactions. The community is involved as participants, fundraisers and volunteers. The message of walk to stay fit is widespread. Wingland Elementary School has embraced the Milecat Walking Program and sees the benefits of providing structured physical activity for students during their free time. The

**Wingland Elementary PTA will provide volunteers and funds to ensure the program continues.**

## **Gold Awardee Example**

Tassajara Hills Elementary PTA  
655 Students  
San Ramon Valley School District

In 2009 due to funding we experienced a cut in regular PE down to 1 day/week. Only 21% of our 5th grade students tested met 6 out of the 6 fitness standards in 2008 per the state Physical Fitness Test results. This was well below the District and State levels and very alarming to us. This started our efforts to help students be fit, healthy and ready to learn and reinforce the importance of a healthy balanced lifestyle. In the last two years Tassajara Hills Elementary School has made great strides towards healthier kids. The first primary program developed in 2009 was Stride for Pride. Funded by the THE PTA, Stride for Pride is a fitness program to get students moving. Students work on individual and school goals to earn key chain tokens based on the distance they have achieved by walking/running our field. This program runs 5 days a week and is led by 100% volunteers. We have monthly challenges between classes and individuals to keep things fun and interesting. In our second year, we have 100% participation and have run 55,162 laps (13,790 miles) as of early March 2011. During 2009, the principal and teachers also created the concept of exercise circuits designed to be done during class time to supplement PE. Both of the above initiatives along with other improvements were instrumental in improving our 2010 5th Grade Physical Fitness Test Scores. The 2010 results revealed 48% of our students met the fitness standards, compared to 22.7% in 2009. October 2011 kicked off our school's first ever Walk-a-thon. This created an amazing environment that got everyone cheering and working together for more laps. Collectively our students walked or ran 1,289 miles and raised approx. \$17,000 for our school. Also during the 2010-2011 school year we entered the school in the Governors Fitness Challenge. This challenge had no costs, and encourages the entire school community to be included as participants to develop healthy habits for a lifetime. Our entire program is under the "Get Hawk HEALTHY" slogan to stand for Healthy, Eating, Active, Lifestyle, Tracking, Habits and Yeah!. We have achieved 79% student participation and rank in the top 10 of Bay Area. Our school currently ranks #1 with the most "Active Bonus Days" which includes the remainder of our school community of teachers, staff and family members. Our next step toward a Hawk HEALTHY lifestyle is to include a program supporting nutrition and healthy eating.

## Silver Award Example

Myron B. Green Elementary PTA  
463 Students  
San Diego Unified School District

Myron B. Green Elementary is an academics and athletics magnet school in the San Diego Unified School District, dedicated to developing life long learners who lead successful, healthy, physically fit lives in the 21st century. Our athletics magnet program provides wonderful opportunities to every student to make physical activity an integral part of every day. This year, we decided to take it to the next level by taking the USDA's Healthier US Schools Challenge. Part of that challenge is that **we have pledged to not use food as a reward**, in the classroom, at school events and/or PTA events. **For example, rather than free frozen yogurt coupons as given in previous years, participants in our Jog-a-thon received day passes to the Kroc Center** (an activities center). **Pizza party rewards have been replaced with swim parties.** The teachers have removed edible goodies from their classroom prize boxes. **We have also foregone cookie dough fundraisers in favor of wrapping paper and eliminated candy as rewards** for participating in No TV Week activities and replaced it with stickers, pencils, silly bands, etc.. Fundraiser snack bars have striven to include healthier options like yogurts and 100% juice popsicles and limit candy/junkfoods. When we decided to undertake this challenge, we enlisted the help and support of our principal, teachers and staff to reach success. While there have been some bumps along the way (saying goodbye to chocolate milk in the cafeteria on all days except Wednesday was particularly tough for the older grades), overall the students and families have responded well to the changes and embraced the healthy options. Unfortunately, due to the budget cuts that are likely for next year, we will probably lose our magnet funding. But our PTA remains committed to our school's mission and we will continue to implement healthy options and work with our PTF to raise funds to assure the continuance of our physical education and enrichment programs.

### **Bronze Award Example**

Sinaloa Middle School PTSA  
1095 Students  
Simi Valley unified school District

The purpose of our Health Fair is to increase health awareness through education and prevention. This program started four years ago when a parent felt the need for middle school students to start taking charge of their health. We wanted to provide this information in a fun interactive way. This is done through local businesses providing demonstration and information booths. The types of businesses vary from our local hospital's wellness department providing healthy eating choices to martial arts businesses providing demonstrations on being active. Other popular businesses included YMCA's Wii Fitness demonstration and Jamba Juice with their ring toss for a healthy drink game. We even had our local Police Department arrive with a car that was involved in an accident and present a story about the results of drunk driving. This made a huge impact on the students. New this year is an ACS booth ran by our leadership students who are presenting their Relay for Life team. The fair has grown throughout the years along with its popularity. While the students initially think they are getting out of PE for the day, they leave the fair filled with new information and firsthand knowledge of how to care for themselves. Our success is due to the many businesses that provide their time and knowledge, our many parent volunteers to ensure everything runs smoothly, the businesses that donate healthy food for our volunteers and participants for their much needed break and the school staff for working with our parent volunteers to bring this great event to the students