

Local School Wellness Council News

Hello Local School Wellness Teams!

Our next milestones are: (1) identify your wellness goals and develop your action plan, (2) plan and submit your budget, and (3) submit your mid-term report. **The deadline for all three milestones is December 15th.**

Identify your school health and wellness goals using the assessment data, MCPS Health and Wellness Regulation, your school improvement plan focus, and the interests of your team. An optimum of 3 goals is recommended during the year.

When choosing your goals think about sustainability. Will your efforts result in lasting change to your school environment? Can you align your goals with those of your school improvement plan?

Develop a budget that takes into consideration all of the potential costs involved in implementing your goals. Grant funds should only be used for activities that support the accomplishment of the goals that you have outlined in your action plans.

The mid-term report form is available to download below.

Please keep us posted on your progress and contact me if you have any questions or comments.

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[DOWNLOAD THE REPORT HERE](#)

Physical Activity Wellness Programs

Physical activity has a positive impact on academic achievement, fueling the brain as much as it does the body. Based on the interest that has been raised by various teams regarding physical activity below are some suggested ideas and resources for your use:



Classroom energizers or brain breaks - Incorporate physical activity breaks into the school day

- GoNoodle www.gonoodle.com/
- Fitbound www.fitbound.com/
- Instant Recess: toniyancey.com/IR_Products.html
- Just-a-Minute (JAM) Program: healthetips.com
- Energizing Brain Breaks: energizingbrainbreaks.com
- Brain Gym: braingym.org
- Yoga Health Foundation: yogahealthfoundation.org
- Yoga 4 Classrooms: yoga4classrooms.com
- Mindful Life: mindfullifeyoga.com

- Yoga Kids: yogakids.com
- Take 10!: take10.net

Recess Resources:

- KaBOOM!: trainings, fundraising support, playground improvement guides, grant opportunities: <http://kaboom.org/>
- Peaceful Playgrounds: playground blueprints, stencil sets, playground programs, activity guides, fundraising support, "Right to Recess" and Recess Before Lunch campaign materials: www.peacefulplaygrounds.com/
- Playworks: school programs, trainings, free online "playbook" with hundreds of games, "Bring Back Recess" campaign: www.playworks.org.

Active Indoor Recess Ideas

- Soft, foam equipment
- Equipment Ideas:
 - Movement Dice
 - Juggling Scarves
 - Classroom Yoga Cards
 - HotSpots™ Exercise Sets
- Indoor Recess Bags



Upcoming Learning Events

Below are upcoming national webinars. Visit Action for Healthy Kids website for more information: www.actionforhealthykids.org/

Wellness Wednesday: Integrating Movement into a Well-Rounded Education

Wednesday, November 8, 3:00 - 3:30 (CT)

Learn how to create active classrooms through simple and manageable movement strategies, games and lesson ideas. AFHK partner schools will share their own examples and experiences. [Register Here.](#)

Family and Community Engagement 101: Maximizing Volunteers for School Health

Thursday, November 16, 2:00 - 3:00 (CT)

To get the most out of your school health programs, it's essential to maximize your family and community volunteers and partners. These key groups can all help improve school health and student performance and provide access to more resources. This webinar will prepare you on how to best engage these communities.

[Register here.](#)

Game On for Child Nutrition Professionals

Thursday, November 30, 3:00 - 4:00 (CT)

Game On supports America's schools in creating healthier school environments. This webinar will introduce Game On to child nutrition professionals. Discover the many resources Game On offers to support your role as the healthy eating experts at your school.

[Register here.](#)

Game On for Health and Physical Education Teachers

Tuesday, December 5, 2:00 - 3:00 (CT)

Game On supports America's schools in creating healthier school environments. This webinar will introduce Game On; provide specific examples and tips on how to integrate Game On into health and physical education; and address the professional role health and

physical educators play in coordinating and sustaining school wellness initiatives.
[Register here.](#)

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