

# Local School Wellness Council News

Hello Local School Wellness Teams!

As we continue to progress towards becoming healthier schools, I'd like to highlight some topics that may be useful.

## Milestones

Our next milestones include: (1) Initial draft of your Action plan and budget, and (2) Mid-term report. These documents need to be shared with the School Wellness Coordinator and the Director of Student Wellness Initiatives by **December 15<sup>th</sup>**, and can be accessed using the following link: [https://drive.google.com/drive/folders/1x\\_HR8TIsy1sn6BA8u3LfZmMVniSKNoQr](https://drive.google.com/drive/folders/1x_HR8TIsy1sn6BA8u3LfZmMVniSKNoQr)

## Contacts:

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## Grant Funds

Grant funds should be used to support sustainable goals and your action plan. Once your action plan and budget are submitted you will then complete a purchasing request to the MCPS-Financial Management System (FMS). An automatic request will be sent to the department of Wellness Initiatives and your school will be notified of the approval.

## Wellness Goals and Your School Improvement Plan

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

## Tips to Keep Your Committee Active and Effective

- Create a vision and goals that support the MCPS's health and wellness regulation, your school improvement plan (SIP), and your committee interests.
- Divide duties and action items so that all members feel utilized and part of the group.
- Keep the priorities developed in your action plan connected to those interests that may be more specific to their roles and experiences. This will keep members engaged in the work.
- Discuss as a group the best ways to keep everyone informed. Consider implementing a shared folder where you can save your action plan, agendas and keep the group focused on the wellness goals you have identified.
- Breaking into smaller task teams will enable the committee to get more done and can also help engage additional people.

More information on committees can be found at:  
[https://www.healthiergeneration.org/\\_asset/ppvhfi/09-875\\_SWCToolkit.pdf](https://www.healthiergeneration.org/_asset/ppvhfi/09-875_SWCToolkit.pdf)

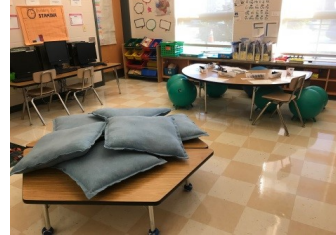
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## Wellness News from MCPS

### Teaching and learning through movement

Erin Del Balzo's Kindergarten class at William B. Gibbs is a great example of a kinesthetic

classroom. Allowing students to move around the room makes a huge difference in their ability to retain information and stay on task. According to the Center for Disease Control (CDC, 2015), the average child needs at least 60 minutes of physical activity a day. Students need to exercise in order to remain emotionally, mentally, and physically well. Examples of flexible seating include: pillows, bath mats, wobble chairs, desk cycles, yoga stability balls, crates etc.



**Girls on the Run** is a nonprofit organization. Over 600 dedicated volunteer coaches led their teams through the past 10 weeks of lessons that finished with a 5K race. Over 2200 girls participated on 127 teams throughout Montgomery County this past season. The organization was able to provide over \$78,000 in need-based financial assistance to families in Montgomery County. The spring 2018 season will begin the week of March 12th.



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## Committees that work!

Congratulations to John Jeffries and Erin Del Bazo, Wellness Champions at Gibbs E.S, for doing a fantastic job of incorporating wellness material in their school's website. Here's a link for those who are interested in seeing John's work:

<https://sites.google.com/mcpsmd.net/gibbsphysed/home/wellnessmindfulness?authuser=0>

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Enjoy this special "Resource Round-Up" edition of the Healthy Schools Program from the Alliance for a Healthier Generation.

## Nutrition Resources

### Smart Food Planner

The updated CACFP meal pattern went into effect on October 1, and our [Smart Food Planner](#) is the go-to resource for all CACFP needs. Here you will find the [new calculator](#), as well as new snack and supper [menus](#) and [recipes](#) to inspire meal planning for OST providers.

### Nutrition Resource Bundle

Check out our most popular and widely used nutrition-related resources, including healthy recipes for the classroom and the cafeteria, healthy ways to reward kids, survey tools, and a *lot* more! [Go to our Nutrition Resource Bundle >>>](#)

## Physical Education & Activity Resources

### Earn CU Credits through the Presidential Youth Fitness Program

Learn how to create a robust fitness education and assessment process through implementation of the Presidential Youth Fitness Program. Complete all four online modules to earn CU credits! [Get started >>>](#)

### Physical Education/Activity Resource Bundle

We've handpicked our best resources to help your students move more during the school day - because after all, active kids learn better. Check out our easy-to-use physical activity break cards, strategies for indoor recess, how to ensure quality P.E. for all, and much more! [Go to our Physical Activity Resource Bundle >>>](#)

## More Popular Resources

### How to Host a Healthy Fundraiser

Fundraisers can not only raise money for your school, but also engage youth, the community, the school building and out-of-school time programs in meaningful ways without undermining healthy eating messages. [Find out how with these steps >>>](#)

### How to Implement, Monitor, and Communicate your Wellness Policy

Wellness policies provide an opportunity for schools and districts to create a healthy environment by making physical activity, healthy eating and staff wellness programs sustainable practices. [Make sure your Wellness Policy is meeting USDA standards >>>](#)

### How to Host Healthy In-School Celebrations

Learn strategies for changing in-school celebrations, including engaging students and parents in the process. [Watch the 10-minute video, But, It's Just a Cupcake!, now >>>](#)

### Track Your School's Progress and Take Action

Update your school's Healthy Schools Program Assessment every year to get the complete picture on what your school is doing well and identify opportunities for improvement. As you answer questions in the Assessment, add items to your customized Action Plan so you know what to focus your efforts on this school year. [Go to your Assessment now to get started >>>](#)

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**Invite your school nurse to join your Alliance for a Healthier Generation Healthy Schools Team for a chance at \$500!** You could receive \$500 to use toward your school's wellness goals! That's right - [invite your school nurse](#) to create an account with the Healthy Schools Program and join your school's team on our website by December 13 and, once they join, you will be automatically entered to receive a \$500 Target GiftCard™!

As always, I'd love to hear from you and please do not hesitate in contacting me if you have any questions or comments.

Best,

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