

Local School Wellness Council News

Hello Wellness Teams,

Many thanks for submitting your action plans. Once your action plan is approved, you may begin requesting grant funds. Purchases are to be made through the MCPS Financial Management System (FMS). Your Principal and/or Administrative Secretary are familiar with this process and will be able to assist you. An email from the Director of Student Wellness Initiatives was sent with the grant account number. If you have not received it please let me know. All purchases must be made by May 31st.

The goal of this newsletter is to provide you with updates, ideas, and wellness tools that may be useful to your school. If you'd like to share something that your school is doing, please email me with the details.

Best,
Gaby Massie
TCI Healthy Montgomery - School Wellness Coordinator
(240) 630-4229
gabriela_massie@mcpsmd.org
massie.gabriela@gmail.com

Wellness Events

Clarksburg Elementary Midfulness Morning

Principal Carl Bencal, school counselor Maureen Enstrom, teachers, and Yogativity owner Kathy Smith partnered together for a day of mindfulness and yoga practice at Clarksburg Elementary. Teachers and students began their day exploring mindfulness techniques by conducting rotations that included body awareness, exploring emotions, tools to calm and relax, and a Yoga practice.

Why Mindfulness? The mindful classroom benefits everyone. Students are better able to pay attention, control impulses, relieve stress, resolve conflicts, and practice cooperation. Educators learn that Mindfulness helps students focus on learning. Congratulations to the Clarksburg Elementary staff for introducing such a wonderful wellness initiative at your school!



Yoga Practice



Creative Art with Breath



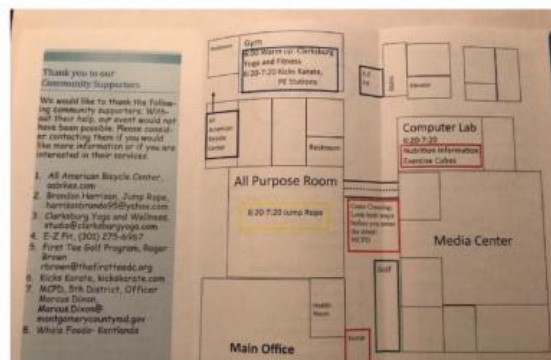
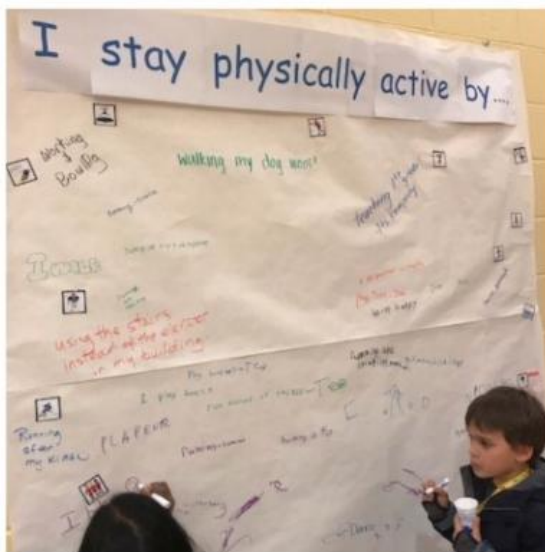
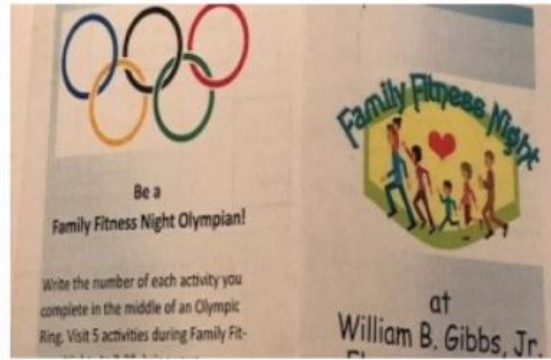
Calming Sand Gardens

Gibbs Elementary - Family Fitness Night!

Be a Family Fitness Night Olympian was brought by Gibbs Physical Education teachers John Jeffries and Joon Lee and the Local School Wellness Committee. Kids completed a variety of Olympic activities to claim a prize. Teachers, after school vendors, and community members participated in the event. Activities included Kicks Karate, Jump Rope, First Tee Golf, All American Bicycling, Montgomery County Police, Nutrition Education, Exercise Cubes, Ez-Fit, School Nurse and PE stations.



One of the PE Stations included a make your own daredevil. A free PDF download is available [here](#). Print them and kids will glue them together. It can be used during brain breaks or as an indoor recess game.



North Chevy Chase Elementary School

The school mindfulness committee lead by School Counselor Victoria Leahy Jones shared a variety of techniques and resources used at their school. Every classroom has a 15 minute morning and/or after recess meeting where teachers encourage breathing, self-awareness, and self-expression. Mindfulness jars, singing bowls, essential oils, meditation music from the Pandora APP, affirmation books, and softer lights in special education classes are some of the tools used to improve students' ability to focus and learn.

Curious how to make your own mindfulness jar? Find a tutorial [here](#).



Wellness Resources

Slow Food Garden Kit: The Plant a Seed kit contains the Three Sisters - beans, corn and

squash - that, when planted together, help one another thrive and survive. This indigenous technique of companion planting has been embraced the world over. These aren't just any seeds. These particular seeds are on the [Slow Food Ark of Taste](#) living library of delicious and distinctive foods facing extinction. Order your kit here: [Slow Food Garden Kit](#). You can use **plantschoolhalf** for a 50% discount.

Healthy Fundraising - FarmRaiser: Your student Champions (and their parents) sell great products and good prices, earning an average of 53% profit for the cause, while learning about the importance of a healthy local food system. Join these successful organizations who are revolutionizing school fundraising and make your next fundraiser a FarmRaiser. More information can be found [here](#).

MCPS-MCCPTA Mental Health and Wellness Forum: Sunday, April 22, 1-5 pm at Gaithersburg High School. Breakout sessions, resources tables and more! Find more information [here](#).

Celebrating School Health with Every Kid Healthy Week - Grant opportunity Join this one-hour webinar on **Thursday, February 22, 2018 at 4 PM EST** to learn more about Every Kid Healthy Week and how you can host an event and join the national movement. More information can be found [here](#).

Action for Healthy Kids School Grants - If you missed the webinar, below is the link to the recording as well as some additional links and resources. If you need additional information or have any questions, please feel free to contact Sapna Hencinsk at shencinski@actionforhealthykids.org

- [Webinar Recording](#)
- [Action for Healthy Kids School Portal](#)
- [Action for Healthy Kids: Game On: Step 2: Portal Instructions](#)
- [Action for Healthy Kids: Game On: Step 4: Find Activities.](#)
- [Applying for Game On Webinar](#)
- [Applying for Parents for Healthy Kids Webinar](#)

Webinars

Smart Fundraising for Healthy Schools: This webinar shares why healthy fundraising helps to support not only school activities but also the health of students and families of the school. This webinar will provide an overview of the Smart Snacks in School rules related to fundraising, discuss ideas for fundraising that support a healthy school environment, and share success stories and resources. Click [here](#) to listen to the webinar recording, view the slides and print certificate of attendance.

Integrating Nutrition into Core Subjects: Learn how your school and teachers can integrate nutrition education into core subjects! Strategies, tips and lesson ideas can be used at all levels and in multiple subjects. Find the recording Slides [here](#).

Celebrate National Nutrition Month and National School Breakfast Week: Prepare to celebrate National Nutrition Month and School Breakfast Week in March. Hear examples from AFHK partner schools on ways to highlight healthy foods in March. Find the webinar [here](#) and the coresponding slide deck [here](#).