

PROMOTING Wellness in Alabama Schools

State-Wide Wellness Initiative Grades K – 12

- Avenues:
 - Comprehensive School Physical Activity Program
 - Coordinated School Health
 - Wellness Policy: District and School

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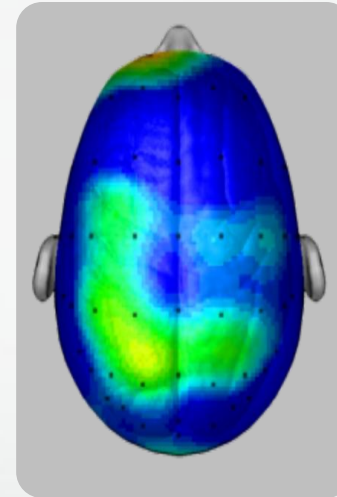
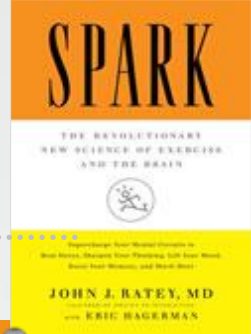
Exercise is ... “Miracle-Gro for the Brain”

Aerobic activity shaped 19,000 students from Naperville, Illinois making them the fittest and some of the smartest in the Nation

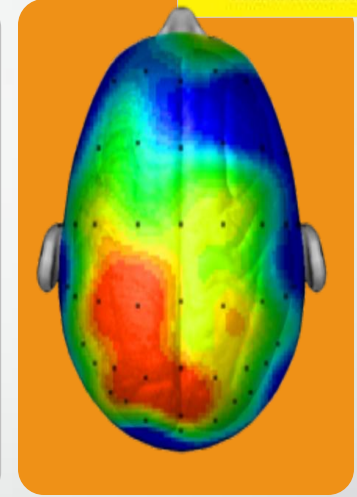
“Before school exercise has been shown to help increase the release of the brain-derived neurotropic factor (“BDNF”), which supports learning and memory function, also increasing new brain cell growth – essentially ramping up our children's brains to learn.”

Teaching Fitness instead of Sport – Creating a Lifestyle

“Exercise is the single most powerful tool that we have to optimize the function of our brains.”



This is your child's brain without activity



This is your child's brain with activity

* Research/Scans compliments of Dr. Chuck Hillman, University of Illinois

THE WORLD HAS STOPPED MOVING

- **Today's Children are the First Generation that may Have a Shorter Life Expectancy than Their Parents**
- WE ARE DESIGNED TO MOVE
 - The First 10 Years of Life Provide a Critical Window for Creating a Lifelong Commitment to Physical Activity
- VISION: Future Generations Moving to Reach Their Greatest Potential
 - Create Early Positive Experiences for Children
 - Integrate Physical Activity Into Everyday Life

Our Partners



Comprehensive School Physical Activity Program (CSPAP)



Goal

To ensure that every school provides a comprehensive school physical activity and nutrition education program

with

quality physical education as the foundation

so that youth will develop the knowledge, skills and confidence to be physically active for a lifetime.

Coordinated School Health



Goal

- A coordinated approach to school health improves students' health and their capacity to learn through the support of families, schools, and communities working together.
- The eight components work together to develop and reinforce health-related knowledge, skills, attitudes, and behaviors and make health an important priority at school.

Goal

- The components are linked in a mutually supportive, cooperative system focusing on children's health issues and the development of health literacy.
- No single component will achieve the level of health students need to support academic achievement. A coordinated approach to school health improves students' health and their capacity to learn through the support of families, schools, and communities working together.

Wellness Policy

- Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.
- Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

THE CHANGE STARTS WITH A “CHAMPION”

A school champion can be a...

- Physical Education Teacher
- Classroom Teacher
- Administrator
- Nurse
- Wellness Coordinator
- Parent

PROMOTING Wellness in Alabama Schools



Comprehensive School Physical Activity Program

- 60 Minutes of Physical Activity During the School Day
- **Physical Education:**
 - Implement a standards-based curriculum that includes a clear scope and sequence.
 - National and State Standards
 - LIFE: Lifelong Individualized Fitness Education
 - HEAL: Healthy Eating Active Living
- **Nutrition Education**
 - HEAL (integral component)
 - LIFE (already a competency)

- **Physical Activity During the School Day**

- Brain Boosters-short (5- to 10-minute) physical activity breaks during long stretches of seated instruction.
- Provide breaks/recess in addition to physical education
- After 50 – 60 minutes MOVE!

- **Physical Activity Before and After School**

- Before school activity
- Safe Routes to School
- Open and supervise physical activity facilities (e.g., weight room and fitness center) for staff and student use before and after school.
- Organize physical activity clubs and intramural sports to encourage physical activity participation by students of all abilities.

Comprehensive School Physical Activity Program

Outside of the School Day

- **Staff Involvement**
 - Provide staff professional development on creating opportunities for physical activity in the classroom.
- **Family and Community Involvement**
 - Include physical education and physical activity information on the school website and in each school newsletter.
 - Invite community participation in special events (e.g., Fitness Night and 5K run/walk).
 - Teach students how to use community physical activity resources such as the recreation center, bike path, and boating facility.

Successes

- HEAL and LIFE
- Faculty Wellness
- Brain Boosters
- Before School Activities
- Fitness Labs
- Community Fun Runs
- Health and Fitness Fairs/Nights
- And the list goes on...

PHYSICAL ACTIVITY ISN'T AN OPTION... IT'S A NECESSITY!

**A STUDENT'S SUCCESS IN SCHOOL
—AND IN LIFE—
DEPENDS ON IT!**

THE CHALLENGE!

CHANGE STARTS WITH YOU!

THE HEART OF A CHAMPION