

WHO IS A CHAMPION?

An individual that is committed to improving the health and wellness of Alabama citizens.

WHO CAN BE A SCHOOL CHAMPION?

A school champion can be but are not limited to:

- **Physical education teachers**
- **Classroom teachers**
- **Administrators**
- **School nurses**
- **Students**
- **Counselors**
- **Child nutrition personnel**
- **Parents**
- **Special Education/Disability Advocates**

"Some people are surprised when I tell them I am an English and history teacher and that I work on the Healthy Schools Program at my school.

We were awarded the Blue Cross Blue Shield Be Healthy school grant in the full amount of \$10,000, which will be used to build a playground."

Patricia Maiden-Lewis

Robert C. Hatch High School, Uniontown, Alabama

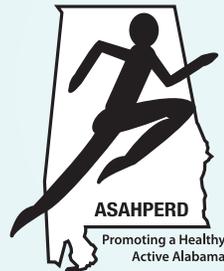
"Champions and HEAL have made my teaching more purposeful because I understand the impact these programs have on my students and their families. I truly feel that I am saving lives on a daily basis."

Mandi Panter, Physical Education Teacher

Lupton Jr. High, Walker County, Nauvoo, Alabama

CHAMPIONS KEY PARTNERS

Providing Resources that are Developmentally Appropriate, Timely, Evidenced-Based and Measureable



For more information

Jonathan W. Thompson
Health Education, Physical Education, &
Adapted Physical Education Specialist
Alabama Department of Education
Jonathan.Thompson@alsde.edu
(334) 694-4768



**PROMOTING
ACADEMIC SUCCESS
and
HEALTHY LIVING**

WHAT IS THE CHAMPIONS STATE INITIATIVE?

A collaborative effort involving key partners that share a vested interest in improving the health of Alabama students and school personnel. Champions assists school districts and schools with development of successful policies that promote wellness.

WHAT IS A CHAMPIONS SCHOOL?

A local school system or school that is driven by a working wellness policy in accordance with USDA requirements and other policies that promote nutritious meals, nutrition education, physical activity before, during and after school for all students, and staff and community involvement.

CHAMPIONS SCHOOLS COMMIT TO:

- Engage students in 60 minutes of daily physical activity including quality physical education
- Provide Quality Nutrition Education
- Engage Parents, Staff and Community Members

CHAMPIONS IS AN INCLUSIVE MODEL:

Each school program is designed to be inclusive of every person in the school building, including people with disabilities.

WHY FOCUS ON SCHOOLS?

Students spend 2,000 hours per year in school, therefore schools have the unique opportunity to teach and model healthful eating and physical activity.

Research has shown that quality nutrition, physical activity, and a quality physical education program greatly improve:

- Academic achievement
- On-task behavior
- Concentration
- Absenteeism
- Staff morale
- Adequate Yearly Progress (AYP)

COMPONENTS *of a* HEALTHY, ACTIVE SCHOOL

QUALITY
PHYSICAL
EDUCATION

ACTIVITY
BEFORE &
AFTER SCHOOL

ACTIVITY
DURING
SCHOOL

NUTRITION
EDUCATION

COMMUNITY
INVOLVEMENT

STAFF
INVOLVEMENT

Key partners provide quality, evidence-based resources and training that help schools satisfy the wellness policy components.

