Best Practices for Partnerships with Schools

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Objectives

• Wellness activities throughout year
• Challenges and overcoming them
• Community partners
• Tips for outside partners on how to work with schools
About Knoxville CSD: 1,780

High School (9, 10, 11, 12): 522
Middle School (6, 7, 8): 376
Northstar Elementary (3, 4, 5): 393
West Elementary (PK, K, 1, 2): 487

Rural Iowa, southeast of Des Moines

Wellness Activities

• Fall Go the Distance Day
• 1305 year 3, MS and HS intramurals
• Brain Breaks
• Team Nutrition: West and NS Teacher Nut. Ed.
• HUSSC: West and NS (Smarter Lunchrooms)
• Hy-Vee Kids Fit
• Pella Grants: body equipment, frisbee golf, Youth Frontiers (mental, social), school garden
• Delta Dental Grant: water bottle filling stations, toothbrushes/toothpaste
• Summer Lunch Program
• Staff Wellness Challenge
• School Wellness Committee
Smarter Lunchroom

MS and HS: Intramurals

Before and During School!
Brain Breaks

Brain Breaks for the Classroom

Healthy students are better on all levels of academic achievement: academic performance, education behavior, and cognitive skills and attitudes. Implementing strategies that help kids stay healthy through nutrition and being physically active can result in better attendance, fewer behavior problems and higher test scores and grades.

Quick Draw Math
1. Students pair up, face each other, hands behind backs.
2. Using appropriate fingers, on the count of 3, both students will hold up their choice of

Index finger/Thumb Switch
1. Stand up.
2. Point only the thumb up on right hand while pointing only the left index finger away.
3. Switch back and forth as quickly as possible for 1-2 minutes.

Top Tagger
1. Students pair up, face each other.
2. Tap right feet together once.
3. Tap left feet together 3 times.
4. Tap right feet together twice.
5. Continue 3-2 pattern as quickly as possible for 1-2 minutes.

Hy-Vee KidsFit

MEET DAIRA, YOUR ONLINE FITCOACH

FIT VIDEOS

JUST PUSH PLAY.

TAKE THE 5 WEEK CHALLENGE
3rd Grade Body Equipment

School Garden
Staff Wellness: Spring Into Health

Challenges

• “One more thing for school to do.”
• “I’m the (____) teacher, not the health teacher.”
• Buy-in: How/Why does this apply to me?
• Time and energy to devote to wellness activities
• Lack of interest
• Turnover of staff
Overcoming Challenges

• Think big but start small
• Promote what IS working
• Focus on the positives and praise others
• Ask for feedback
• Plant the seeds of health
• Find the champions who are willing to DO for others
• Offer shorter term projects... “Would you be willing to try ___ for 4 Wednesdays?”

Community Partners

• School staff
• Parents
• Recreation Center
• Hospital
• Public Health
• Churches: Monday mornings, backpack buddies, summer lunch program
• Businesses: Pella Corp
Tips for working with schools

Talk the language of schools!

“Twenty minutes of walking is good for kids.”
“Exercise is good for kids.”
“Kids should eat fruits and vegetables.”

Hmmmm.....

Student Brains
taking the same test

After sitting... After 20 minute...
Tips for working with schools

Talk the language of schools!

Find the Champions!
– Improved health leads to improved learning
– Job of schools is to teach kids
– Improved attendance: breakfast, PA, recess
– Brain Breaks: Improve focus, attention and behavior, reduce stress, increase learning
– There is never money for “extras”
– Promote the efforts of others

Questions?
Thanks!

“You cannot EDUCATE a child who is not healthy and you cannot keep children HEALTHY who are not educated.”
~ Dr. Jocelyn Elders

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