

**Planner for Wellness Weeks
Healthy Pima Schools**



Wellness Coordinator:

School:

<p>Training:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Active Recess/CATCH <input type="checkbox"/> Coordinated School Health/SHI <input type="checkbox"/> Wellness Week Planning <input type="checkbox"/> Comprehensive Physical Activity <input type="checkbox"/> Classroom Activity Breaks 	<p>Online resources:</p> <ol style="list-style-type: none"> 1. www.fueluptoplay60.com 2. HealthyPima.org 3. HealthierUS School Challenge 4. Teamnutrition.usda.gov/healthierus/index.html 5. Alliance For A Healthier Generation 6. Healthologyaz.com 7. Champions for Change - Arizona Nutrition Network www.eatwellbetwell.org 8. Healthy Youth - CDC - Adolescent and School Health www.cdc.gov/healthyouth 9. grow2bfit.org 	<p>Resources I already have:</p> <ol style="list-style-type: none"> 1. PE teacher 2. CATCH curriculum, Brain Breaks, Fit Bits 3. Teachers 4. Living Streets Alliance Safe Routes to School program – WALKtober Walk to School Challenge punch card and incentives 5. UA Nutrition Network 6. Community Speakers
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<p>County Expectations for Wellness Coordinators:</p> <ol style="list-style-type: none"> 1. Form a SHAC, meet minimum of 4 times/year 2. Assess school health on four SHI modules 3. Write an action plan for a weak area-based on SHI assessment including 3-5 actions 4. Plan and implement 2 wellness weeks. 5. Plan and implement 2 anti-tobacco days 6. Complete survey at end of year 		<p>Required documentation for your Pima County School Coordinator:</p> <ol style="list-style-type: none"> 1. Turn in SHI score sheets 2. Turn in action plan 3. Turn in SHAC minutes for 4 meetings 4. Advise Pima County School Coordinator of your wellness week titles and dates. 5. Invite PCSC to first SHAC meeting
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Wellness Week I Planning

Week Dates:

- **October 24-28, 2016**

Possible Themes:

- Active Autumn
- Walk/bike to school: Sneakers & Cycles, Walk & Wheel...
- Outdoor health (activity, hydration, sun protection)

Partners in this Week:

- School: _____
- Living Streets Alliance Safe Routes to School Program
- Pima County Health Department
- UA Nutrition Network
- Pima County Sheriff's Department, Tucson Fire Department, U.S. Border Patrol
- _____
- _____

Possible Activities:

WALKtober Walk to School Challenge

- Register school online by September 12, 2016 at: <http://www.saferoutestucson.org/region-wide-events/> or by email (see below).
- Safe Routes to School provides materials, including posters, flyers, punch cards, and prizes.
- During the week, students pledge to walk or bike to school each day.
- Students receive punch card to record each day they walk/bike to school (the school can provide an alternative route on campus for students who can not walk/bike to school in the mornings). *Wellness coordinator, other staff, or responsible students must be assigned punch card duty each morning.*
- All schools receive incentives to raffle to participating students (provided by the Safe Routes to School).
- Schools also compete with each other for the most participation in the WALKtober Challenge. The top schools will receive a grand prize bicycle or scooter to award to one lucky student.
- Contact Krista Hansen, Safe Routes to School Regional Coordinator, with any questions: krista@livingstreetsalliance.org.

Nutrition

- Healthy food tasting, classroom lessons in nutrition and physical activity, special event booths/games/etc. Contact UA Nutrition Network to schedule (if Snap Ed eligible). Elementary school contact: Trisha Bautista (520-626-4920 or trishabautista@email.arizona.edu). Middle school contact: Sabrina Plattner (520-621-9333 or Plattner@email.arizona.edu).
- Nutrition trivia game for am/pm announcements – contact UA Nutrition Network for information. See above.
- Other: _____

Other

- Have an all school walk during lunch or break with music.
- Have an all school activity in the cafeteria midweek to celebrate success and activity benefits.
- Include sun safety/hydration education in the announcements.
- Invite personal safety/stranger danger speaker from Pima County Sheriff's Dept. Contact Sgt. Gibson at 520-351-3119 or Erin.gibson@sheriff.pima.gov
- Can invite U.S. Border Patrol anti-drug speaker. Contact Ben Braker at BEN.BRAKER@cbp.dhs.gov or 514-4773
- Integrate bike/walk safety into classroom. Resources (videos, child books, etc.) at: <http://www.saferoutestucson.org/resources/>
- Morning announcements to include recommendation for 12,000 steps a day.

<u>Day 1 Activities: Oct. 24, 2016</u> Walktober Walk to School Challenge <i>Choose activities listed on previous page (or add your own) and write them on the day you would like to do them. Fill in the Who and When columns.</i>	Who will complete tasks?	When?
<u>Day 2 Activities: Oct. 25, 2016</u> Walktober Walk to School Challenge		
<u>Day 3 Activities: Oct. 26, 2016</u> Walktober Walk to School Challenge		
<u>Day 4 Activities: Oct. 27, 2016</u> Walktober Walk to School Challenge		
<u>Day 5 Activities: Oct. 28, 2016</u> Walktober Walk to School Challenge		