2019/2020 Woodmen Hills Elementary Success Story

**Fit Club**

This is our second year implementing Fit Club. We offer this free club one morning per week and complete fitness activities each session. Staff and parents are encouraged to participate with us. So far this year, our students have done circuit training, completed obstacle courses, played collaborative games that improve gross motor skills, balance, and strength.

**Brain Breaks**

This is also the seventh year for our GoNoodle and Fitstick activity breaks. GoNoodle is an internet site that has many different types of videos that encourage physical activity. Many of the options are tied to core academics as well. Parents are able to create their own family accounts and engage in physical activity at home. Fitsticks are quick movement and health related questions or tasks. These two programs are available in all classrooms and used daily. Our school still has the highest number of GoNoodle breaks in our district!

**Staff Fitness**

Our district offers various health incentive programs throughout the year. For example, during the month of March, staff participated in a 31 Days of Gratitude Challenge. Staff were awarded incentives for completing challenges each week and at least 21 gratitude challenges throughout the month. Staff members continue to take advantage of free classes at Hot on Yoga thanks to the district. Three times this year, staff members have enjoyed a water bar in the teacher’s lounge to encourage healthy habits.

**Climbing Climb**

This was the second year students could participate in Climbing Club one morning per week. Climbing Club members participated in climbing the 40’ traverse climbing wall in our gymnasium. Members logged the number of climbs each session and set goals to reach (500 ft, 1k ft, 2k ft……). Climbing Club provided opportunities to build physical, cognitive, social and emotional skills, as well as positive risk-taking, cooperation and teamwork.

**Social Emotional Classes**

Our school counselor goes into classrooms and teaches lessons that cover collaborative social/emotional learning as well as lessons that enrich a growth mindset attitude. Each lesson is tailored to meet age level appropriate lessons that include how to set goals, manage emotions, work with others when there is conflict, show sympathy, explore interests for future learning, make responsible decisions and have positive relationships with others.

**PTA Fun Run**

Our school held their fourth annual Fun Run in August. This program involves character education, fitness, and fundraising. It was an exciting weeklong event that ended with students running laps in the field. Our PTA raised money for school improvement projects and technology.

Watch for more events and activities coming next year from our healthy school!

**Coming Soon!**

New Fit and Fun Playscape stencils for our playground area.

Inspiring wall stencils to be posted around the hallways and bathrooms.