

2023/2024 Woodmen Hills Elementary Success Story

PTA Fun Run

We had our annual Fun Run on September 21, 2023! This program involves character education, fitness, and fundraising. Our PTA uses this fundraiser to raise money for teacher grants, family literacy projects, capital improvements and other encompassing activities and services.

Brain Breaks

This is the eleventh year for our GoNoodle 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.

Along with GoNoodle, teachers have begun implementing NetFlex kids for brain breaks. The mission of NetFlex is to “create education opportunities through unique sports programming.” Students engage in activities ranging from workouts and dance routines through interactive games which are updated multiple times per week!

These two programs are available in all classrooms and used daily.

Staff Fitness

Our district offers various health incentive programs throughout the year. For example, from January 11th through March 7th, staff participated in the 4th Annual Falcon Zone Biggest Loser. Participants weighed in weekly with prizes being awarded to the biggest weight loss per week and a monetary grand prize to the biggest loser of the zone!

D49 staff receive a free educator subscription to Headspace for guided mindfulness and meditation. Periodically throughout the year, staff members have enjoyed healthy snacks and beverages in the teacher’s lounge to encourage healthy habits.

Based on data from the 22-23 School Wellness Survey, staff indicated they desired more opportunities to improve flexibility and muscle tone. Using UMR funds, staff were provided with five resistance bands for strength training. Along with this, a weekly resistance band circuit guide was sent to staff to provide workouts ranging from beginner to intermediate.

School Garden

We continue to revitalize our school garden! Last spring we started cleaning it up and got some vegetables and sunflowers planted. In the fall, we were able to harvest the vegetables, mostly squashes, and do fun science with the sunflowers. We hope to continue to utilize this wonderful outdoor resource.

Tornado Hollow Outdoor Classroom!

Outdoor classrooms have always been a way to create space for more engaging hands-on instruction. The Covid Pandemic accelerated the movement to an outdoor learning

environment which allows for more social distancing options, room to move, and fresh air. Research shows outdoor learning and play improve physical and mental health, cognition, attention, and engagement in learning. This project supports our School Health Improvement Plan for designing an outdoor learning space to support SEL and helps us create an environment that will be comfortable, engaging, and safe for learning.

The outdoor classroom was constructed outside the 5th grade modular building in July of 2021. It is bordered with timbers and filled with mulch. There are enough tree stumps for seating 30 students and includes an outdoor white board with storage for teaching and materials. This last summer we added shade sails. We realized with the heat we start the school year with, we needed shade to tolerate being outdoors in the hot sun. The posts were cemented in barrels so we are able move them as necessary and also decorate them with flowers or other embellishments.

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