

WELLNESS CHAMPIONS UPDATE

December 2018



Action Plan Submitted? Time to Use Your Wellness Funds

Did your school file a 2018-19 Wellness Action Plan? Then you've qualified for **\$500** in wellness funds. The clock is now running and champions have until March 1st to get their funding requests in. Many of you have contacted us and are now enjoying new gym and yoga equipment. We still need to hear from many more of you. Contact Carol Grady at carol.grady@spps.org you too could have new equipment in hand by the time school resumes from break in January.

December Wellness Survey

We want to learn more about some of the things your school does to promote wellness. Please take this short [google survey](#)

Fundraiser Ideas

Is your school on the lookout for some fresh fundraising ideas? Consider some of the options listed on this [link](#) from the wellness fundraising web page

Change to Chill Curriculum Introduced to Health Educators and Support Staff

Health Specialists and Secondary Schools Support Staff had the opportunity to take a deeper dive into Allina's Change to Chill program during their November professional development day. The facilitator used an experiential approach to familiarize SPPS staff with the [CTC web site](#) and exercises and videos vetted by CTC's student advisory interns. One of those videos happened to feature an SPPS alum and you can check it out [here](#).



School Garden News

Click [here](#) for the latest on school gardens

Contact info:

Carol Grady
SHIP Grant Coordinator
651-744-7834
carol.grady@spps.org