

WELLNESS CHAMPION UPDATE

December | 2017



Act Now Before the Clock Runs Out!

Time is running out for spending your Allina wellness funds. Funds **must** be spent by Feb. 28th. No extensions permitted unless arranged in advance.

Nutrition Ed Opportunities for Elementary Schools

Do you have teachers interested in providing health and nutrition in their classroom? UMN Extension SNAP-ED staff are available to provide this to 3rd-5th grade students during the school day and/or during after-school programming. SNAP-ED uses evidence-based curriculum that includes:

- Promotion of healthy eating habits
- Expansion of food and nutrition knowledge
- Promotion of physical activity

Units run for approximately one hour for six weeks, are evidence-based, and meet National Health Education Standards. Interested? Please contact SNAP-ED Coordinator Evalyn Carbrey at ecarbrey@umn.edu and find out how you can get an Extension educator working with your school.

New Sign-In System for Bike Fleet Reservation

Do you have teachers that want to use the SPPS Mobile Bike Fleet? The bikes can now be reserved online at <https://www.spps.org/Page/33325>. Fleet requests must be submitted two weeks prior to use. Staff should consult with administrator during this time frame also, as well as head custodian if the trailer needs to remain on campus for an extended period of time.

SPPS to Host Spring Bike Distribution Event

SPPS is partnering once again with Allina Health on a recycled bicycle give-away event in late April. We're currently looking for a school that would like to host this event. Interested? Contact Carol Grady at 651/744-7834.

School Garden Assessment & Meetups

For the remainder of 2017, Kirsten Saylor will be contacting schools to get an update on garden work to better understand where they are, what challenges they face and better understand how to support them in 2018. In addition, afterschool School Garden Meetups will start in January to share information, network and share lessons tip and techniques. If you are interested in hosting or have a recommendation, please contact Kirsten

Learn about Omada in January

Wellness Champions will have the opportunity to learn more about Omada on a January call. *Omada is a digital lifestyle change program that connects the dots between knowing how to get healthy and actually doing it. Participants get all the support and tools they need, including an interactive program, wireless scale, health coach, and more.* Omada will be open to staff covered on the district health plan.

The call will be Tuesday, January 9, 7:45-8:15 a.m.

Contact info:

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