



SUPER BOWL LII

# Wellness Champion February Newsletter

## Physical Activity in the Classroom Training

by Carol Grady

Looking for ways to improve academic performance while keeping your students engaged? SPPS is teaming up with the Alliance for a Healthier Generation for a professional development training session for classroom staff on Wednesday, March 7<sup>th</sup>. Come learn how physical activity promotes learning and how to best integrate its use into the classroom setting and access online resources. The training runs 90 minutes. It will be offered during the day, with a limited number of substitute stipends, and broken out between elementary and secondary schools. Should interest exceed space, an additional session will be added for a 4:00 session. Please contact Carol Grady ([carol.grady@spps.org](mailto:carol.grady@spps.org); 651/744-7834) if you plan to attend and sign-up will be available in PD Express shortly.

### The Brain on Exercise



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## Get to Know Your Wellness Policy

Over the last six months, SPPS Wellness Policy 533.00 has undergone a facelift and this month we're encouraging staff to get familiar with it, as well as the SPPS Wellness website. Staff are encouraged to go onto the

site, explore, and find three places where links to the *new* policy appear.

### WELLNESS POLICY CONTEST

Take a screenshot of those three links and email them to [carol.grady@spps.org](mailto:carol.grady@spps.org). Participants will be entered into a drawing for three \$25 gift cards to Mississippi Market. Entries must be submitted no later than Friday, Feb. 23<sup>rd</sup>.



## The Garden Gab

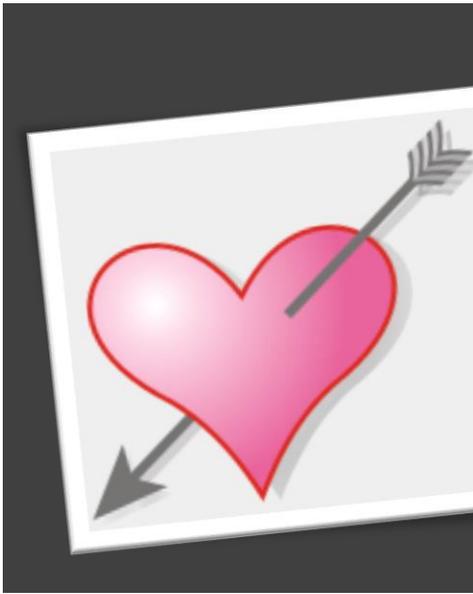
by Kirsten Saylor

Here's the latest on School Gardens. Please pass along to the people who are gardening or are interested!

- [Teacher Garden Meetups](#) have started! It is planning time for school gardens! Next meetups are Feb. 12<sup>th</sup> and Feb. 26<sup>th</sup>. Come to Bruce Vento Elementary, 409 E. Case Ave., on Monday afternoon, 3:15 until 5pm, for curriculum resources, how-tos, and advice on plants and seeds. Facilities staff will be there also to answer questions and help to connect schools to woodchip providers and other resources for your garden. Can't make it? Give Kirsten a call to set up something at your school or
- email [Kirsten.Saylor@spps.org](mailto:Kirsten.Saylor@spps.org); 612/968-3678
- **Professional development and garden training opportunities** are sprouting! Stay tuned here for news on upcoming trainings
  - 2018 Schoolyard Gardens conference on Friday, March 2<sup>nd</sup>, at the Minnesota Landscape Arboretum. SPPS Garden consultant Kirsten Saylor is presenting!
    - [Gardens Conference Registration](#)
- There are grants available now for school gardening or programming:

- **Smucker Away From Home** is awarding several schools up to \$15,000 to be used to create a school garden, with a goal of expanding access to healthy foods for students. Explain in 250 words or less how a school garden would benefit your students. Entry deadline: March 11, 2018.
- **Ramsey County Master Gardeners** are currently offering funding up to \$500 for the purpose of encouraging youth groups to engage in projects that align with the priorities of the Master Gardener Program. This includes local food, climate change, nearby nature, pollinators, clean water, plant biodiversity, and horticultural skills. Funding is awarded on a rolling cycle until available funds for a given year are exhausted. Contact Jamie Aussendorf, Ramsey County Master Gardener Program Coordinator, 651/704-2053; [auss0004@umn.edu](mailto:auss0004@umn.edu).





## New Spin on February Celebrations

Does your school/grade/classroom hold Valentine's parties? The Alliance for a Healthier Generation is available to help schools create a healthier celebration. Go to the website to register and indicate your preferences. You will be entered into a drawing for a \$100 Target gift card and the Alliance will create a custom party guide for you.

- [Alliance for a Healthier Generation #Sweeter Students campaign website](#)

Another idea – get on the stick and reserve the SPPS Blender Bike for a smooth transition to healthier fare. Although it's too late to order an SPPS Nutrition Services package, feel free to provide your own ingredients and create a school signature smoothie



## Start Thinking Spring and Bike/Walk to School

Bike/Walk to School Day is Tuesday, May 8<sup>th</sup> and registration is open.

- [Spring 2018 Bike/Walk to School Registration](#)

### FOR MORE INFORMATION

Walk/Bike to School Days take place semi-annually in October and May.

Contact Info: [Carol.Grady@spps.org](mailto:Carol.Grady@spps.org); 651/744-7834



Wellness  
Champion  
February  
Newsletter