



# Wellness Champions

## March Newsletter

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## Physical Activity in the Classroom Training

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. Sessions are broken out, with secondary schools from 8-9:30AM; elementary schools from 10-11:30AM and an afternoon session from 4-5:30PM open to all. Please contact Carol Grady ([carol.grady@spps.org](mailto:carol.grady@spps.org); 651/ 744-7834) if you plan to attend and sign-up in PD Express.

The Brain on Exercise



**Physical Activity in  
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## **Start Thinking Spring and Bike/Walk to School**

Bike/Walk to School Day is Tuesday, May 8th and registration is open. Take part by encouraging your staff and students to bike or walk that day, promote organized walks that school day, or consider joining the 11 schools that have participated in all-school Bus/Drop/Walks.



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

## **Walk! Bike! Fun! Trainings**

Want to use the bikes but you don't have the WBF Curriculum training? Don't despair. The Bicycle Alliance of Minnesota will be holding a metro training later this spring. The curriculum training is an 8-hour session and sub stipends are available, along with clock hours. If you're interested please contact Carol Grady now. Slots are limited and though we don't have dates yet, we anticipate these trainings filling quickly once they're announced.

## **SPPS Bike Fleet**

As the weather warms and the snow melts away, thoughts turn to...getting outside! If you or a partner have gone through the Walk! Bike! Fun! Curriculum training and would like to open up the world of biking to your class, please put a [reservation](#) in to secure the bikes. If you'd like to use the bikes but are hesitant due to class size and lack of adult bodies to assist, please contact Carol Grady and we can troubleshoot how to assist you in recruitment of volunteers. With spring's arrival, we anticipate requests will start to rapidly come in, so don't delay!

[Bike fleet reservation web page](#)

## **Allina Funding Follow-up**

For those of you that tapped into Allina funding for your building's wellness initiatives, you will be emailed a one-page report some time over the next few weeks. Please complete and return to Carol Grady at your earliest convenience. We are always looking for anecdotes and stories, as well as video or photos, that help to illustrate the fantastic work you're doing. That personal touch has a big impact on Allina and can lead to greater funding in the future.



## **Calling all School Gardeners**

School Garden email group was recently added to share information resources, trainings, and really good to know information on starting and having a school garden! Please let your school garden committee know about this opportunity. Information about soil, mulch,



seedlings, and trainings recently went out. This email group is intended for staff only.

If you are working together families or community partners to support your school garden, they should fill out the Email Sign-up form <https://goo.gl/forms/gjFBFSAEs2vz77ss2> to get on an email list. Much of the same information will be shared there as well.

If you or anyone else is having difficulties, please contact [kirsten.saylor@spps.org](mailto:kirsten.saylor@spps.org).