

Active School Mini Grant

2015



Healthy Roots of Crawford County

identified that school environments play an important role in students' health.

Research shows that students who are physically active have better grades, attendance, cognitive performance, and classroom behavior.

The Active School mini grant was developed to encourage schools to provide more opportunities for students to be active at school.

Schools created a team, including a PreK staff member, to plan and implement Active School strategies.

Making a Difference

Six schools applied and received the Active School mini grant in 2015. Each school met with a Healthy Roots Connector who provided:

- ⇒ Research to support Active School efforts.
- ⇒ Active School Core 4+ toolkit, including strategies and approaches.
- ⇒ Support in developing school action plan.

Each school team developed an action plan and identified equipment and resources that would encourage students to move more. Each team could spend up to \$500 in purchasing items needed to implement their plan.

While all school teams recognized a need for

students to be more active during the school day, each school developed unique strategies to address their specific situation.

All schools reported the Active School mini grant led to other changes beyond the initial equipment purchased.

Feedback from the schools included:

- ⇒ Students responded better by using brain breaks in transitions.
- ⇒ Students interacted positively using the equipment.
- ⇒ Teachers are looking for ways to encourage students to move.
- ⇒ Active School resources were shared with others.

Funding for this Healthy Roots project was provided by Communities Preventing Childhood Obesity.

Prairie Catholic Elementary



Prairie Catholic students and teachers excited to use the new equipment.

Indoor Recess Kits

The Prairie Catholic Active School team identified recess during inclement weather as a time to encourage more physical activity.

Inclement weather days meant students typically spent the recess doing sedentary activities.

The team put together active indoor recess kits that could be used to encourage more activity during these times.

The kits included hula hoops, bean bags, soft balls, activity cards, fitness based games and foam dice. Each classroom received a kit.

Students were very excited about the new equipment and reported having lots of fun during inside recess. Older students led recess activities for the younger students.

The equipment was also used by the PE teacher to enhance PE class.

"This equipment teaches patience, teamwork, sharing, communication skills, and also builds friendships!"

- DeSoto School Team Member

Boscobel Elementary

Gross Motor Activities

The Boscobel Active School teams focus was with 4-K students. They provided gross motor activities during transition times to develop coordination and get the children more focused.

The team purchased a hop scotch mat, handy scoopers, step a stones, balls, fitness dice and more to use during transition times.

Since the grant, teachers increased the use of brain breaks.



Boscobel students enjoying a break during their school day.

The team shared the toolkit with the PE teacher and other classroom teachers. They plan to also share with local Day Care providers.

Wauzeka-Steuben Elementary

Active Hallways

The Wauzeka-Steuben Active School team identified that hallways are the perfect place to encourage students to be physically active.

The active hallways

were designed using a series of dots on the floor and activity cards on the walls.

Students did the activities during transitions from one classroom to another.

Dots were purchased and activity sheets were made with the grant.

Teachers reported that active hallways provided practice for key developmental skills such as hopping, skipping, and jumping.

One active hallway station at Wauzeka-Steuben School



DeSoto-Prairie View Elementary



Prairie View students using the new tether ball purchased with the grant.

The goal was to have fewer students standing around during recess and more students being active during that time.

assembly to help build excitement.

School staff reported a visible increase in the amount of physical activity students were getting during recess.

Rejuvenating Recess

The Active School Prairie View team identified recess time as the focus of their project.

The team purchased kickballs, jump ropes, ball scoops, tether ball, footballs, and frisbees with the grant money and rolled out the new equipment during an all-school

The grant also led to other changes at the school such as painting 4-square grids on the playground blacktop and incorporating brain breaks into the school day.

Seneca Elementary

Indoor Recess & Brain Breaks

The Seneca Active School team identified two areas of focus: making indoor recess more active and encouraging all elementary classroom to incorporate brain breaks.

The team purchased a bowling set, stretch bands, hula hoops,

dance CD and boombox, pom-poms, stop watches and more to put into totes and make available during indoor recess.

While the team encouraged teachers to have active classrooms they also identified and tried to change

practices that encouraged inactivity such as letting students stay in from recess.

The team plans to keep finding ways to get students more active.

Students at Seneca being active during inside recess.



North Crawford Elementary

Smaller Equipment

Basketball hoops for 4K and 5K students at North Crawford School.



The North Crawford Active School team identified the need to have more eye/hand coordination opportunities for younger elementary students on the playground during recess.

The team purchased basketball hoops that stood shorter,

so younger students could use and develop correct shooting form.

The equipment was placed in areas that was separate from the older students.

The equipment was also used in the PE class and students were provided additional instruction for use of them.



tinyurl.com/healthyroots

A broad cross section of community members working to create a *culture of wellness* in Crawford County.

Our goal is for everyone to have an *equal opportunity* to be healthy across the lifespan.

We focus on *community level changes* that impact health.

Healthy Roots is:

- * Connecting individuals & families to active places & spaces.
- * Expanding access to healthy foods.
- * Increasing access to community resources.
- * And more...

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Get Healthy, Crawford County

This page is dedicated to sharing resources on getting healthy, being active and eating well in Crawford County, Wisconsin.

