Why the push for Healthy Schools?

Why School Health- 5 min video

Policy~

The JEFFCO SCHOOLS
Wellness Policy states:

The Jefferson County Public School District recognizes that schools contribute to the basic health status of students and healthy students are better learners; therefore, the district promotes healthy schools through a coordinated approach that supports:

- Student wellness
- Good nutrition
- Regular physical activity
- An environment that supports a culture of health and wellness as part of the total learning environment
- Maintenance of a District Health Advisory Council

Timeline

Oct. 19-30 Launch Week

- Faculty Meeting
- PTO
- School Wide morning brain break
- Banner

Nov- 2-13

- Board Meeting
- Wellness Committee Meeting (Nov. 12)
School Health Improvement Plan (SHIPs)

By May 2016, Lincoln Academy will provide school-wide opportunities for students, 5 days a week, for increased daily structured physical activity in order to meet state requirements of 600 minutes/month/30 minutes/day for 100% of the students.
- Brain Breaks

By May 2016, Lincoln Academy teachers will have the opportunity to engage in wellness related activities by utilizing the Wellness Connections programs and other school based activities.
- Alliance Health Website
- Minute to Win it
- Bootcamp

Attention Span

Typical 5 year old  
5 to 7 minutes

Typical 13 year old  
15 to 18 minutes

Typical Adult  
20 to 25 minutes

Average composite of 20 student brains taking the same test

Research/scan compliments of Dr. Chuck Hillman University of Illinois

EXERCISE PREPARES THE MIND

Improves Impulse Control
Improves Behavior
Improves Attention
Decreases Restlessness
Improves Arousal - Lessens Fatigue
Improves Motivation
Exercise Prepares the Mind
Continued

- Helps Mood and Anxiety Regulation
- Combats Depression
- Improves Self-esteem
- Reverses “Learned Helplessness”
- Combats Toxic Effects of Stress Hormones