

SCHOOL ADMINISTRATORS, TEACHERS AND PARENTS...REGISTER NOW!

# Smart Solutions for Schools Webinar

## FREE WEBINAR

Wednesday, Sept. 26, 2018

4:00 – 5:00 pm

Register at Zoom

<https://bit.ly/2M8dbA1>

Join AHA, WCPSS staff and partners for this FREE webinar! Learn about smart solutions that will **improve the health and performance of students**, and earn recognition for your school through AHA's Healthy School Awards program.

## Fitness, Academic Achievement and Poverty: Local Data and Solutions

Dave Jones, EdD, MAEd, NBCT, Brentwood Elementary

Learn about the connection between fitness and achievement in high-poverty public schools to consider what changes you can make at your school for a positive impact.

## Walking Wednesdays

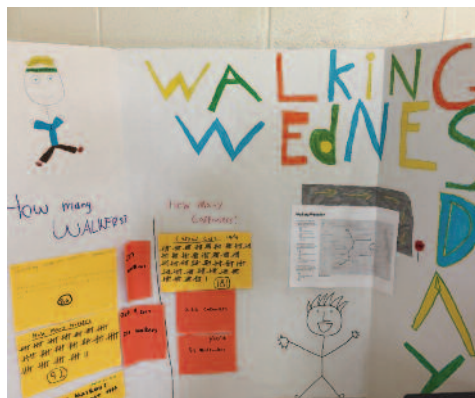
Jennifer Browndorf, NCBT, Hilburn Academy

Hear how the 5th Grade Community Service Focus Team motivated fellow students to participate in a new monthly walk to school day and tracked progress. They earned an AHA Sneakers and Spokes Award for their school.

## Active Routes to School

Jennifer Delcourt, Active Routes to School

The WCPSS Wellness Policy supports active transportation to and from school. Learn about opportunities to start or grow walking and/or biking at your school.



Top: Dave Jones (left), Principal Robert Epler and students at Brentwood Elementary; above: Hilburn Academy students tracked participation in the new Walking Wednesdays program.



Paula De Lucca, WCPSS

## Smart Snacks

Paula De Lucca, Senior Director, WCPSS Child Nutrition Services

The WCPSS Wellness Policy requires all snacks provided during the school day meet USDA Smart Snacks in Schools Standards. This includes snacks for birthdays, learning experiences, staff functions, etc. Learn how CNS can help.

## AHA Healthy School Awards

Sarah Martin, Chari, Advocates for Health in Action;  
WC PTA Council Veteran

AHA honors schools in Wake County through two awards. Learn why you should apply and how.

SEE REVERSE



# AHA Rewards Healthy Schools

Advocates for Health in Action honors schools in Wake County with two award opportunities!

## AHA Brains and Bodies Award

healthy students grow here

### Brains and Bodies Award

AHA's Brains and Bodies Award showcases schools that have nationally recognized best practices in place to create a healthier environment for students and staff. Applying for this overall wellness award also educates schools and parents about how they can rethink practices to improve wellness.



## AHA Sneakers and Spokes Award

healthy students walk or ride here

### Sneakers and Spokes Award

Walking and/or biking to/at school helps students work toward the recommended 60 minutes/day of physical activity, and research shows they arrive at school alert and ready to learn. AHA's Sneakers and Spokes Award recognizes outstanding and ongoing walk/bike to/at school efforts that keep students moving all year long.

**Healthier kids have better academic outcomes: better focus, fewer disciplinary problems and better test scores. Transform your school environment and win one or both of AHA's awards!**

### What makes a winning school?

Award-winning schools are putting nationally recognized best practices into place so that they create a **sustainable** culture of wellness school-wide. Many schools have wellness champions, whether they are dedicated teachers or superstar parent volunteers. However, having best practices/policies in place helps ensure wellness efforts are ongoing even if a wellness champion leaves the school.

### Applying for the awards

- > To apply for the **Brains and Bodies Award**, school staff and/or parents join the Alliance for a Healthier Generation ([www.healthiergeneration.org](http://www.healthiergeneration.org)) (free to join) and complete the online inventory in three modules of the Healthy Schools Program Framework:
  - School Health & Safety Policies & Environment
  - Physical Education & Other Physical Activity Programs
  - Health Promotion for Staff

Schools will also complete an Action Plan for each of those three modules.

The online application is simple to access and complete; it may be saved and updated multiple times during the school year. For AHA's award, the assessment will be considered final at 5 pm, March 21, 2019. A multitude of resources on the best practices are available at the Alliance website to assist schools in meeting goals.

- > To apply for a **Sneakers and Spokes Award**, complete the application via AHA's website at the "Fuel Your School" tab. Award criteria include Programs and Education.

### Timeline

- March 21, 2019, 5 pm: Award Applications Due
- May 2019: Winner Celebrations

### What do schools win?

Schools may apply for one or both of the AHA awards and will be recognized separately. Schools may earn the Brains and Bodies Award in three levels: Gold, Silver or Bronze.

All award winners will receive a banner to display at school and community recognition.

### Free Informational Webinar – September 26

School staff and parents are invited to a free webinar to learn more about AHA's awards and how to apply. See reverse for details.

### Questions?

[info@advocatesforhealthinaction.org](mailto:info@advocatesforhealthinaction.org)  
[www.AdvocatesForHealthInAction.org](http://www.AdvocatesForHealthInAction.org)

SEE REVERSE

