

2017/2018 Woodmen Hills Elementary Success Story

Walking Club

This is our fifth year implementing the walking club. We offer this free club two mornings per week and complete a walking mile each session. Staff and parents are encouraged to walk with us. So far this year, our students have walked 500 miles! Students can earn foot tokens, small mileage tokens and prizes for their achievements. Teachers who participate in Walking Club receive a free t-shirt. Students and families are able to purchase t-shirts as well.



Brain Breaks

This is also the fifth year for our GoNoodle and Fitstick activity breaks. GoNoodle is an internet site that has many different types of videos that encourage physical activity. Many of the options are tied to core academics as well. Parents are able to create their own family accounts and engage in physical activity at home. Fitsticks are quick movement and health related questions or tasks. These two programs are available in all classrooms and used daily. Our school still has the highest number of GoNoodle breaks in our district!

This year we implemented breaks using tennis balls for coordinated brain exercises. We have continued to add daily yoga poses to our morning video announcements. Students are gaining flexibility and starting off their day with movement.



Staff Fitness

Our staff has participated in over ten different district health incentive programs in the last five years. The past two years, a group of teachers have planned group hiking trips during breaks. Staff members continue to take advantage of free classes at Hot on Yoga thanks to the district. Three times this year, staff members have enjoyed a water bar in the teacher's lounge to encourage healthy habits. Our staff has participated in free afterschool fitness classes thanks to our district.



Hydration Station

Our school continues to add new Hydration Stations to replace older water fountains. We currently have 1 station in the front hallway and another in the 5th grade pod. PTA plans to purchase future stations with fundraising money. Students enjoy filling their water bottles throughout the day and checking the counter to see how many disposable water bottles our school has saved!



School Garden

This is the third spring students will be able to plant in our school garden. As a school, each grade level was responsible for 1 bed and growing produce from seed. Families and community members shared duties over the summer for harvesting, watering, and weeding. Last year, we purchased hail guard netting with grant money and the garden club helped assemble the netting over each bed.



PTA Fun Run

Our school held their third annual Fun Run in November. This program involves character education, fitness, and fundraising. It was an exciting weeklong event that ended with students running laps in the field. Our PTA raised money for playground interlocking rubber tiles and other school projects.



Watch for more events and activities coming next year from our healthy school!