

2021/2022 Woodmen Hills Elementary Success Story

PTA Fun Run

This year we were able to bring back our annual Fun Run! This program involves character education, fitness, and fundraising. Our PTA uses this fundraiser to raise money for school improvement projects and technology.

Brain Breaks

This is the ninth 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!

Social Emotional Classes and RAK Time

Our school counselor goes into classrooms and teaches lessons that cover collaborative social/emotional learning as well as lessons that enrich a growth mindset attitude. Each lesson is tailored to meet age level appropriate lessons that include how to set goals, manage emotions, work with others when there is conflict, show sympathy, explore interests for future learning, make responsible decisions and have positive relationships with others.

Playground Stencils

New Fit and Fun Playscape stencils were painted around our playground area to increase physical fitness options during recess.

Staff Fitness

Our district offers various health incentive programs throughout the year. For example, during the month of April, staff participated in a Feel Like a Million Challenge recording steps, other physically activities, and mindfulness activities. Top participants earn prizes.

D49 staff receive a free educator subscription to Headspace for guided mindfulness and meditation.

D49 staff received free Hot on Yoga classes for second semester.

Three different fitness classes were offered around the district for staff for free each week in January through May.

Periodically throughout the year, staff members have enjoyed a water bar in the teacher's lounge to encourage healthy habits.

Tornado Hollow Outdoor Classroom!

Outdoor classrooms have always been a way to create space for more engaging hands-on instruction. The Covid Pandemic has accelerated the movement to an outdoor learning environment which allows for more social distancing options, room to move, and fresh air. The American Academy of Pediatrics guidance on reopening schools lists "utilize outdoor spaces when possible" as a high-priority strategy. Research shows outdoor learning and play improve physical and mental health, cognition, attention, and engagement in learning. This project

supports our School Health Improvement Plan for designing an outdoor learning space to support SEL and helps us create an environment that will be comfortable, engaging, and safe for learning. While this outdoor learning space supports social distancing at this current time, future opportunities for students to learn outdoors continues to align with our emphasized focus on SEL for students at WHES.

The outdoor classroom was constructed outside the 5th grade modular building last July. It is bordered with timbers and filled with mulch. There are enough tree stumps for seating 30 students and includes an outdoor white board with storage for teaching and materials.

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

Coming Soon!

*This summer we plan to add shade sails to Tornado Hollow, our outdoor classroom. We realized with the heat we started the school year with, we needed shade to tolerate being outdoors in the hot sun. The posts will be cemented in barrels so we can move them as necessary and also decorate them with flowers or other embellishments.