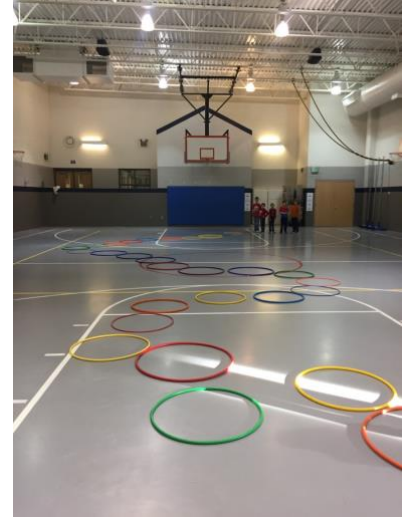


2018/2019 Woodmen Hills Elementary Success Story

Fit Club

This is our first year implementing Fit Club. We offer this free club one morning per week and complete a fitness activity each session. Staff and parents are encouraged to participate with us. So far this year, our students have played basketball, completed obstacle courses, played games that improve gross motor skills, balance, and strength.



Brain Breaks

This is also the sixth 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 is the second year that we implemented breaks using tennis balls for coordinated brain exercises.

Staff Fitness

Our staff has participated in various district health incentive programs in the last six years. Staff members continue to take advantage of free classes at Hot on Yoga thanks to the district. Four 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.

School Garden and Club

This is the fourth spring students will be able to plant in our school garden. The garden club is helping maintain and grow produce from seeds. Families and community members shared duties over the summer for harvesting, watering, and weeding.



Climbing Climb

Climbing Club members participated in climbing the 40' traverse climbing wall. Members logged the number of climbs each session and set goals to reach (500 ft, 1k ft, 2k ft.....). Climbing Club provided opportunities to build physical, cognitive, social and emotional skills, as well as positive risk-taking, cooperation and teamwork.

Social Emotional Classes

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.



PTA Fun Run

Our school held their fourth annual Fun Run in August. 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 our school library and other school projects. Watch for more events and activities coming next year from our healthy school!

Coming Soon!

New Fit and Fun Playscape stencils for our playground area. We also purchased new playground equipment which includes an assortment of balls, jump ropes, and Frisbees.

