



# PHYSICAL ACTIVITY & ACADEMIC ACHIEVEMENT

A strong evidence-based connection

## D6 RESOURCES

### BRAIN BREAKS

Visit our website for brain break resources, videos, and ideas! Teachers and staff can also request FitSticks for an active and fun brain break!

### HEALTHY AND ACTIVE FUNDRAISERS

Healthy kids club has created a sponsorship program for jogathons & walkathons! Schools can earn as much as \$20,000 from these fun and healthy events! Check out our website for information and resources!

### D6 SMOOTHIE BIKE

District 6 smoothie bike was created by Healthy Kids Club to provide schools with a way to tie nutrition and physical activity into the school day and after school events!

**How does it work?** The smoothie bike uses mechanical energy to blend the ingredients. As students pedal the bike, the blender mixes a delicious smoothie! Rental form is on the website!

### WALKING CLASSROOM

Get your students walking, listening, and learning with the Walking Classroom's 20 minute podcasts! Contact Caitie to reserve the Walking Classroom for your class!

### UNC RESEARCH OPPORTUNITIES

UNC has several research studies that tie physical activity to academic achievement. Contact Caitie for more information, or to participate in a study!

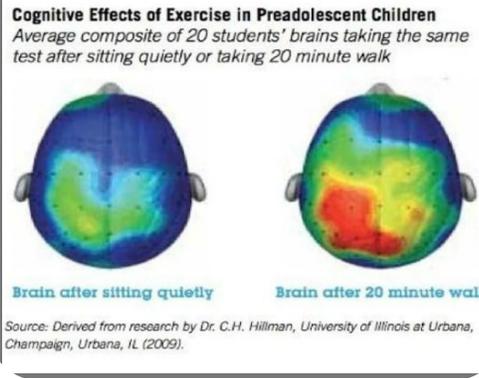
### QUESTIONS? CONTACT

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[www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness)



### BEHAVIOR

Physical activity improves learning by improving alertness, attention, and motivation.

### LEARNING

Physical activity prepares and encourages nerve cells to bind to one another, which is the cellular basis for learning new information.

### MEMORY

Physical activity spurs the development of new nerve cells in the hippo campus which can improve memory



"A successful learner is knowledgeable, emotionally and physically healthy, civically engaged, prepared for economic self-sufficiency, and prepared for the world beyond formal education"

- Association for Supervision & Curriculum Development, 2011



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## D6 WELLNESS POLICY

### GOAL 1: THE DISTRICT WILL ENCOURAGE A COMPREHENSIVE LEARNING ENVIRONMENT

- Providing age-appropriate & culturally sensitive instruction
- Sharing health and wellness information with students, staff, families, and the community

### GOAL 2: THE DISTRICT WILL SUPPORT AND PROMOTE PROPER DIETARY HABITS

- Providing access to, and promotion of, healthy food choices
- Advocating for adequate seated meal time
- Encouraging non-food or healthy food celebrations/fundraisers

### GOAL 3: THE DISTRICT WILL PROVIDE OPPORTUNITIES FOR STUDENTS TO ENGAGE IN PHYSICAL ACTIVITY

- Requiring that physical activity not be withheld from, nor required of a student as a form of discipline.
- Increasing physical activity opportunities during the school day
- Encouraging recess before lunch
- Providing the amount of physical activity that is consistent with state law

### QUESTIONS?

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## CASE STUDIES



Members of the physical education department at Naperville Central High School in Chicago, IL created a program to jump-start students' brains. This program (titled "Zero Hour") engaged students in vigorous physical activity (80-90% maximum heart rate) prior to the start of the school day. Because of this, Naperville has seen:

Significantly lower per-pupil operating expense

Higher ACT testing scores (24.8 compared to state average of 20.1)

**Trends in International Math & Science Scores:**  
#1 in the world for science  
#6 in the world for math

Improved classroom attention and behavior



The superintendent of schools in Kansas City MO established daily physical education throughout the district. Because of this, the district experienced:

Dramatic reduction in violent activity

Improved test scores



Red Hawk Elementary School in Erie, CO recognizes the importance of daily physical activity. Not only do they offer daily recess and physical education, but they have also incorporated physical activity breaks into the master schedule and employed a monthly movement calendar. Through these efforts, students receive an additional 40 minutes of physical activity per day.

Because of these changes, the school has seen the following improvements:

**91%** of 3rd grade students scored proficient or advanced in reading (TCAP)

**47%** of 3rd graders  
**40%** of 4th graders  
**45%** of 5th graders  
Scored advanced in math

**98%** of parents indicate they are satisfied with their child's education

### The District 6 Student Wellness Policy directly aligns with the District Strategic Plan, Innovation2020.

The goals in the Student Wellness Policy contribute to Innovation2020 **Student Learning & Achievement Priority 1:** Provide a personalized learning experience for all students; **Student Learning & Academic Achievement Priority 4:** Align curriculum and assessment practices that are research-based and define clear, concise targets; **Culture & Climate Priority 2:** Provide a safe school environment including physical, social, and emotional wellbeing for all; and **Strengthening Partnerships Priority 1:** Enhance partnerships between and among programs and district schools. The district wellness policy has full support from the district administration and board of education.