

WATCH Award Guidebook

The WATCH Recognized Wellness Campus Award is awarded to any campus that has created an atmosphere conducive to wellness. There are 8 criteria as part of the award - 3 are mandatory and only 5 total are required. They include:

- ☐ Campus Wellness Committee*
 - ☐ Health and Wellness Event*
 - ☐ Campus-wide Physical Activity*
 - ☐ Tobacco and Substance Abuse Prevention (2)
 - ☐ Non-Food Based Reward System
 - ☐ Coordinated School Health Curriculum Integration
 - ☐ Stress Prevention Initiative
 - ☐ Staff Wellness Program
- *Mandatory Criteria

First time winning campuses are recognized with a “WATCH Recognized Wellness Campus” Banner. Repeat winning campuses receive a decal for the banner denoting the year of the award.

The 2019 WATCH Award application can be found [HERE](#).

WATCH Awards

ALL SCHOOLS MUST HAVE THESE:

- Campus Wellness Committee
- Campus Wide Physical Activity
- Family Wellness Event

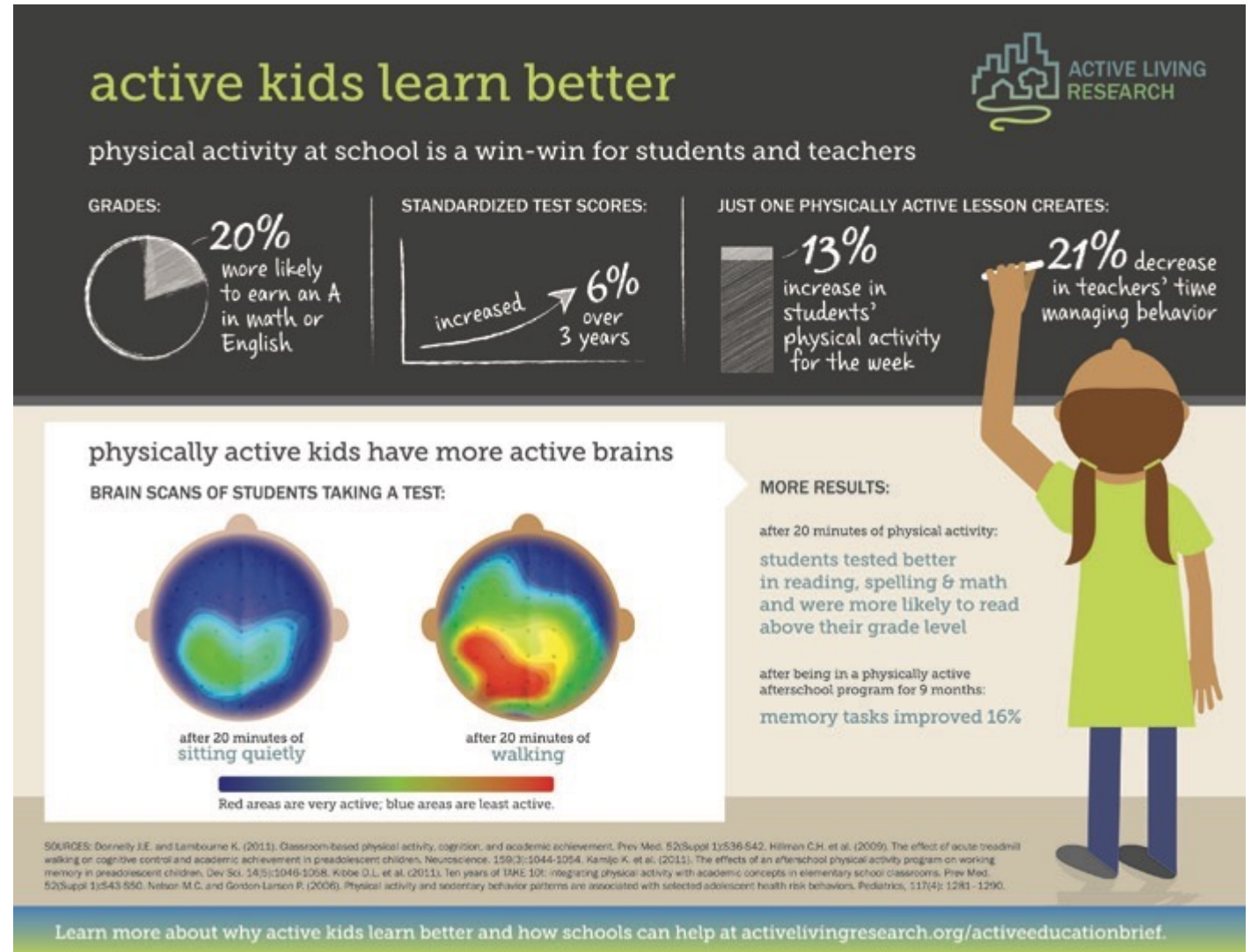
MUST PICK TWO OR MORE FROM THIS LIST:

- Tobacco and Substance Abuse Prevention Activity (2)
- Non-Food Based Rewards
- Coordinated School Health Curriculum Integration
- Stress Prevention Initiative
- Staff Wellness

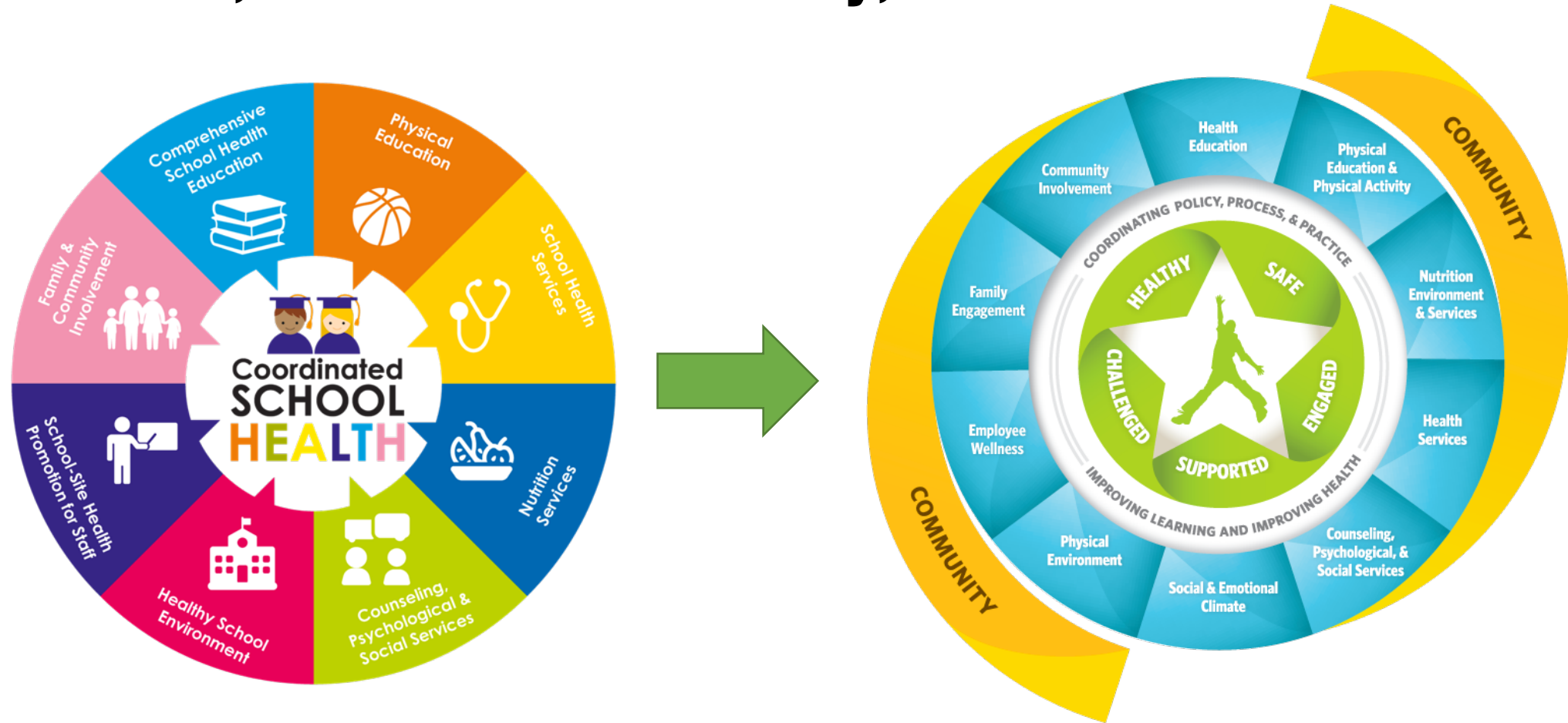


Healthy Kids Learn Better

- Did you know that kids who eat healthier and move more perform better in school?
- Studies show that healthy kids get better grades, attend school more often and behave better in class.



Coordinated School Health and the Whole School, Whole Community, Whole Child Model



Coordinated School Health connects physical, emotional and social health with education through eight inter-related components. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together.

Criteria 1: Campus Wellness Committee*

CRITERIA / REQUIREMENTS:

- Start or continue your campus wellness committee
- Try to meet at least every other month or 4 times per year
- Should consist of a diverse group of members including but are not limited to students, parents, community and business leaders, teachers, cafeteria managers, nurses, and campus administration

PURPOSE:

- Discuss healthy objectives for your campus
- Plan campus-based health and wellness events
- Identify health issues and concerns and discuss strategies to combat these issues
- Share campus health trends (% of students who are obese, have diabetes, etc.)
- Identify funding opportunities of interest
- Discuss campus health and wellness ideas or wish list (school garden, cooking club, zumba for staff)
- Inform campus of ongoing wellness strategies
- Incorporate the elements of WATCH into the school wellness program

RESOURCES:

- https://www.healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf
- <https://www.cdc.gov/healthyschools/shi/index.htm>
- <https://www.dshs.texas.gov/schoolhealth/shadviseresources.shtm>

Campus Wellness Committee

SAMPLE TOPICS TO ADDRESS DURING MEETING:

- Has the school adopted the administrative regulations for the district wellness policy?
- Do the students have the opportunity to provide meaningful input into the development and implementation of school health and wellness activities?
- Are the school grounds open to students, their families, and the community for access to physical activity?
- Does the school have a school health and wellness action plan?
- Are the goals from the school health and wellness plan integrated into the campus improvement plan?
- Are the school building, grounds, athletic/play equipment regularly monitored for safety and environmental quality?
- Do you have a policy that prevents physical activity from being used as a form of punishment?
- Do you have a policy that prohibits food-based rewards? What is the best non food-based reward?
- Do you share your successes on social media? (@wellgeeks, @LamarCISD for more exposure!)
- Have you completed a School Wellness Inventory?
- Have you completed and reviewed the WATCH Award Application?

Criteria 2: Health and Wellness Event*

CRITERIA / REQUIREMENTS:

- Hold a health/wellness event on your campus once a year open to all parents and students
- TIP: This can be a standalone event or it can be part of another academic night on campus like Math and Science Night or Curriculum Night
- PURPOSE: To share evidence based recommendations regarding proper nutrition and preventative habits that will foster a life long passion for health (mental and physical) and provide resources to your school community

TIPS AND RESOURCES:

- Do what makes sense for your campus and your community
- Assess the needs of your campus and provide those services at the event
- Consider vendors who are nearby the school and who can provide services that families can access (attend WELLCON to meet new vendors too)
- Make it an add-on event or a stand alone event depending on buy-in and support
- Preferable to begin planning at least 2 months in advance
- Ensure that you have parent support (if possible) as well as staff support for volunteers
- Offer incentives or giveaways when possible

Health and Wellness Event

IMPLEMENTATION IDEAS:

- Have a Healthy Cooking Demonstration by a local chef, talented parent, or students from Health Services class or Garden Club
- Invite a farmer to speak to families about farming. Ask the farmer to bring samples of seasonal foods grown on his/her farm.
- Offer a Zumba or yoga class to parents and students
- Have a presentation on healthy eating and nutrition by a local dietician
- Invite a local doctor to speak on health-related diseases including cardiovascular disease, diabetes, and obesity
- Invite a local athlete to speak about the importance of healthy eating and living a healthy lifestyle as well as setting goals and being dedicated
- Have the PE teacher set-up Fitnessgram in the gym so parents can learn about the assessment and test their fitness level with their child
- Educate parents on the Texas Coordinated School Health Goals

Criteria 3: Campus-wide Physical Activity*

CHECKLIST CRITERIA / REQUIREMENTS:

- Offer additional opportunities for all students to be physically active in addition to regularly scheduled PE and Recess
- Offer at least 5 sessions of an additional 30 minutes of physical activity per session OR 150 minutes of total activity throughout the school year
- TIP: Making it fun and encouraging social networking is a great way to improve connectedness on your campus!

EXAMPLES:

- Walking Club
- Yoga Class
- Zumba Class
- Fit Club
- Fitness Rotations
- Walk Across Texas
- Walking School Bus
- Structured Physical Activity Breaks throughout the day
- Fun Run/5K
- Field Day

***Mandatory Criteria**

Campus-wide Physical Activity

RESOURCES:

- Stations: https://www.healthiergeneration.org/_asset/336fvp/14-6346_PATaskCards.pdf or https://www.healthiergeneration.org/_asset/jt1ppk/09-877_FitnessTrailStations.pdf
- Recess before Lunch Benefits:
 - Improved cafeteria behavior.
 - Calmer more relax students in the cafeteria.
 - Students returning to classroom calmer and ready to learn.
 - Drink more milk.
 - Students throw away less food.
 - Students eat more.
 - Fewer discipline problems.
 - Fewer visits to the school nurse.
- Playworks Game Guide: <https://www.playworks.org/resources/playworks-game-guide-2/>
- Running Clubs
 - Marathon Kids: <https://marathonkids.org/>
 - Girls on the Run/Heart and Sole: <https://www.girlsontherun.org/>
- How to Start a Walking Club:
 - https://schools.healthiergeneration.org/_asset/n5pxvo/Walk-This-Way-for-Schools.pdf
 - <http://everybodywalk.org/collaborative/toolkits/>

Criteria 4: Tobacco and Substance Abuse Prevention

CHECKLIST CRITERIA / REQUIREMENTS:

- Offer at least two Tobacco or Substance Abuse Prevention activities to all students on the campus

IDEAS:

- Host a Tobacco, Alcohol and Drugs resource booth - Secondary campuses
- Teens Against Tobacco Use (TATU) - Present or Host TATU: a peer taught tobacco program
- Secondary campus organizations present to students tobacco prevention education
- Host speakers and puppet show from Fort Bend Regional Council
- Invite MD Anderson out for their puppet show or interactive display
- Host law enforcement with presentation on underage drinking and the consequences
- Compose and share morning announcements on topics related to tobacco, alcohol and drugs
- Support local DEA “Drug Take Back” initiatives by advertising at your campus and on your campus website
- Observe any of the following:
 - [Family Day](#) - September
 - [Red Ribbon Week](#) - October
 - [Substance Abuse Prevention Month](#) - October
 - [Great American Smokeout](#) - November
 - [National Drug Facts Week](#) - January
 - [Texas Tobacco Free Kids Day](#) - March

Criteria 5: Non-Food Based Rewards

CHECKLIST CRITERIA / REQUIREMENTS:

- Offer a non-food based reward in place of a food-based reward at least once a year at each grade level
- PURPOSE: Students learn to celebrate successes using physical activity or social interaction.

INSTEAD OF OFFERING:

- Ice Cream Parties
- Pizza Parties
- Popcorn Parties

OFFER:

- 10-min Dance Party at the end of the day
- Extra recess time
- Free play
- Walk with the principal
- Eat lunch outside

NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

Pencils or erasers
Stickers
Books
Enter a drawing or raffle for a bigger prize
Earn tokens or points toward a prize



GET MOVING

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SHAKE UP YOUR ROUTINE

Let student choose a special activity or be a teacher's helper
Allow student to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
For birthdays, allow child to wear a crown or special sash

Student Survey: We want to rewards students when you achieve or do something well.

- Our school chooses to not give rewards that involve food. What are some non-food rewards you think students would like?
- Here are a few ideas we came up with, but we want to know what students want! Please circle the top 5 rewards you and your friends would like:
 - Watch a Movie Free Time, Extra Recess, Open Gym, Yoga, Dance Party, Homework Pass, Zumba, Shout Out on Announcements, Stickers, Dress Down Day, Eat Lunch in Classroom, Game Time, Teacher's Helper, Music During Study Time

SECONDARY IDEAS

• Sit with friends • Listen to music while working • Talk time at the end of class • Reduced homework • “No Homework” pass • Extra credit • Fun video • Assemblies • Computer time • Brainteasers • Field trip • Eat lunch or have class outside • Stickers • Pencils and pens • Erasers • Bookmarks • Books • Art time • Coupons/gift certificates for video stores, music stores, and movies • Listen to music while working • Eat lunch or have class outside • Talk time at the end of class • Reduced homework • “No Homework” pass • Extra credit • Extra recess • Fun video • Assemblies • Brainteasers • Field trip • Stickers • Bookmarks • Erasers • Pencils and pens • Books • Computer time • Art time • Drawings for donated prizes

Criteria 6: Coordinated School Health Curriculum Integration

CHECKLIST CRITERIA / REQUIREMENTS:

- Incorporate W.A.T.C.H. into the core classes (W-Water, A-Activity, T-Tobacco/Substance Abuse, C-Calories, H-Healthy Habits)
- Should occur at all grade levels
- Try to incorporate into at least two core classes

IDEAS:

- [Action Based Learning](#)
 - An instructional strategy that teaches academics kinesthetically base on the neuroscience that supports the link between physical activity and improved academic performance.
 - Crossing the midlines connect the brain hemispheres and help to organize the brain.
 - Spooner Boards: review any academic concepts while using boards, use note cards, posters on wall, read a book.
 - Wobble Stools: use with standard desk; allows to get wiggles out movement allows one to focus and anchor learning
 - Move Cubes: insert various academic content for review or use for mindfulness with positive affirmations; partner toss, teacher-student toss to assess, self-toss
 - Pedal/Elliptical Fit Desk: cheaper option for pedal desks/strider desks. Can have settings for increases resistance therefore engaging large muscles which signal the release of BDNF which is miracle grow for the brain (brain derived neurotrophic factor)

Coordinated School Health Curriculum Integration

IDEAS:

MATH:

- Talk about counting calories OR the number of calories in different foods
- Calculate percent of calories from fat for select foods
- Calculate Resting Heart Rate (HR), Max HR, 50% Max HR, and 75% Max HR

SCIENCE

- Plant a school garden
- Invite a farmer to speak to the class
- Molecular structure of fats, carbohydrates, and proteins
- Discuss Food to Energy in the body

ELA

- Keep a food journal. Have students write about why they ate what they ate.
- Have students describe in words how certain fruits and vegetables taste.
- Keep an activity journal. Have students record the activities they did and what they like about those activities.

SOCIAL STUDIES

- Address the evolution of the Western diet
- Talk about how food is used in different cultures
- Compare geography with food that is common in that region

Criteria 7: Stress Prevention Initiative

CHECKLIST CRITERIA / REQUIREMENTS:

- Implement a campus stress prevention program that targets students (can also affect staff but main focus should be students)
- Purpose: Teach students how to deal with stress in a positive way and how to recognize stress related symptoms

IDEAS:

- Host a stress prevention week (different days have different techniques)
- Teach breathing strategies that can calm and relax students before tests
- Have a Yoga club or Mindfulness Room for students and staff
- Turn your library into a safe space for kids to de-stress and have fun
- Ensure the kids have flexible seating options throughout the school day

Stress Prevention Initiative

TECHNIQUES TO MANAGE STRESS:

- [Affirmation Jar](#) - Positive thoughts and beliefs help your brain endorphins and combat negative thinking
- 21 Days of Gratitude Handout: <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/21-days-of-gratitude-infographic>
- [Mandalas](#) - This activity requires focus and calmness to color, which can help foster self-awareness, mindfulness and stress relief
- Yoga: Yogajournal.com
- Blowing Bubbles and Ringing a Bell
- Mindfulness or Yoga Room
- <http://mindfulnessforteens.com/guided-meditations/>
- Calm.com
- GoNoodle.com
- Glitter Jar: <https://heartmindkids.com/how-to-make-a-glitter-jar-for-mindfulness/>
- Breathing: <http://lindsaybayer.net/journal/snowga-sneak-peek-hot-chocolate-breathing-exercise>
- Exercise: https://schools.healthiergeneration.org/_asset/vvdlam/tt5-staff-cards-generic.pdf

Criteria 8: Staff Wellness Program

CHECKLIST CRITERIA / REQUIREMENTS:

- Implement a staff wellness program or initiative to your campus that includes at least one of the following focus areas below:
 - Physical Activity
 - Healthy Eating
 - Tobacco Cessation
 - Stress Management
 - Weight Management

IDEAS:

- Address food and beverages sold in the staff lounge so that they meet the Smart Snack Regulations
- Encourage staff to receive a yearly physical from their physician
- Host a staff challenge like Biggest Loser, Walk Across Texas, or Lose and Win

Staff Wellness Program

RESOURCES:

- Survey: https://schools.healthiergeneration.org/_asset/29c377/tt5-survey.pdf
- School Wellness Champion Toolkit: https://schools.healthiergeneration.org/_asset/yl3ql5/KP_School_Wellness_Champion_ToolKit.pdf
- Potluck Party: https://schools.healthiergeneration.org/_asset/0pb2nn/tt5-potluck-generic.pdf
- Monthly Health Tips: <https://business.kaiserpermanente.org/thrive/monthly-health-topics>
- Walking: <http://everybodywalk.org/collaborative/toolkits/>
- Employee Fitness Cards: https://schools.healthiergeneration.org/_asset/vvdlam/tt5-staff-cards-generic.pdf
- Employee Newsletter: https://www.healthiergeneration.org/_asset/pl2kzs/Staff-Wellness-Newsletter.pdf

Thank You and Good Luck!

We are excited you have decided to consider applying for the 2019 WATCH Award. As a reminder you can access the application here: https://docs.google.com/forms/d/e/1FAIpQLScFrarksK0TeRRo-IDQ6Zqc65V2BLurXcdfJoeA1KAXe-Njg/viewform?usp=sf_link.

If you have any questions throughout the year, feel free to contact Stephanie Kellam at stephanie.kellam@fortbendisd.com or Nomita Bajwa at watchyourwellness@gmail.com.

The deadline for the award is: May 24th, 2019