

# GAME ON FOR HEALTHY KIDS



2020-2021 Action for Healthy Kids \$2500 - \$5000 Game On: Social Emotional Health Grant Priority: Communities Serving Military Families

**The goal of Game On:** Social Emotional Health Grants is to support schools in implementing schoolbased programs and practices that explore the mind-body connection between physical and emotional health and help to develop resiliency in students. Schools will implement strategies and best practices that support social and emotional well-being, while bringing families and schools together to build the capacity of both groups and implement changes that improve the school community culture with health-promoting policies and practices. Awarded schools will receive \$2,500 - \$5,000, technical assistance and individualized support from an Action for Healthy Kids State Coordinator, and access to tools, resources and professional development.

SEPT: Healthy Aging/ National Childhood Obesity Month

OCT: Red Ribbon Month  
 NOV: Native Alaskan/ Diabetes Month  
 DEC: National Handwashing Awareness Week  
 JAN: Blood Donor  
 FEB: Dental Health/ Heart Month  
 MAR: Brain Injury Awareness/ National Nutrition Month  
 APR: Stress Awareness Month  
 May: Better Hearing/ Skin Cancer/ Children’s Mental Health Awareness Week

**Ursa Minor Health and Wellness Team**

**Mission Statement:**

Ursa Minor will utilize Social Emotional Learning to encourage community-wide mind and body wellness, exhibiting healthy nutritional and physical activity choices, promoting whole family well being for healthy futures.

**CASEL SEL Competencies:**

Self-Awareness and Self Advocacy:	Self-Management:	Social Awareness and Anti Bullying:	Relationship Skills:	Decision Making Skills:
				
The ability to accurately gauge performance, needs and strengths along with the ability to control emotions under potentially stressful situations and settings	The ability to set goals and reach those goals along with motivation skills/factors and organizational skills	Including respect for others, an understanding of bullying (and cyberbullying) and cultural awareness	Including communication, team work and conflict resolution skills	Including problem identification, analysis and solving skills
				

### Goals:

- Limit sugar in classroom, as per ASD policy
- Promote overall health and wellness
- Provide education about making healthy life choices
- Encourage increasing water intake
- Mindful eating
- Incorporate Mindfulness and meditation techniques in classroom
- Increase physical activities among families

### Health Eating:

- Healthy recipes provided outside Nurse's office
- Modeling healthy snacks in classrooms
- Healthy recipe contest in bimonthly newsletter
- Fruit and Veggie snack cart
- Healthy snacks and meal demonstration and testing monthly in evening

### Physical Activities for Students and Families:

- Healthy Futures
- Yoga
- Family activity evening presentations monthly
- NYO