FOR HEALTHY MINSCS

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

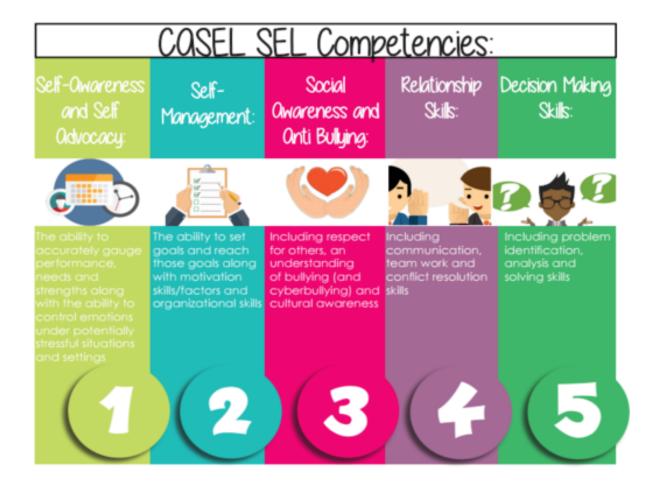
APR: Stress Awareness Month

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.



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

Physcial Activities for Students and Families:

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