



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

New Jersey YMCA State Alliance

425 Greenwood Ave, Trenton, NJ

Theme 5: March April 2014 Celebrate Success

www.njymca.org

HEALTHY U SCHOOL CHAMPION NEWSLETTER

New Jersey YMCA, Healthy U and CATCH "Turn off and Tune in" to what matters and celebrate

Spring is almost here—yes really!

I hope the last Healthy U/CATCH theme "Family Matters" brought valuable information to your families and helped develop new healthy habits for eating and physical activities. During the past few weeks our Family Matters theme should have helped encourage more home cooked family meals, while finding ways to be more active – even during the winter months.

As we come closer to warmer spring weather and enter the home stretch for the school year, the next theme we will focus on continuing to reinforce healthy habits and "Celebrating our Success." Along with celebrating and recognizing Healthy U Champions, one of the key strategies for increasing physical activity is reducing screen time. Your role in educating students and parents on how important it is to turn off the electronics and engage in activity and "real time" conversations can go a long way. There are several resources available to help you plan activities and challenges to help encourage families to tune out and get moving. By turning off the TV, kids will play outdoors more, families can engage in more activities together, cook together, shop for healthy food together, and have live discussions about their day.

In the next six weeks you will celebrate the success of the Healthy U/CATCH program in your school community, recognize staff who have contributed and championed the culture, and honor students who put the lesson of CATCH into actions. You know changing behaviors take time. It happens in small steps and requires continuous reinforcement. So continue to model healthy behaviors, and reinforce the importance of being physically active and eating healthy. Here are some strategies and activities for celebrating success:

Celebrate School Wide MVP's who embrace and encourage:

- Move and Stay active
- Value Healthy Eating
- Practice Healthy Habits

Your CATCH Implementation Checklist tells you all the different ways to make this theme fun and successful. This includes bulletin boards that promote and recognize healthy habits of:

- * Students and families
- * Teachers and School staff modeling and leading efforts
- * Parents and other community organizations that have helped to champion the goals of Healthy U

Theme 5: Healthy U MVP's Celebrating Success Tools

CATCH / Healthy U Certificates

Healthy U commitment Signs

CATCH MVP's Lunch/Walk and "ball" with the principal

Evaluations

4th & 5th grade Student Surveys

Thanks to the School Principals for completing the Leadership Survey and providing us with valuable information on the program's impact.

SOFIT Observations

During the next 2 months your local Y Champion will be working with you to complete the student surveys and will be completing SOFITS observations at your school site.

IDEAS

- ♦ Work with your Y Champions to plan an “unplugged” week long event to encourage turning off the electronics
- ♦ Celebrate Healthy Kids Day

BEST PRACTICES

Wyckoff Family YMCA celebrated the Olympics by encouraging students to try new healthy foods and habits. Each child had an opportunity to earn points for their class by making healthy choices at home. By trying a new fruit or vegetable, getting 8 or more hours of sleep, participating in 30 or more minutes of physical activity, and exchanging 30 minutes of screen time for healthier activities (i.e. reading, physical activity, playing with friends, chores or helping around the house), children earned points each day. For every 20 points earned, each classroom received a medal displayed on the Olympic bulletin board. Special Healthy awards recognized classroom success. Try this model with your unplugged week!

William J McGinn School and Fanwood Scotch Plains YMCA work together for Healthy U track club.

During the months of March and April, the students at William J McGinn Elementary School in Scotch Plains/Fanwood will be participating in a walking, jogging, or running track club after school to lead up to the Fanwood Scotch Plains YMCA 5k and Family fun run on Healthy Kids Day April 26th. Students will be led by PTA volunteers to train two days a week after school. Everyone is encouraged to join including the Y after care participants. The focus of this club is to build up stamina to complete the 5k or 1 mile family fun run. McGinn School, as a Y Healthy U school, is very focused on helping their students make healthy choices that will affect their everyday lifestyles. McGinn Healthy U has been a roll this year between maintaining their school garden all winter and having healthy family fun nights three times already this year. McGinn is making strides for their children to have a healthier future. A big shout out to **Sasha Slocum**, principal and **Kathy Fritz**, PE teacher at McGinn and **Katie Dudas** and **Shannon Frank** at the Fanwood Scotch Plains YMCA for their efforts and collaborations in furthering the Healthy U in their school and community.

We love stories and photos! Send us your ideas and Healthy U activities to share with our Healthy U Schools across the state.



LINKS TO RESOURCES

Screen Free Week:

www.screenfree.org
schoolweb.psdschools.org/johnson/notv10.pdf

Let's Move:

www.letsmove.gov/join-us

President's Challenge:

www.presidentschallenge.org/participate/index.shtml

Classroom Activity Breaks:

www.gonoodle.com

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