

FRIENDLY FRIDAY

-5TH SIX WEEKS-

-ELEMENTARY-

Classroom Teacher/Health Education

- Coordinate with the cafeteria manager and PE teacher to have students complete the CATCH Coordination Toolkit templates *I Like to Cook It, Cook It* and *I Live to Move It, Move It* with a friend in the classroom.
- Complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids and what it means to be a good friend.
- Have students “peer-teach” CATCH Curriculum nutrition lessons about GO, SLOW, and WHOA foods during National Nutrition Month*.
- Have students complete a journal entry about the characteristics of healthy friendships/relationships, being open-minded when friends have different opinions, or fair play in honor of Character Counts-Fairness*.
- Coordinate with the counselor to teach students quick stress relief techniques (i.e., count to ten, taking deep breaths, talking with a friend, etc.) during National Stress Awareness Month*.
- Coordinate with PE teacher to help volunteer with the Dallas Marathon Kids Final Mile* or Dallas Get Kidz Fit Fest*.

Counseling/Mental Health Services

- Ask the cafeteria manager or PE teacher if you can complete a staff version of the CATCH Coordination Toolkit templates *I Like to Cook It, Cook It* and *I Live to Move It, Move It*. Post teacher and staff templates on a bulletin board to role model for students.
- Complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids and what it means to be a good friend.
- Utilize students to reinforce Character Counts- Fairness* by creating morning announcements that discuss fair play, sharing, and being open-minded about other people’s differences.
- Coordinated with student leaders to help monitor crosswalks to promote friendly, bully-free zones.
- Coordinate with the nurse to provide “Friendly Friday” morning announcements about stress management techniques (walking with a friend, doing a hobby with a friend, eating a GO lunch with a friend) during National Stress Awareness Month*.
- Coordinate with PE teacher to help volunteer with the Dallas Marathon Kids Final Mile* or Dallas Get Kidz Fit Fest*.

Physical Education

- Coordinate with classroom teachers to have students complete the *I Like to Move It, Move It* template from the CATCH Coordination Toolkit with a friend in their class.
- Complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids and what it means to be a good friend.
- Coordinate with the counselor to promote Friendly Friday games—highlight cooperative play games that can be played during recess in honor of Character Counts-Fairness*.
- Partner with the counselor to promote that exercise is a form of stress reduction—encourage exercising at home or after school with a friend during National Stress Awareness Month*.
- Assist parents in showcasing community MVP’s—offer a friendly hand with completing the MVP certificates in the CATCH Coordination Toolkit by nominating community partners for Physical Education.
- Visit the cafeteria during National Nutrition Month* to provide “friendly reminders” about making GO choices.
- Promote the Dallas Get Kidz Fit Fest* and Dallas Marathon Kids Final Mile*, and tell everyone to bring a friend!

Staff Wellness

- Encourage a friend to complete the My Health Booster—*CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids and what it means to be a good friend.
- Ask the cafeteria manager or PE teacher if you can complete a staff version of the CATCH Coordination Toolkit templates *I Like to Cook It, Cook It* and *I Live to Move It, Move It*. Post teacher and staff templates on a bulletin board to role model for students.
- Have a GO food potluck for staff where everyone shares a compliment about one of the dishes prepared.
- Send out an encouraging email/note to a teacher, friend, or student during National Stress Awareness Month*. Remind them to take advantage of the free resources with the district’s EAP program through Magellan.
- Consider hosting a Family Wellness Night that promotes the MVP Philosophy—ask your principal if teachers can receive “passes” to wear jeans on a designated day if they help organize the event.
- Provide your principal a “friendly reminder” about National Nutrition Month*, and encourage him/her to only offer GO food/beverages during the March faculty or parent meetings.
- Open up the gym for the faculty and staff before and after school for time to exercise and relax during National Stress Awareness Month*.

* = National Observance and Dallas Events designated on CSH Calendar.



Dallas
Independent
School
District

FRIENDLY FRIDAY—5th SIX WEEKS

Parent/Community Involvement

- Send home the CATCH Coordination Toolkit template *I Like to Cook It, Cook It* and *I Live to Move It, Move It*.
- Ask parents to complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids and what it means to be a good friend.
- Coordinate with the principal to celebrate and recognize community partner CATCH MVP's by using the CATCH Coordination Toolkit *MVP/Appreciation Certificate*.
- Consider hosting a Family Wellness Night that incorporates the MVP philosophy (i.e., family obstacle course, build a healthy snack with a friend, have “buddy groups” pick up trash around the school).
- Encourage parent leaders to coordinate with the cafeteria manager to promote eating a GO lunch in the cafeteria with a parent friend during National Nutrition Month*.
- Parents and counselor coordinate efforts to post designated times for “Friendly Friday Walks” during National Stress Awareness Month*—pass out other stress relief tips to parents who participate.
- Distribute informational flyers in student folders for the Dallas Marathon Kids Final Mile* or Dallas Get Kidz Fit Fest*.

Healthy/Safe School Environment

- Teachers introduce themselves to other classes or teach a health lesson that focuses on healthy relationships.
- Promote good sportsmanship during recess and after-school programs.
- Encourage students to coordinate with the counselor to help promote friendly, bully-free zones at all cross walks.
- Encourage some “friendly competition” by arranging a campus-wide clean-up challenge.
- Consider hosting a Family Wellness Night that incorporates the MVP philosophy (i.e., family obstacle course, build a healthy snack with a friend, have “buddy groups” pick up trash around the school.)
- Consider going to the Dallas Get Kidz Fit Fest* with a friend.

Health Services

- Ask the cafeteria manager or PE teacher if you can complete a staff version of the CATCH Coordination Toolkit templates *I Like to Cook It, Cook It* and *I Live to Move It, Move It*. Post teacher and staff templates on a bulletin board to role model for students.
- Coordinate with the counselor to provide morning announcements about stress management techniques (walking with a friend, doing a hobby with a friend, eating a GO lunch with a friend) during National Stress Awareness Month*.
- Coordinate with the cafeteria manager and counselor to create “friendly” morning announcements about eating healthy during National Nutrition Month*.
- Complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids.
- Visit the cafeteria during National Nutrition Month* to provide “friendly reminders” about making GO Food choices.

Child Nutrition

- Coordinate with classroom teachers to have students complete the *I Like to Cook It, Cook It* template from the CATCH Coordination Toolkit with a friend.
- Complete the *CATCH My Healthy Living Commitment Sign* in the CATCH Coordination Toolkit—showcase why you are a healthy role model for kids.
- Participate in the Dallas ISD Nutrition Education Plan and Harvest of the Month.
- Encourage teachers to eat with a friend in the cafeteria during National Stress Awareness Month* in an attempt to be stress-free about packing a lunch.
- Coordinate with campus staff to invite parents to join students during lunches throughout National Nutrition Month*.
- Coordinate with PE teacher to promote the Dallas Marathon Kids Final Mile* Dallas Get Kidz Fit Fest* to student's family and friends.

Student Involvement

- Pair up reading buddies for students in different grades (example: 5th graders with 1st graders, etc.) to check out healthy books from the library.
- Have a Staff vs. Students game where the spectators cheer for both sides.
- Have students identify pen-pals in other classes to share the top 5 things they do to stay healthy.
- Encourage students to put together a basketball, jump rope, or dance routine at a Family Wellness Night.
- Invite a friend to attend the Dallas Get Kidz Fit Fest* and the Dallas Marathon Kids Final Mile*.
- Provide friendly encouragement to parents (walk at least once a week during National Stress Awareness Month*, serve more GO foods at dinner during National Nutrition Month*, etc.)