

FRIENDLY FRIDAY

-5TH SIX WEEKS-

-MIDDLE SCHOOL-

Classroom Teacher/Health Education

- Coordinate with the cafeteria manager and PE teacher to complete your version of the CATCH Coordination Toolkit templates *I Like to Cook It, Cook It* and *I Live to Move It, Move It* for a faculty bulletin board.
- 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.
- Celebrate and recognize CATCH MVP's by using the CATCH Coordination Toolkit *MVP/Appreciation Certificate*.
- Have students “peer-teach” CATCH Curriculum nutrition lessons in honor of 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 promote the Dallas Get Kidz Fit Fest* to student’s family and friends.

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.
- Coordinate with the PE teacher to promote Friendly Friday activity time after lunch or open gym time before/after school—focus on cooperative play games in honor of Character Counts-Fairness*.
- Utilize student groups to create PSA’s about Character Counts- Fairness* (the importance of fair play, treating friends fairly, and being open-minded about other people’s differences).
- Coordinate with the nurse to provide “Friendly Friday” 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 promote the Dallas Get Kidz Fit Fest* to student’s family and friends.

Physical Education

- Coordinate with staff to have students complete the *I Like to Move It, Move 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 and what it means to be a good friend.
- Coordinate with the counselor to promote Friendly Friday activity time after lunch or open gym time before/after school—focus on cooperative play games in honor of Character Counts-Fairness*.
- Reinforce that exercise is a form of stress reduction; distribute at-home activity tips (walk with a friend, go to a rec center with a group of friends, etc.) to PE students or students during passing periods to share with their family during National Stress Awareness Month*.
- Visit the cafeteria during National Nutrition Month* to provide “friendly reminders” about making GO choices.
- Promote family participation in the Dallas Get Kids Fit Fest*.

Staff Wellness

- 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.
- Encourage a friend to participate in the Dallas ISD Staff Wellness Campaign.
- Have a GO food potluck for staff where everyone shares a compliment about one of the dishes prepared.
- Send out a nice 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, and 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/weight room for the faculty/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* 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 and what it means to be a good friend.
- Coordinate with the principal to celebrate and recognize 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).
- Provide tips to parents to share with their child, such as buy a GO or SLOW food instead of WHOA food from vending machines during National Nutrition Month*.
- Designate times for parents to walk with other parents after school during National Stress Awareness Month*.
- Remind parents about the FREE Dallas Get Kidz Fit Fest*.

Healthy/Safe School Environment

- Reinforce “friendly” health messages during advisory (focus on mental, social, and physical health).
- Promote sportsmanship during after-school programs; discuss traits of Character Counts—Fairness*.
- Student council members are encouraged to catch students being courteous and kind to fellow classmates.
- Coordinate with teachers and staff to arrange a campus “buddy” clean-up after school.
- Promote peaceful conflict resolution in honor of National Youth Violence Prevention Week*.
- 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).

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.
- Coordinate with the counselor to provide “Friendly Friday” 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*.
- Recognize campus MVP's and utilize ideas in the CATCH Coordination Toolkit to send thank-you letters to school staff.
- Visit the cafeteria during National Nutrition Month* to provide “friendly reminders” about making GO choices.
- Coordinate with PE teacher to promote the Dallas Get Kidz Fit Fest* to student's family and friends.

Child Nutrition

- Ask students to 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 and what it means to be a good friend.
- Participate in the Dallas ISD Nutrition Education Plan and Harvest of the Month.
- Invite administrators to join students during lunches throughout National Nutrition Month*.
- Encourage teachers to eat with a friend in the cafeteria during National Stress Awareness Month* to be stress-free about packing a lunch.
- Coordinate with PE teacher to promote the Dallas Get Kidz Fit Fest* to student's family and friends.

Student Involvement

- Promote peaceful conflict resolution in honor of National Youth Violence Prevention Week*.
- Encourage your friends to buy GO instead of WHOA foods from vending machines during National Nutrition Month*.
- Have a Staff vs. Students game where the spectators cheer for both sides.
- 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*.
- Encourage your parents to walk as a family during National Stress Awareness Month*, promoting exercise as a stress-reduction and/or management technique.
- Student council members are encouraged to catch students being courteous and kind to fellow classmates.