

Lincoln Academy~

Healthy School!

Why the push for Healthy Schools?

[Why School Health- 5 min video](#)

Policy~

[The Jeffco Schools
Wellness Policy states:](#)

The Jefferson County Public School District recognizes that schools contribute to the basic health status of students and healthy students are better learners; therefore, the district promotes healthy schools through a coordinated approach that supports:

- Student wellness
- Good nutrition
- Regular physical activity
- An environment that supports a culture of health and wellness as part of the total learning environment.
- Maintenance of a District Health Advisory Council

Timeline

Oct. 19-30 Launch Week

- Faculty Meeting
- PTO
- School Wide morning brain break
- Banner

Nov- 2-13

- Board Meeting
- Wellness Committee Meeting (Nov. 12)

School Health Improvement Plan (SHIPs)

By May 2016, Lincoln Academy will provide school-wide opportunities for students, 5 days a week, for increased daily structured physical activity in order to meet state requirements of 600 minutes a month/30 minutes a day for 100% of the students.

- Brain Breaks

By May 2016, Lincoln Academy teachers will have the opportunity to engage in wellness related activities by utilizing the Wellness Connections programs and other school based activities.

- Alliance Health Website
- Minute to Win it
- Bootcamp

Attention Span



Typical 5 year old

5 to 7
minutes



Typical 13 year old

15 to 18
minutes

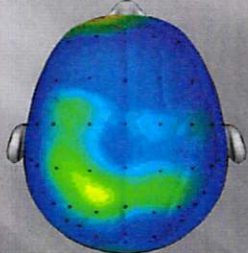


Typical
Adult

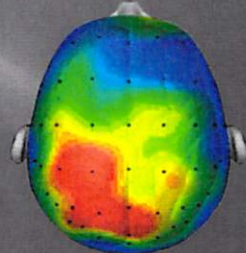
20 to 25
minutes

Average composite of 20 student brains taking the same test

BRAINS AFTER SITTING
QUIETLY

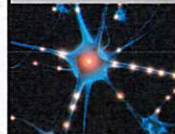


BRAINS AFTER 20 MINUTE
WALK

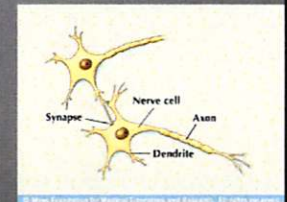


Research/scan compliments of Dr. Chuck Hillman University of Illinois

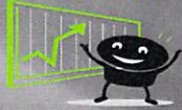
EXERCISE PREPARES THE MIND



- Improves Impulse Control
- Improves Behavior
- Improves Attention
- Decreases Restlessness
- Improves Arousal - Lessens Fatigue
- Improves Motivation



Exercise Prepares the Mind Continued



- Helps Mood and Anxiety Regulation
- Combats Depression
- Improves Self-esteem
- Reverses "Learned Helplessness"
- Combats Toxic Effects of Stress Hormones

