



# Athletics, Health & Physical Education

August 26, 2024



**2023 UIL Wrestling State Championships:**  
Northwest girls win first 5A state title



# **NHS GIRLS WRESTLING**

# **2023**

## **5A STATE CHAMPIONS**

# High School Sports Moment of The Year



**Star-Telegram** FORT WORTH

Byron Nelson stunning Southlake Carroll to win the District 4-6A championship is the 2023-2024 Fort Worth-area high school sports moment of the year.



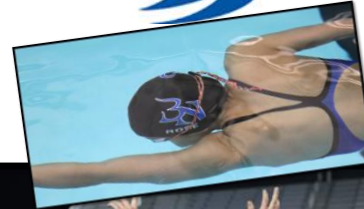
**Byron Nelson stuns Southlake Carroll for historic Texas high school football win**

Bobcats (8-0) clinch district title in 34-17 victory



# Byron Nelson Success

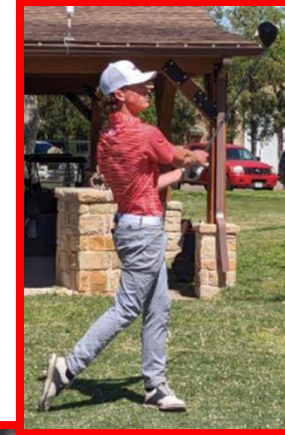
- **Football:** District Champs & State Quarterfinalist
- **Volleyball:** Regional Quarterfinalist
- **XC:** Girls State Qualifiers / 2 Boy Qualifiers
- **Tennis:** Team Quarterfinalist / Ind. Regional Qualifiers
- **Girl's Soccer:** Regional Quarterfinalist
- **Wrestling:** 5 State Qualifiers
- **Swim & Dive:** 12 Regional Qualifiers
- **Track & Field:** District Champions / Girls Region Champions  
9 State Qualifiers / 5 State Medalist
- **Golf:** Boys Regional Qualifiers / 1 State Girl Qualifier





# Northwest Success

- **Football:** Regional Finalist
- **Volleyball:** Bi-District Champions
- **XC:** Boys Regional Qualifiers / 1 State Qualifier
- **Tennis:** Bi-District Champions / 2 Regional Qualifiers
- **Girl's & Boy's Soccer:** Bi-District Champions
- **Wrestling:** 6 State Qualifiers / 3 State Medalist
- **Swim & Dive:** Boys Regional Champions / 11 State Qualifiers
- **Track & Field:** Girls District Champs / 8 State Qualifiers / 1 State Champ
- **Baseball:** Bi-District Champions
- **Golf:** Boys Regional Qualifiers / 1 State Qualifier



# Eaton Success

- **XC:** Girls Regional Qualifiers / 1 State Qualifier
- **Wrestling:** District Champions / 5 State Qualifiers  
1 State Champion
- **Boy's Basketball:** Regional Semi-Finalist
- **Track & Field:** 10 Regional Qualifiers
- **Swim & Dive:** 5 State Qualifiers
- **Softball:** Regional Quarterfinalists





# NCAA SIGNINGS

85 STUDENT / ATHLETES





# MIDDLE SCHOOL

- Medlin MS Cup Champions
- Adams Girls Soccer Undefeated
- Adams 8<sup>th</sup> Football Undefeated
- Adams 8<sup>th</sup> Volleyball Undefeated







REINDEER ROMP 2023





**1,754**  
PARTICIPANTS

**NANCE ELEMENTARY RUN CLUB**







**APPLE-ATION MOUNTAIN**

NORTHWEST ISD - BYRON NELSON HIGH SCHOOL  
CALEB HAMMACK, CHRISTINE NGUYEN,  
DOMINICK COITL, SURI CAPORER, GUNNAR JETTON

WATCH THE RECIPE VIDEO

**NUTRITION FACTS PER SERVING**

Calories	90	Fiber (g)	4.0
Fat (g)	0.0	Sugar (g)	14.0
Saturated fat (g)	0.0	Added sugar (g)	2.0

**EQUIPMENT**

- Apple cutter (use with adult permission)
- Cutting board
- Microwave-safe bowl
- Measuring spoon
- Microwave
- Measuring cup
- Butter knife

**INGREDIENTS (MAKES 1 SERVING)**

- ¼ Honeycrisp apple, fresh, small
- 1 Honey graham crackers, low-fat (½ of a sheet)
- ¼ tsp cinnamon, ground (keep a very small pinch aside to garnish at the end)
- ¼ cup whipped cream, canned, fat-free
- 2 strawberries, fresh, small

**STEP-BY-STEP DIRECTIONS**

1. With an adult's permission, use an apple cutter to slice the apple.
2. Place apple slices in a microwave-safe bowl. Sprinkle apples with cinnamon.
3. Microwave apple slices for 90 seconds. Wait a few seconds for the bowl to cool before removing.
4. Place the graham cracker on the of the apple slices.
5. Add whipped cream to create a mountain on top of the apple slices and graham cracker.
6. Use a butter knife to cut each strawberry into 4 pieces and place them around the whipped cream.
7. Sprinkle with a pinch of cinnamon to garnish (if desired). Enjoy!

**Mindful Video**  
MINDFUL MOVEMENT

**Activity Video**  
VOLLEY DEMONSTRATION



2,316 students participated

45% reduction of chips

41% reduction of cookies / candy

46% reduction of sodas / energy drinks

10% increase in fruits / vegetables

# KIDS Heart Challenge





## MIND + BODY = HEALTH for all!

KIDS HEART CHALLENGE. INSPIRING & SUPPORTING WHOLE BODY HEALTH.

Engaging in regular physical activity, eating a heart-healthy diet and avoiding tobacco are important to wellness. But do you know so is mental health? It can positively (or negatively) affect your health and risk factors for heart disease and stroke. That's why Kids Heart Challenge, a fundraising, service-learning program, provides lessons, tools and activities to support both mental and physical well-being for your students, families and staff.

**MENTAL WELL-BEING AND LIFE SKILLS:** highlighting how helping others and being kind can lift mood and self-esteem through service-learning.

- Posters: kindness, respect, communication, affirmations and more
- Videos: mindfulness and breathing exercises
- Service-learning: raising funds for kids with special needs
- Lesson Plans: conflict resolution, bullying, teamwork
- Calming Walks: relaxing videos
- Brain Boosters: quick breaks that get everyone up and moving

**BODY WELLNESS:** highlighting nutrition, sleep, physical activity and avoiding tobacco to establish healthy habits for life.

- Skills Videos: jump rope, basketball, dance and stretching
- NFL Play 60: player, mascot and cheerleader led activity videos
- CPDE: activity plans supporting physical activity in the classroom and gym
- Healthy Eating: tips and recipes
- Posters: physical activity, sleep and avoiding tobacco/vaping
- Bilingual: family and faculty newsletters
- Lesson Plans: physical activity, vaping, water, sleep and STEAM
- Morning Announcements: body wellness and mental well-being

**EXPLORING THE WORLD OF STEAM:** opening the eyes of students to the exciting world of STEAM and STEAM careers. Your students may be future AHA-funded researchers — saving lives by advancing science.

- Augmented Reality: field trips through the heart, brain and lungs
- Videos: career pathing
- Lesson Plans: interactive
- Young Scientists Contest: chance to attend the largest cardiovascular conference in the world!

**BE YOUR BEST SELF:** helping students explore and discover new passions, including music, art, journaling and cooking. Students can even become young advocates for the AHA's mission.

- Videos: celebrity led dance routines
- Recipes: delicious and healthy
- Music Playlists: get your heart pumping
- Videos: cooking healthy recipes
- Coloring sheets
- Poster: celebrate and be kind to yourself
- Journaling

**SCHOOL AND TEACHER BENEFITS:** resources supporting the work of our schools and the well-being of our staff partners.

- Grants: supporting school wellness
- Scholarships: juniors and seniors
- Professional Staff Development
- Trainings: webinars and online resources
- Newsletters: stress, sleep, workouts and healthy recipes
- Learning Hands-Only CPR

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# EMPLOYEE WELLNESS | *Fit Don't Quit*

**TOTAL MILEAGE**

**152,346**

**AVERAGE MILEAGE PER  
DAY**

**2,720**

**TOTAL PARTICIPANTS**

**750**







UIL STATE CHAMPIONS



# Questions

