



*Wellness Week- A  
Fun Way To  
Promote PA, PE,  
Health, and  
Wellness School  
Wide!*

Adam Mullis

Thank You!



# About Me



- Health and Physical Education Teacher at Griffin Middle School
- BS in Physical Education
- MS In Education, Curriculum, Assessment, and Instruction
- Ph.D Candidate - Health Education and Promotion
- 6th year of Teaching
- Co-lead Teacher of Middle School Health and Physical Education for Richland One
- CMS Teacher of the Year – 2019
- SCAPES past president

# Crayton Middle School



**Silver**



**NATIONAL HEALTHY SCHOOLS SILVER AWARDEE**

**2019**

**#HealthiestSchools**

# Overview

- Goal: Provide ideas to promote school health and wellness.
- Motto: Be the Best Version of You.
- Wellness Week is a “spirit week” for health and wellness.
- Days were picked based on large risk factors of health and wellness (CDC, YRBSS).
- Each day (theme) was created to promote a healthy habit.
- Each Morning- Related Announcement to that day
- Staff Presentation
- Students- Physical Activity Time Challenge
- Teacher – Step Challenge
- Wrist Bands
- Athlete Wear Passes
- Donated Massage
- Partner with local farmer.
- Promote with signs around the school





## Summer

- Gave boss the outline of Wellness Week: including daily themes and “budget.”
- We decided on best date for school calendar.
- What would be possible for funding (if any)?

## **MONDAY — SLEEP DAY**

**WEAR YOUR PAJAMAS**

**MUST BE DRESS CODE APPROPRIATE. NO BEDROOM SLIPPERS.**

## **TUESDAY — ADVOCATE FOR A CURE DAY**

**WEAR THE COLOR OF THE DISEASE OR CAUSE YOU WANT TO SPREAD AWARENESS FOR.**

## **WEDNESDAY — HEALTHY EATING DAY**

**DRESS UP AS YOUR FAVORITE FRUIT OR VEGGIE OR DRESS IN THE COLOR OF YOUR FAVORITE FRUIT OR VEGGIE.**

## **THURSDAY — PHYSICAL ACTIVITY DAY**

**PHYSICAL ACTIVITY DAY- WEAR WORKOUT CLOTHING.**

## **FRIDAY — BE KIND DAY**

**WEAR BLUE FOR BULLYING AWARENESS.**

# WELLNESS WEEK

MARCH 9 - 13, 2020

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WEAR BLUE FOR BULLYING AWARENESS.



GIVE THE BEST. EXPECT THE BEST. BE THE BEST.



Questions

Responses **610**

3. "A" Block Teacher: ( First letter, Last name: Example: A. Mullis) \*

Enter your answer

4. How many minutes of physical activity did you get today (outside of school)? Pick the time that is closest (Minutes) \*

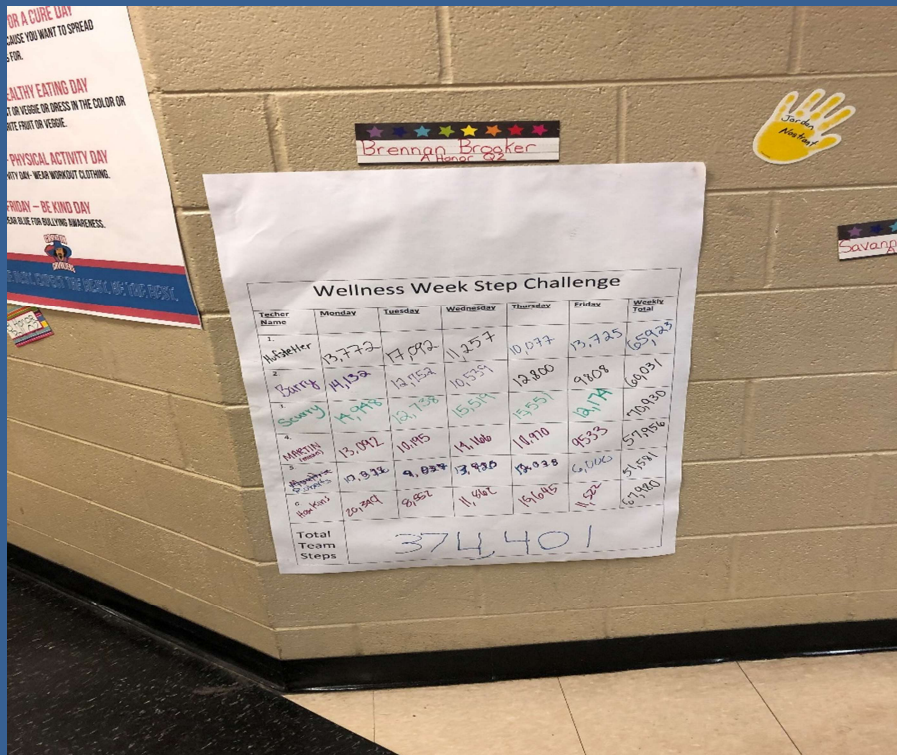
Select your answer



5. I promise that the information above is correct. \*

Yes

# Step Challenge



### 2019 CRAYTON STEP CHALLENGE

Teacher Name	1/28/19 Total Steps	1/29/19 Total Steps	1/30/19 Total Steps	1/31/19 Total Steps	2/1/19 Total Steps	Total Week
1. Ms. Wilson	14,722	18,186	18,104	17,189		
2. Mrs. Peterson	17,570	13,400	18,876	18,701		
Mrs. Carthan	16,450	14,600	17,571			
Ms. A. Davis	6,196	17,689	18,832	17,176		

# Athletic Wear Pass



ATHLETIC WEAR PASS



# Sample Announcement



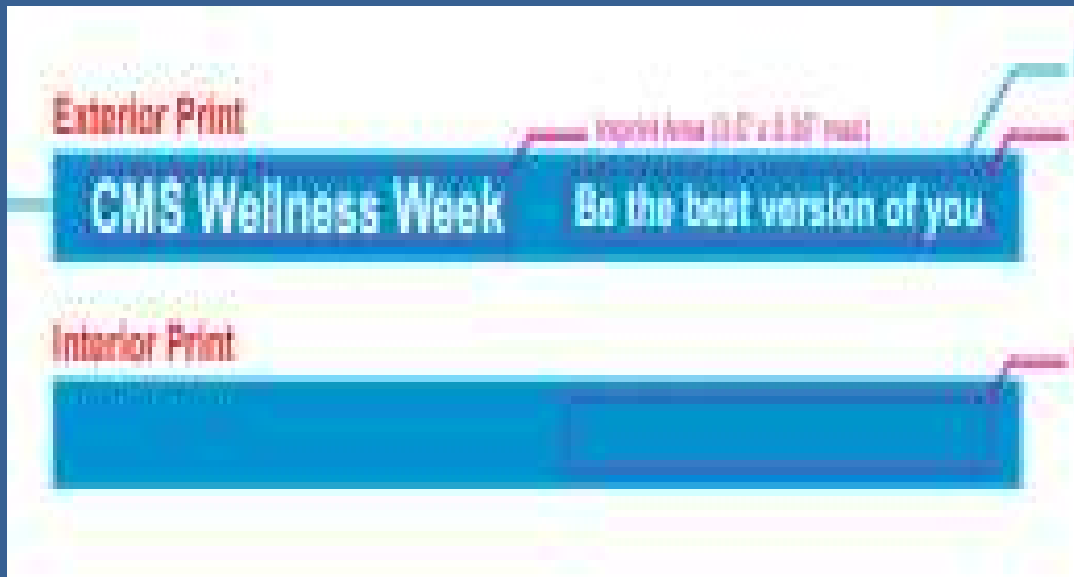
“Happy Wellness Week. Wellness Week is to celebrate our Healthier Generation National Award along with promoting health and wellness school wide. The motto of wellness week is “be the best version of yourself”. This means that your wellness is the sum of your decisions you make every day that will allow you to achieve the best quality of life.

Today is Sleep Day.

Here are some tips to get better sleep at night:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night”(CDC, 2019).

# Wrist Bands/ Bags









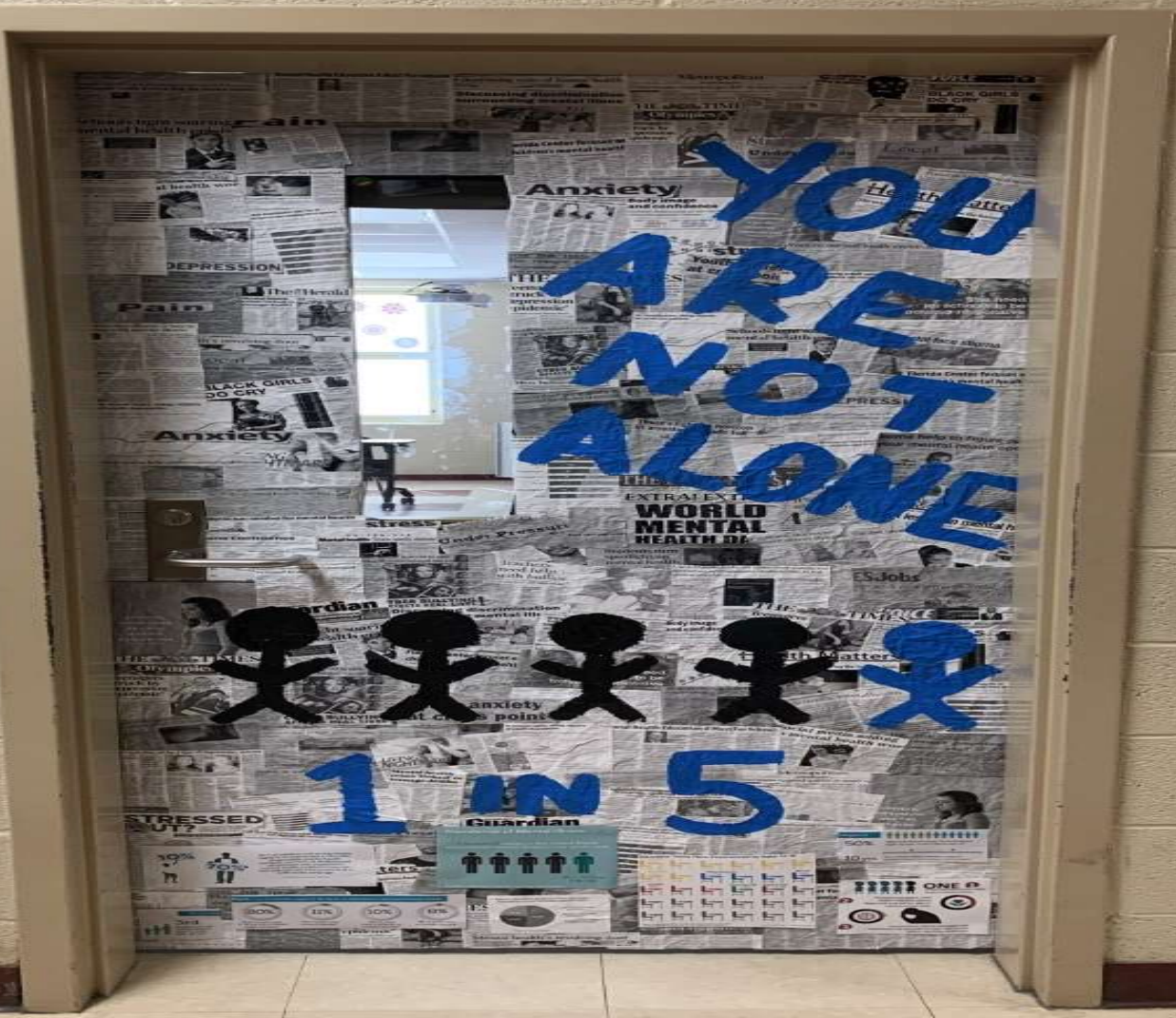


# Door Competition Rubric



	3	2	1
Position	The door demonstrates a clear, health-enhancing position.	The door's health-enhancing position is somewhat clear.	The position is not clear in the door or is not a health-enhancing position.
Evidence	The door includes at least four pieces of evidence to support their position and is supported by valid and reliable sources.	The door includes two or three pieces of evidence that supports their position and are supported by valid and reliable resources.	The door includes zero to one pieces of evidence that supports their position or is not supported by valid and reliable resources.
Passion or conviction	The door shows passion or conviction toward the topic.	The door shows limited passion or conviction toward the topic.	The door does not show passion or conviction.
Appeal	The door clearly appeals to the intended audience.	The door is somewhat appealing to the audience.	The door is not appealing to the audience.





# ADVOCATE FOR A CURE



All Cancers Lantern	Kidney Cancer Orange	Pancreatic Cancer Purple
Bladder Cancer Yellow	Leiomyosarcoma Purple	Prostate Cancer Light Blue
Brain Cancer Grey	Leukemia Orange	Sarcoma / Bone Cancer Yellow
Breast Cancer Pink	Liver Cancer Emerald	Stomach Cancer Dark Blue
Cervical Cancer Teal/White	Lung Cancer White	Testicular Cancer Coral
Childhood Cancer Gold	Lymphoma White	Thyroid Cancer Teal/Pink/Blue
Colon Cancer Dark Blue	Melanoma Black	Uterine Cancer Peach
Esophageal Cancer Papaya/Red	Multiple Myeloma Burgundy	Honors Caregivers Pink
Head / Neck Cancer Burgundy/Teal	Ovarian Cancer Teal	Printable PDF Color Chart



ARIANA'S  
"7 RINGS"  
- Wellness edition -

**BREAKFAST**  
*that's*  
**FILLING**  
\* Improves academic performance.  
\* Improves concentration  
**\* MORE ENERGY!**  
CULTUREMATTERS.COM

\* Helps digest food  
**BOTTLES**  
**OF**  
**WATER**  
\* Regulates body temperature  
KIDSWORTH.ORG

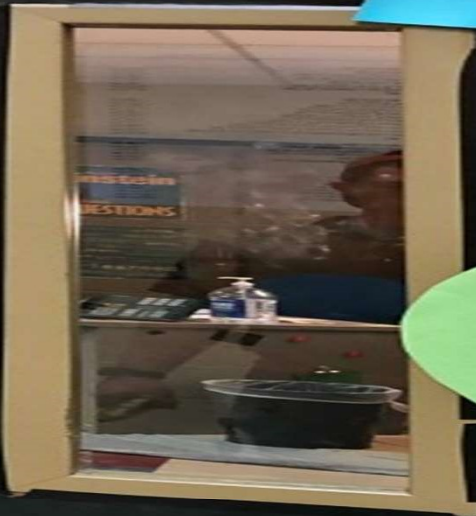
**FRIENDS**  
*that are*  
**TRUE**  
\* encourages emotional development  
\* good friends help improve school performance  
\* helps us have a better & more positive attitude! 😊  
UNIVERSITY OF MICHIGAN

**FITNESS**  
\* Being active  
\* Increases concentration  
\* Improves academic scores  
\* **LOSERS STRESS** 😞  
\* helps sleep better @ night  
GOSH.NHS.UK

\* Improves sleep  
**NO**  
**MORE**  
**CAFFEINE**  
\* Reduces risk for heart problems  
\* KIDS THAT DRINK CAFFEINATED DRINKS ARE 60% MORE LIKELY TO BE OBESE

**NUTRIENTS**  
eating a well-balanced diet  
\* Reduces risk for high blood pressure, cancer, obesity & many other diseases  
\* Improves cognitive function in kids AND adults!  
CDC.GOV

**Stay Happy & Healthy with these wellness things!**







# Hábitos Saludables

Necesitas Comer Saludable



Necesitas hacer ejercicio



Necesitar dormir bien





# Don't sleep with your phone!

Text in orange box

You could do!

Text in pink box

Text in orange box

You could do!

Text in green box

Text in blue box



Why is sleep important?

Text in white box

Text in white box

Text in white box

Text in white box

You could do!

Text in white box

Text in white box

You could do!

Text in white box

Text in white box













# FREE COMPLIMENTS FRIDAY

MAKE SOMEONE SMILE TODAY



It only takes a second to let someone know how you feel about them.

Take a compliment and pass it on.

I'm so happy you said

I hope we know each other for a long time

You inspire me to be a better person

I could talk to you about anything

I like to hear you laugh

You inspire me

You are like a big hug

I wish there were more people like you

You rock my world



## HEALTH AND FITNESS SPIRIT WEEK

JOIN US AS WE CELEBRATE HEALTHY LIVING!

### MONDAY:

**Healthy Living Workshops**  
Teacher Work Day  
Pre-registration required



### TUESDAY:

#### SPRING INTO HEALTH AND FITNESS

Dress in your best spring attire  
Blood pressure screenings at lunch



### WEDNESDAY:

#### Be Bright! Eat Right!

Wear neon  
Health Fair during lunch



### THURSDAY:

#### SWEAT YOUR SOCKS OFF

Crazy sock day  
Weight check during lunch



### FRIDAY:

#### FITNESS FRIDAY

Wear workout clothing  
Line dancing during lunch



## FREE WELLNESS WORKSHOP

# STRESS LESS!

AN UNCONVENTIONAL  
APPROACH TO HEALTH

DR. TOM STETSON



LUNCH WILL BE PROVIDED! PLEASE SELECT YOUR LUNCH  
OPTION FROM PANERA BREAD WHEN REGISTERING!

**MARCH 25 11:30 AM - 12:30 PM**

SPONSORED BY:  
LRHS SCHOOL  
WELLNESS COUNCIL

EVENT WILL BE HELD  
IN ROOM J-109



**REGISTER BY MARCH 21ST**

# Healthy Eating Seminar

DR. REID

FEATURED AT  
LOWER RICHLAND  
HIGH SCHOOL'S  
SCHOOL RETREAT IN  
2018

**MARCH 25**

9:00 AM - 10:00 AM  
THE PRESENTATION WILL  
BE HELD IN J-109

Join us for samples of smoothies, greens, & beans!

**Register by March 21st**



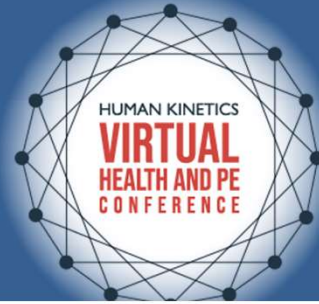
terMyWall.com

# Wellness Week Time Line



- Who can help you?
- What does the data say?
- Create Flyers
- Start looking up information from announcements.
- Present information to facility and Staff
- Create Athletic Wear Passes
- Create charts for a step challenge for teachers / print out and post posters around school
- Create PA form for students.
- Create Door Competition Rubric
- Ask local massage companies for gift cards
- Contact Farmer/ Email staff for interest
- Order promotional items for students and staff
- Start promoting on school announcement
- Present at staff meeting about Wellness Week ( two weeks out)





# Now That I Am At A New School....

- Started with a Wellness Team
- Had other team members Input
- Need to be aware for online students
- Created a Plan
- Spoke with my boss –Sell the product
- The first year will not be as great as the 3<sup>rd</sup>.
- PSA

## GMS WELLNESS WEEK

**Mindful Monday**  
Wear your favorite lounge wear



**Take a Bite Out of Wellness Tuesday**  
Wear the color of your favorite fruit or veggie



**Water Wednesday**  
Be sure to drink your water and stay hydrated today



**Thoughtful Thursday**  
Wear blue or GMS gear for anti-bullying awareness



**Fitness Friday**  
Wear workout or sports team gear



**MARCH 29  
TO  
APRIL 2**

# Wellness PSA Contest

**Win Wellness Prizes \* Be Featured at GMS**

Create a Public Service Announcement to increase awareness about one of the following topics:

Mindfulness

Eating Healthy

Drinking Water

Anti-bullying

Increasing Physical Activity

**Entries due by March 19th**

**For more information, visit  
<http://bit.ly/WellnessPSA21>**

# Questions/ Ideas for Your Own Wellness Week



- Do you have people who can help you?
- What does the data say about your location?
- Start Simple
- Any funding available?
- Who can help you? (nurse, high school students, guidance councilor, other teachers)
- What community partners could be willing to donate prizes?
- Students are important- but what can you do for the teachers and staff?
- Did it work? Can I prove it?
- What school wide competitions or challenges can you use to promote health and wellness school wide?
- Who could you video to influence health and wellness?
- Make it Fun!
- Maybe Wellness Year- rather than week?
- Things might not go as well as planned the first time.... But it will get better!
- Nutrition Demonstration
- Food from Garden
- Online?

# Resources Provided For You....

- Power Point
- Overview Written Plan
- Sample “Pass”
- Sample Flyer





# Flip Grid

- Tell me what ideas you have for your very own Wellness Week.
- Comment on others videos if you wish!
- <https://flipgrid.com/5a599835>



## Contact Information

- Twitter: [pe\\_mullis](#)
- Email: [mullispe@gmail.com](mailto:mullispe@gmail.com)

