

Active Schools = Active Minds

2018 State Education Convention

January 19, 2018


Jessica Schoepke - K/1/2 Multiage Teacher
 Todd Dalle Ave - PK-5 Physical Education & Health Teacher
 Betsy Gruszynski - PK-5 Principal & Director of Instruction

www.elchoschool.org

Elcho - Where is that?

Elcho is an unincorporated community in north central Wisconsin approximately halfway between Wausau and Upper Michigan. The District covers over 320 square miles. One building serves roughly 300 children ranging from six weeks old through twelfth grade.

Approximately 54% of students are considered economically disadvantaged, 14% are identified as students with disabilities and 92% identify themselves as white.



It all began in 2010

Todd was the PK-6 Phy. Ed. teacher and Betsy was the Director of School & Community Programs

Elementary PE was 3x/week, Junior High PE ran daily for only 12 weeks

All grades 1-6 (200+ students) were out on the playground at the same time with two adults for their recess after lunch

Naughty children were sent to stand by the wall until they were escorted to the principal's office at the end of recess

Hundreds of discipline referrals were processed and punishments of missed recess were imposed for non-recess related incidents

THEN: Strategies for Active Schools (SAS) - 2010-2012

We were one of 20 schools selected to administer the SAS grant in Wisconsin.

“Healthy students are better learners, regular physical activity contributes to good health, and school environments can be effective in shaping physical activity habits of young people.”


Following the initiative we were selected as one of eight schools highlighted in the publication, Wisconsin Success Stories - Active Schools

You don't need a grant...

Many of the changes that we've made can be made without additional funding. However, what you will need is time, creativity and a focus on why activity is an important part of a student's day.

[5 Extra Years Video \(YouTube\)](#)

<http://designedtomove.org/>




Simple Changes

From our SAS initiative **Active Recess** provided the most significant results because it impacts all students and is sustainable without additional funding.

Online Resources:

[Wisconsin Safe & Healthy Schools Center: WI Active Schools - Core 4+ Training](#)

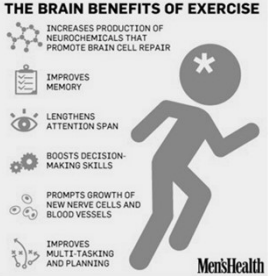


Exercise fuels the brain with oxygen

- *enhance growth*
- *impact mood*
- *cement memory*
- *enhance connections between neurons*

THE BRAIN BENEFITS OF EXERCISE

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING



MensHealth

Active Recess

Grades K-5 30 minute Daily Recess



Active Recess starts with the Adults

- Clearly established expectations and procedures that all adults know
- Supervisors are trained and empowered to promote play
- Teach, teach and reteach

Active Recess



Designate zones of play that are appropriate for the activity

Students Empowered to Promote Play

Buddy Bench

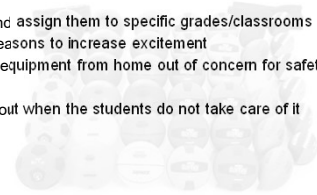
Older students are trained to be Bench Buddies as part of our Hornet High 5, PBIS efforts. Younger children go to the bench to signal that they need help finding someone or something to play with. The older students watch for this and help them out.

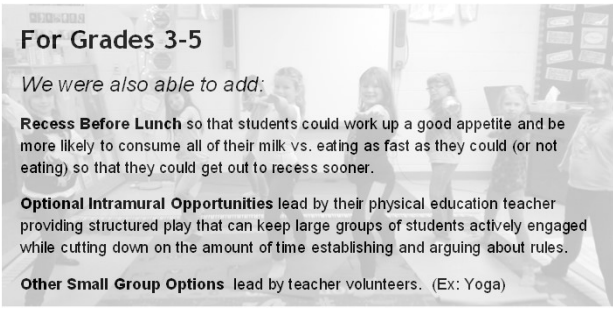


Recess Equipment

We chose to...

- Purchase multiple colors and assign them to specific grades/classrooms
- Rotate equipment for the seasons to increase excitement
- Not allow students to bring equipment from home out of concern for safety and sharing rights
- Put the equipment on time out when the students do not take care of it





For Grades 3-5

We were also able to add:

Recess Before Lunch so that students could work up a good appetite and be more likely to consume all of their milk vs. eating as fast as they could (or not eating) so that they could get out to recess sooner.

Optional Intramural Opportunities lead by their physical education teacher providing structured play that can keep large groups of students actively engaged while cutting down on the amount of time establishing and arguing about rules.

Other Small Group Options lead by teacher volunteers. (Ex: Yoga)

**For Some Children Recess is a Problem...
Every Day!**

Look at the function of the behavior.

- Some children do not like recess - try to find out why.
- We allow grades 3-5 to choose to stay in the library and read or do homework.
- Are unkind actions really bullying or do students lack recess etiquette?

Troubles at Recess *Is it a student problem or a structural problem?*

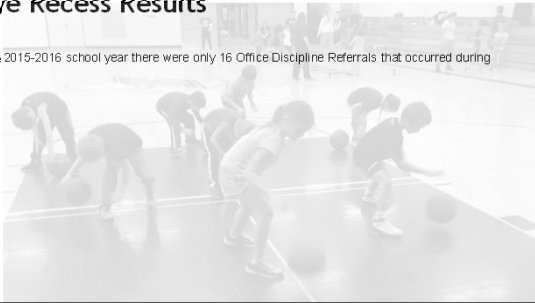
- Limit number of students at recess at same time
- Enough supervisors for the group size
- Age range can safely and effectively interact together
- Sufficient space or equipment for the students to use
- Master schedule supports large motor space when recess cannot be outside
- Supervisors like children and are trained so that they can facilitate play

Time Out *When problems arise the supervisors will:*

- Verbalize to the students what is not okay about their behavior
- Redirect them to play in another zone
- Put the equipment on time out - not the student** (ex: football)
- Use bench for a short recovery period until the child is calm and ready to be safe
- Never send a student to stand by a wall
- Send major incidents to principal immediately
- Dig deep and deliver it all with a healthy dose of empathy and Love & Logic

Active Recess Results

During the 2015-2016 school year there were only 16 Office Discipline Referrals that occurred during recess.



The grant ended but we kept going...

From SAS we've been able to maintain or expand on Active Recess, Open Gym Time, and occasionally provide extra credit activities in PE. In the years since then we've also been able to expand and focus our efforts on:

Active Classrooms, PBIS Initiatives, & Family Engagement

Increased Physical Education Minutes & School-Wide Programs

After-school Opportunities through a *Silent Sports Club*

Active Classrooms



Brain Break!

<https://www.youtube.com/watch?v=dnwHDN6Dw7Q>

Cosmic Kids-Jaimie's Brain Break #9 Sit and Stretch

Gone are the days of desks in rows!



Classroom Adaptations for all Ages



Brain Breaks



Classrooms use a variety of resources to incorporate brain breaks into their day.

1. [YouTube Brain Breaks](#)
2. [Cosmic Kids Yoga](#)
3. [Energizing Brain Breaks](#)
4. [Go Noodle](#)
5. [Cup Stacking](#)
6. [Badger Brain Breaks](#)

Second Grade Brain Break

GoNoodle - Rock with Syllables video



Connecting it All - Positive Behavior Intervention Supports

The addition of PBIS has strengthened our recess efforts by providing targeted teaching and reteaching of the universal expectations for behavior on the playground.



HH5 Recess Expectations / Recess Etiquette

Elementary Student Documents & Links on Web Page

Hornet High 5

- Respectful
- Responsible
- Safe
- Prepared
- Productive



In addition to Cool Tools and school-wide teaching opportunities, Mr. Dalle Ave uses some of his elementary physical education time to teach and reinforce proper recess etiquette.

PBIS Celebrations



Dances taught in physical education classes are performed at celebrations that occur five times each year.

Physical Education Awards



In addition to recognizing positive behaviors our celebrations include recognition for students who exhibit additional efforts in reading, math and physical education. PE recipients receive equipment for their personal use at home.

ABC Countdown

ABC Countdown 2015

April 22: **A - A is for Apple...**
Sometimes on a stick... Drizzled with caramel, gooey and thick.

April 23: **B-BREAKout Day**
Today we will release the information for the NEW Summer BREAKout programming for grades K-8 for 2015.

April 24: **C- Community Day** (Today is also Concert Day)
Collected donations for the Elcho food pantry throughout the week. Students should receive a Betty Buck (for use at the carnival) for each donation.

April 27: **D- Dance Break/Brain Break**

April 28: **E- Elcho Pride Day & Early Bird Day**
Wear your purple and gold.
Return your completed Summer BREAKout Registration today to be entered into an Early Bird Drawing.

April 29: **F- Flower Garden Day**
Read the book *Let's Go* Elcho and do a planting activity... consider sending

May 1: **G- Guess Day - May 1**

May 2: **H- Happy Mother's Day**

May 3: **I- Illustration Day - May 18: R- Roald Dahl Day**
Read an excerpt or watch a movie clip.

May 4: **J- Jungle Day - May 19: S- Summer Birthday Celebration**
For older students you may also wish to also:

May 5: **K- Knock-knock Joke**

May 6: **L- Lunch on the Law**
Swimming... Halfway Swimming, that is! Check it out on U-Tube.

May 7: **M- Mismatch Day - M**
Super Hero Day/ASA Sheldon Shirt Day!

May 8: **N- Nutrition Day - M**

May 9: **O- Oreo Day**

May 10: **P- Popsicle Day**

May 11: **Q- Quiet Day - May 19**

May 12: **R- Run & Fun Day - Little Olympics/Track & Field - May 20**

May 13: **S- Spirit Day - wear clothes to support your favorite team- May 23**

May 14: **T- Teddy bear day - May 24**

May 15: **U- USA day - May 25**

May 16: **V- Vacation Day - May 26**

May 17: **W- Wisconsin Day - Hornets, Badgers, Brewers, Bucks, Packers- May 27**

May 18: **X- extra recess day - May 31**

May 19: **Y- K-2 Trip to Jim Peck's Wildwood**

May 20: **Z- "Zee" Last day of school- Zumba - June 2**

May 21: **U- USA Day**
Waterski Day - 2nd Grade to Wiscons

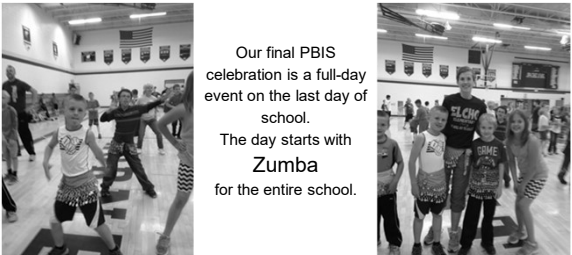
May 22: **V- Very Hungry Caterpillar Day**
Read the Eric Carle book and complete an activity.
<http://www.madisonmadison.com/blogs/pages/149/very-hungry-caterpillar>

May 23: **W- Wisconsin Pride**
Go Badgers, Brewers, Bucks, Packers, & Cheese (just kidding)

May 24: **X- X-treme Makeover Classroom Edition**


Zee Last Day of School

Our final PBIS celebration is a full-day event on the last day of school. The day starts with Zumba for the entire school.




Connecting it All - Family Engagement

The more we worked to increase our physical activity opportunities the more we discovered ways that it could enhance other efforts.



Yoga & Storytelling Family Literacy Series



Summer BREAKout

2016 Elementary Summer School blended three subjects for all children: Reading, Math, Physical Education.



We took a closer look at Physical Education

1. How many times per week must school districts provide physical education in grades K-6?

School districts must provide physical education three times weekly for students in grades K – 6, except for days on which special activities occur (Wisconsin Administrative Code Chapter PI 8.01, School district standards, (2) (j) and (k)). The physical education class should reflect a typical class period, which for most elementary classes is about 30 minutes. Instruction must be provided weekly throughout the school year (Wisconsin Administrative Code Chapter PI 8.01, (2) (L)). Students in grade 5 in a middle school format must have physical education three times a week throughout the school year and students in grade 6 may be scheduled the same as students in grades 7 – 12 if they attend a school that has any of those grades (Wisconsin Administrative Code Chapter PI 8.01, (2) (j)).

[WI DPI - Frequently Asked Questions Regarding Physical Education](#)

[School District Standards-Physical Education](#)

Sometimes we want to do more but believe that we

More Phy. Ed. Means Less Foreign Language?

By KEN KRALL • JULY 27, 2013



The state is hoping to mandate more physical education in schools. Area school leaders last week said it's a worthy goal, but it places cash-strapped districts into a bind. The Speakers Task Force On Rural Schools met in Rhinelander last week. Task Force member, Representative Stephen Nass asked Rhinelander School Superintendent Kelli Jacobi about unfunded mandates. She mentioned the possible new physical education requirement...

Task Force Coming To Antigo, Elcho This Wednesday

By KEN KRALL • JAN. 8, 2014



The Assembly Speaker's Task Force on Rural Schools is holding its fourth public hearing Wednesday afternoon (Jan. 8) at the Antigo high school.

Task Force Chair, Representative Rob Swearingen of Rhinelander, says they wanted to start with a meeting in Rhinelander. He says after going to other parts of the state, they come back to this region...

One building...Limited Space

Early Learning Center, Elementary, Middle School & High School all share one "big gym" and a multipurpose room.

Not to mention the fact that they are used for Grab n' Go breakfast, K-12 concerts, assemblies, Veteran's Day, community blood drives, prom, and graduation.



Things Change...So Reevaluate!

In recent years, our district has not been able to secure teachers in foreign language, family and consumer education, business education, and high school science.

We've been creative with virtual and blended learning to meet those needs while we used the funding from the unused teacher FTE to add physical education and health teacher FTE.

- ★ PE every day grades K-8
- ★ Health in grades 6, 7, 8, & 10
- ★ More high school PE electives

2016-2017		PE - Mr. Dale Ave		07/29/16	
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Increased Physical Education Opportunities

All students in grades K-8 have physical education five days per week.

Grades K-5: 30 minutes per day

Grades 6-8: 50 minutes per day

Each year Mr. Dale Ave coordinates four school-wide programs that showcase physical activities.

School-Wide Programs

Elementary students demonstrate their skills in events that showcase what they have been learning about in their physical education classes.

In the fall the students participate in a Cross Country Run @ the School Forest.



School-Wide Programs

Mid-year Jump Rope Performance draws a full gymnasium of spectators.



School-Wide Programs

Cabin Fever Day



School-Wide Programs



Little Olympics - Year End Event

Field Trips



Before- and After-School Opportunities

During our SAS initiative we started opportunities for before- and after-school hours.

Middle and High School students have open gym every morning from 7:35-8:00 a.m.

- Buses drop off at 7:35 a.m.
- Universally free breakfast, including a Grab n' Go option, also starts at 7:35 a.m.

Unfortunately, our elementary after-school opportunity ended when the district's 21st Century Community Learning Center Grant ended. However, we've started something new in 2017...

Silent Sports Club

This past year a group of teachers, parents and community members formulated what is now called the **Elcho Area Silent Sports Club**. At present we are in our second session of activities with participation much higher than expected.

Mission: Our mission is to provide opportunities for students to participate in fun and engaging activities while promoting an active lifestyle and personal growth.

Vision: The Elcho Area Silent Sports Club will be a successful and sustainable program which will empower students to discover their potential by participating in silent sports activities, team-building exercises and community service activities.



Silent Sports

Offered after school 2x/week, Grades 3-12

Example activities:

*hiking, broomball, archery, cross country skiing,
team building games, running, yoga, swimming
and so much more!*

We are also planning downhill skiing trips this winter



Dress Up Relay & Dog Sports



Pumpkin Fest 5K - Three lakes, WI



It Snows in Wisconsin - Use It!

In addition to Silent Sports, we are fortunate to have snow hills at our School Forest and building and grounds personnel who would create hills on our playground.

Don't forget the new set of PBIS expectations!



Brain Breaks are not just for kids...

We figured we should practice what we preach. In-service time has been used to teach inside recess games and brain breaks to classroom teachers.

Mid-year in-service agendas include brain breaks for staff to participate in organized games or a walk-n-talk.



Don't forget the adults!

Change can be upsetting for teachers and parents.

Disseminate information and involve them in the conversations.

Often in education we are so passionate about what we do that we forget that others do not see things through the same lens.

First, think. Second, believe. Third, dream. And finally, dare. *Walt Disney*

What's Next For Elcho?

- Our food service committee has signed up for Fuel Up to Play 60
- Meddy Teddy
- Completion of the Healthy Schools Program self assessment
- Wellness Policy review and revision to include information about our efforts.



What's Next For Elcho?

- School @ the School Forest provides two days each month in which two elementary classrooms spend the entire school day at the school forest



Mindfulness Break!

<https://app.smilingmind.com.au/sessions/5/11/11/>

Smiling Mind

Links to Resources



www.elchoschool.org

- Students
- Elementary Student Documents & Links

Thank You!

- ❖ Community Health Foundation for offering mini-grant opportunities that have provided countless resources to support our initiatives.
- ❖ Eileen Hare, whose invitation to present at the 2016 Healthier Schools conference caused us to reflect and take stock of our efforts.
- ❖ Ken Wagner who started us off on this journey with the SAS Grant.
- ❖ Colleen Evans and Jo Bailey who have not only trained us but inspired us to keep doing more.
- ❖ Bill Fisher, District Administrator, for allowing us to create and do without requiring us to ask for permission every step of the way.
- ❖ The School District of Elcho Board of Education, for truly promoting innovation and risk taking in an environment where we know there is support and our efforts are celebrated.

Contact Us

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