

# Making Time for Wellbeing



*Daily physical activity is an opportunity for the average school to become a high-performing school*

In the past few years, teachers have seen shifts that affect how they spend time with their students. Making room for conversations about safety, bullying, mental health, and wellbeing during the day may not be new to teachers, but many agree it has certainly become more of a focus. And some districts may be having conversations about what they can do — for students and teachers — to support overall wellbeing.

Last year, a study published in *Pediatrics* by researchers at the Norwegian University of Science and Technology reported that, “children, like adults, reap physical and mental benefits from being active,” including fewer symptoms of depression.

Tonje Zahl, the study’s lead author advises, “The focus should be on physical activity not just for the here and now benefits such as improving blood pressure, heart rate and other physical benefits, but for the mental health benefits over the long term.”

Perhaps districts can be inspired by Kelley Ransdell, a Kentucky superintendent who is going on her fifth year with Anchorage Independent School District. She’s a huge advocate for leading change around health and wellbeing awareness within her district, and is credited with having the greatest success with her employee wellness rewards program, Go365, out of all 173 school districts in the state. Ransdell has found the program to be well

worth her time and the district’s dollars.

“My coworkers and our students are my priority,” she explains. “I care about each and every person’s health and wellness. By eating healthy and exercising, staff members positively impact our students’ learning experience. It starts with us. We are setting a powerful example for our students that will help them develop their own lifelong healthy behaviors.”

A study from Lund University in Sweden published last year advocates for weaving activity into the school day. According to Jesper Fritz, the study’s lead author, “Daily physical activity is an opportunity for the average school to become a

**The school day of the future may very well look much more active with both students and teachers reaping the benefits.**



system teams says, “I hear from teachers that they don’t have enough time. But when they learn about the program — how it addresses all aspects of their wellbeing, not only allowing them the opportunity to work on their own health goals, but also providing a sense of purpose, security, and belonging to a community — they hear about their coworkers’ successes, and they make the time.”

When asked what she thinks other school districts need to know about advocating for wellbeing time, Ransdell shares, “Honestly, the most important thing to know – and what surprised me — is that it works! Participation in Go365 truly does motivate and empower staff to live a healthier lifestyle.” ■

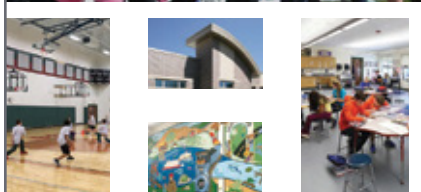
*For more information about how to fit wellbeing on your district’s priority list, email [go365.national@humana.com](mailto:go365.national@humana.com) or go to [go365.com/for-business](http://go365.com/for-business).*

high-performing school.”

But how does a teacher find time in the day for physical activity? Some teachers are making it part of their curriculum through an initiative called SWARM (Students With Active Role Models). Integrating physical activity and academics or with other school-based events enables teachers

to earn rewards through Go365 while working on their students’ and their own wellbeing.

The school day of the future may very well look much more active with both students and teachers reaping the benefits. Katherine Hendy, client engagement consultant for Ransdell’s and other school



# Building their future

Your students deserve the best. The best teachers. The best programs. The best facilities. Hoffman will help you create the best learning environment for your students to thrive and grow.

Your students deserve first-rate facilities.  
You deserve a partner ready to make that happen.

Visit us at [hoffman.net](http://hoffman.net)

