



health.moves.minds.™

# The NEW Service-Learning Program for Schools!

## FEATURES:

- ✓ Safe and secure digital fundraising platform with a dedicated page for your school to help raise funds for your health & physical education program.
- ✓ Communication and outreach tools to help you spread the word.
- ✓ Family and community engagement resources.

## 50% of all funds raised go back to your school!



**OAHPERD**

For questions email [oahperdorganization@gmail.com](mailto:oahperdorganization@gmail.com) or  
visit <http://oahperd.org/health-moves-minds> for more information

## Building Kinder, Healthier Schools

Effective health and physical education programs – which include addressing a student's social and emotional learning (SEL) – create a foundation that benefits the whole child.

### HOW IS SEL ADDRESSED IN HEALTH & PE?

#### NATIONAL STANDARDS



Teachers develop lessons based on the SHAPE America National Standards for K-12 Physical Education to foster responsible personal and social behavior, respect and the value of physical activity in their students.

#### SCHOOL-WIDE PROGRAMS



Health & PE teachers often lead school-wide initiatives that incorporate SEL and improve school climate by implementing the Whole School, Whole Community, Whole Child (WSCC) model.

#### SKILL DEVELOPMENT



Skills such as **managing emotions** (like stress and anxiety), **setting goals** and **building positive relationships** are essential for young people's success in all areas of life. These skills are embedded within the SEL framework – and in the National Standards that health & PE teachers use daily.

### HOW DOES THIS BENEFIT STUDENTS?

**Schools can influence healthy behaviors – and active, healthy students are better learners.**

Learn more at [healthmovesminds.org](http://healthmovesminds.org)

#### STUDENT SUCCESS

Teaching SEL through health & PE helps students navigate many of the challenges they face each day. It promotes academic achievement and positive social behavior, while reducing conduct problems, substance abuse and emotional distress.



#### COLLEGE READY

Two-thirds of superintendents believe teaching social and life skills, such as **conflict resolution**, **interpersonal communications**, and **persistence** – skills which are all covered in a skills-based health education program – could help prepare students for college.

Health & physical education teachers are leading the way to a **kinder, healthier future** for all students.

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## Choose how to fundraise!

There are two flexible fundraising options when you sign up for the health. moves. minds. program to help you make the biggest impact in your school & community!

### Option 1

Support Your School

#### Grow Your HPE Program

Support overall school wellness!

#### Receive 50% OFF

all funds raised from your program in the form of a Gopher Sport gift card.



#### An additional 10%

for the extra funds you need from Gopher Sport!

**SPECIAL MATCHING BONUS**

### Option 2

Support Your Community

#### Pay It Forward

Share the love & make a local impact!

#### Receive 25% OFF

all funds raised from your program in the form of a Gopher Sport gift card.



#### Give 25%

of the overall funds from your program to a local charity of your choice!

**GIVE BACK OPPORTUNITY**

Your impact goes even further! The remainder of the funds raised will help support health and physical education programs and advocacy at the local, state and national levels.

Inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally through this new service-learning program!

Learn more at [healthmovesminds.org](http://healthmovesminds.org)

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## Create Fundraising Messages To Support Your School And HPE Program

**STEP 1:** Find your school's personal WHY. This could be identifying what you will use funds for or what you want your students to learn from the program.

Example: "Our school would like to raise funds for a new rock climbing wall for P.E."

**STEP 2:** Share information about health. moves. minds with parents.

- Determine your school's celebratory event such as a family fun night.
- Spread the word and share your goals with the parents & community member.

Example: "Help us raise money for a rock climbing wall to improve our mental & physical health by joining us at our Family Fitness Night!"

Sample messaging from a family fitness night:

"Try out a Boomer Board or Ball Chair. Donations to health. moves. minds. helps us to get more resources like these!"

Amanda Amtmanns  
Spencer Elementary School – Middleton, CT

**Amanda raised over \$800!**

Sample messaging from a color run:

"As a fundraiser, we will be holding a COLOR RUN! Students will participate in a color run on May 10th on the school grounds. Please consider helping us raise money for our PE Department to purchase new equipment."

**Kirsten raised over \$4,000!**

Kirsten Guentzel  
Sibley East Elementary School – Gaylord, MN

## Create Fundraising Messages To Support Your Community

**STEP 1:** Identify how you will use funds within your school and identify a local charity your school would like to support.

Example: "We would like to raise money to purchase new baseball equipment for P.E. while also raising funds to support our local food shelter."

**STEP 2:** Share information about health. moves. minds with parents.

- Determine your school's celebratory event such as a family fun night.
- Spread the word and share your goals with the parents & community member.

Example: "Help us make an impact as we raise funds for our local food shelter and by participating in our Kindness Spirit Week!"

Sample messaging from a fundraising page

"Our school has also decided to "pay it forward" by sharing part of the money we raise with a local charity: Going to the Dogs - Odessa Police Department."

Kristi Bierl  
Odessa Upper Elementary School – Odessa, MO

**Kristi raised over \$5,500!**

Sample social media messaging for a school spirit week:

"It's Serenity Week! Help our PE department and school raise funds for the National Alliance on Mental Illness."

**Bill raised over \$4,400!**

Bill Casey  
Nequa Valley High School – Naperville, IL

## Getting Started

### Schools/Teachers



#### Activate

**Sign up your school!**  
Register your school using our easy-to-use **online fundraising platform**.



#### Fundraise

**Spread the word!**  
Share event information with your school and parents. Use our template letters to get you started! Use our safe and secure **online fundraising platform** to gather funds!



#### Educate

**Implement the activities!**  
Incorporate our ready-to-use lessons and activities on kindness, mindfulness and empowerment in a way that works best for your school.



#### Celebrate!

**Show off your work!**  
Celebrate all the amazing work your school has done with a special wellness activity! Check out some ideas here!

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## Incentive Ideas


### Student Incentives

- **Principal for the Day** – Top fundraiser gets to be the official principal for the day.
- **PE Teacher for the Day** – Top fundraising student becomes the PE teacher for the day. They spend the day in the gym and help pick/explain activities for classes. It's a great leadership opportunity for them!
- Have the gym named in honor of the school's biggest fundraiser for one year.
- **Parents Night-Off:** Host a movie night with a sports-themed movie. Parents get a night out and you promote physical activity. Serve drinks/snacks and collect donations from teachers or the community.
- Hold a "Hat Day," "Casual Week," or "Pajama Day" to encourage student and staff participation. Staff and students make a donation to be eligible to wear jeans/hats or PJs to school. Ask teachers to pay \$5 to \$10 to wear jeans for a week. It's fun to hold this during Testing week.
- Lunch with principal or favorite teacher for top fundraiser.

### School Incentives

- **Spirit Week** – If the school reaches its fundraising goal, make one day Hat Day, Slippers Day, Inside-Out Clothes Day, Book Character Day, Rodeo Day, etc. Be sure to take pictures!
- Physical education teachers trade places with the principal and assistant principal for a day.
- **Shave It Off!** – Get a teacher or principal to shave their head, mustache, eyebrows – or even dye them school colors.
- **Pie in the Face** – Students who raise a certain amount (you determine) will get to gently pie the principal or PE teacher in the face!
- **Duct Taped** – If the school reaches its goal, students get to duct tape a school staffer to the wall.
- **Slime Me** – PE teacher gets slimed!
- **Dress to Impress** – If the school reaches its goal, all teachers and school personnel dress up in formal wear.
- **Principal's Challenge**– Engage your principal! Have them pledge to do some sort of physical activity challenge when students hit fundraising goals! *Example: Principal will do X number of pushups or run X number of laps for every \$100 dollars raised!*

## School/Community-Wide Engagement Ideas

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- **Mindful Moment** – Have the school staff and every student take a moment to decompress in the middle of the day.
  - **Create a "Throw Kindness Like Confetti!" Bulletin Board** – Put up a bulletin board where most of the school can see it. (By the main entrance is a great place.) Have students share experiences with kindness on the bulletin board. Include the date/time of your celebratory event and any other information you think the school should know. When parents come into the school they will see the board and maybe even contribute a note!
  - **"Kindness is Cool" Poster Contest** – Have all students make a "Kindness is Cool" poster. Choose classroom winners in whichever way works best. Then, have parent/community volunteers choose the school's top 3 posters from all the classroom winners. Or, just hang the "winning" poster from each class in a visible location.
  - **Handmade Posters** – Have students make special kindness/mindfulness and/or empowerment posters to place around the school or gym. These posters will be reminders to students to seek out donations for the school's health, moves, minds,™ program.
  - **Extra, Extra** – Ask local stores and restaurants for extra prizes.
  - **Join Forces** – Use the PTA to your full advantage! Ask them how they think they can help and have a list of Ideas ready.
  - **Open House Night** – Advertise the health, moves, minds, program at your school's open house/back to school night at the beginning of the school year. Share information about mental wellness and the dates of your health, moves, minds, events.
  - **Promote Service Learning at All Ages** – Recruit high school students to help run activity stations at your health, moves, minds, event. This can become a service learning opportunity for the older students and a great way to extend health, moves, minds, lessons to the high school level.
  - **PE Wish List** – Formulate a wish list for equipment to purchase with funds from Gopher Sport.
  - **Surprise, Surprise** – Give out random prizes by drawing student names throughout your fundraising week/month and announce the winners on the daily announcements.

## health. moves. minds.™ Day Celebratory Event Ideas

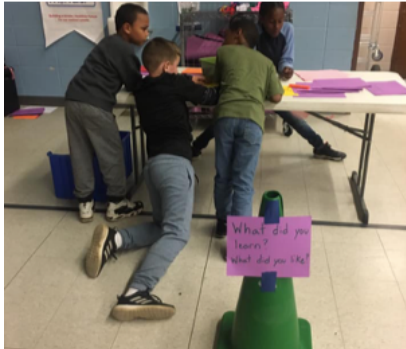
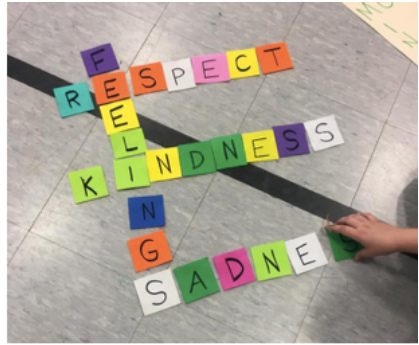
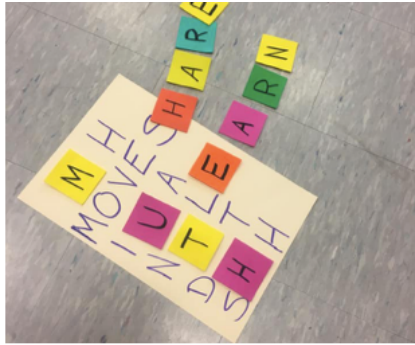
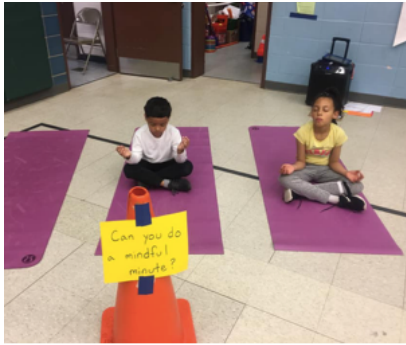
- **Mind & Body 30-Day Challenge** – Follow a calendar with daily challenges around mindfulness, kindness, and physical activity.
- **Mindfulness Week** – Encourage the entire school to incorporate mindfulness activities into classes throughout the week. Examples include:
  - Start each day with a school-wide minute of meditation.
  - Encourage all teachers to create a space in their classroom where students can take a mindfulness break by coloring, using a stress ball, doing a few stretching poses, following instructions for better breathing, etc.
  - Play calming music in each classroom during individual work time.  
*Try this playlist.*
  - Introduce stretching breaks to each class where teachers lead students in different poses.
- **No-Phone Day/Week** – Students pledge to not use their cell phone on a day selected by the teacher/school – or to go "phone-free" for a certain number of hours each day during a specified week. The goal is to promote active engagement with family and friends. Check out our [PA calendars](#) to share physical activity ideas with your students and staff.
- **health. moves. minds. Family Night** – Use the health, moves, minds, Station Cards to create an event where students and their families can participate in a variety of activities focused on mindfulness, kindness and physical activity.
- **Stress-Relief Dance-a-Thon** – Host a dance-a-thon for students and the school community to promote physical activity through dance as a tool to relieve stress.
- **Zen Night** – Host a family night where students and their families engage in mindfulness activities such as meditation, Better Breathing, yoga, etc. while playing calm music.
- **Kindness Week Challenge** – Hold a school-wide challenge that encourages students to be kind to one another. Teachers will place a small token in the classroom's "bucket" each time they notice a student being kind. The class with the most tokens is named the "Kindest Class in the School." You can opt to do this without the competition piece.
- **Send a Kind Message Day** – Students take time to write kind messages to other students, teachers, friends or family members. This can be a stand-alone activity or incorporated into another event.
- **Fun Walks or Fun Runs** – A popular favorite any time of year!
- **Walk-a-thons, bike-a-thons, jump-rope-a-thon, bowl-a-thons, skate-a-thons, hula-hoop-a-thons** – Physical activity is a stress reliever, no matter what the theme is!
- **Teacher-Student Competitions** – Students love these!



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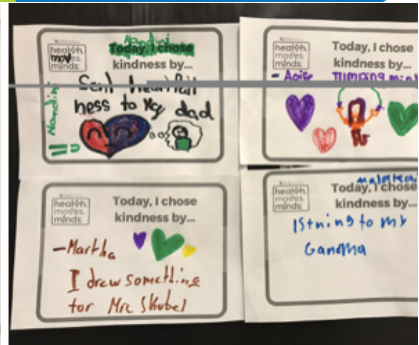
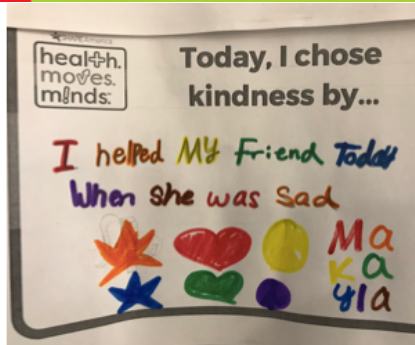
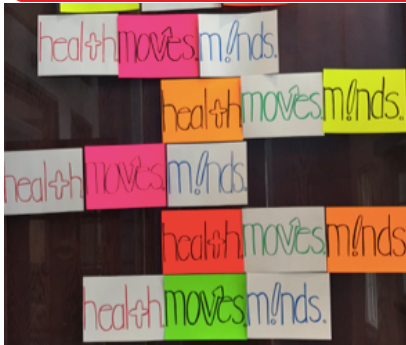
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## What Can I Do with My Gift Card?

- 1** Use your hard earned funds to support your school's health and physical education program with equipment from Gopher!
- 2** Support school wellness with Gopher's other brands! Your gift card works with ALL of the brands below.

### **GOPHER**

Innovative physical education, athletic, fitness, and recreation equipment for elementary to high school and beyond.  
[GopherSport.com](http://GopherSport.com)

### **SPARK™**

SPARK is Physical Education...and so much more! With seven different full curriculum modules to choose from, SPARK programs help support many ages and program types.  
[sparkpe.org](http://sparkpe.org)

### **MovingMinds**

Unique classroom furniture and supplies that promote activity and learning in the classroom.  
[Moving-Minds.com](http://Moving-Minds.com)

### **PLAY with a Purpose**

Your trusted expert in early childhood active play and playground solutions.  
[PWAP.com](http://PWAP.com)

### **GOPHER PERFORMANCE**

Strength and conditioning solutions that help everyone achieve peak performance.  
[GopherPerformance.com](http://GopherPerformance.com)

### **STEM SUPPLIES**

Products designed to immerse students in the STEM principles and connect learnings to the real world.  
[stem-supplies.com](http://stem-supplies.com)

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## Where Your Donations Go

Up to 50% of funds raised from your health.moves.minds. program will benefit your school directly, providing essential funds for the equipment and safe spaces that can prepare all children for a lifetime of health and physical activity. Your school will also have the option of making a local impact by "paying it forward" and selecting a local charity to receive a portion of the funds.

**\*Special Matching Bonus** – We know health and physical education funds are hard to come by, therefore schools selecting to keep their full allocation will receive an additional 10% match from Gopher Sport!

By participating in health.moves.minds., you are supporting health and physical education programs and advocacy at the local, state and national levels.

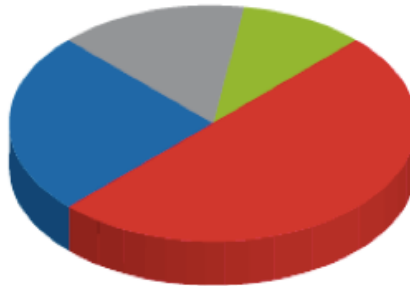






Chart Key:

- School
- Program Expenses
- SHAPE State Affiliate
- SHAPE America National Association

Thank you for your commitment.

# health.moves.minds.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sunday Prep</b> Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week.	<b>One-Leg Revolving Seated Yoga Pose</b> Hold this pose for 30-60 seconds. Switch legs and repeat. 	<b>Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	<b>Compliment Someone</b> Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.	<b>Read &amp; Move</b> Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.	<b>Stay Hydrated</b> Take extra time to drink eight 8 oz. glasses of water today. At the end of the day, how do you feel?	<b>Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.
<b>Commercial Stroll</b> During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	<b>Thank You Dinner</b> Before eating dinner, say thank you for the food in front of you.	<b>Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	<b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	<b>Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat. 	<b>Smile Count</b> Count how many people you smile at today.	<b>Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.
<b>Seated Forward Bend Pose</b> Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if needed. 	<b>A Gratitude Attitude</b> Write down something you're thankful for and why.	<b>Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>Nighttime Note</b> Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	<b>Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds.	<b>Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	<b>Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps
<b>Mindful Snack</b> When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	<b>Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	<b>Cardio &amp; Yoga</b> Do a cardiovascular exercise of your choice for 5-10 minutes then try all four yoga poses on the calendar holding each pose for 30-60 seconds before switching.	<b>Pause for Thanks</b> Stop during the middle of a busy activity to name 5 things you are thankful for.	<b>Music Break</b> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	<b>Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	<b>Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.
<b>Sunday Prep</b> Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week.	<b>Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!	<b>Muscle Relaxation</b> Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes.	<b>Star Gazing</b> Sit outside with an adult when it's dark and look up at the sky. What do you notice? How many stars can you see? What noises do you hear? Do you smell anything?	<b>Leave a Note</b> Leave a nice note for someone to find today. Examples: -You have a nice smile. -Thank you for being a good friend. -You're fun to play with.	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. <b>Happy exercising!</b>	

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