

Teacher Tools Wellness Newsletter

August/September 2022



Welcome back!

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The Teacher Tools Wellness Newsletter was created to equip teachers with new ideas to incorporate into the classroom, share grant opportunities, share classroom wellness success stories and resources to keep YOU healthy too!

My name is Carlee LaRue. I am the health educator for the Whitley County Health Department. I am passionate about wellness, and love working with kids!

Reach out to me for newsletter content requests or classroom wellness presentations.

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Professional Development

The Indiana Department of Health is providing a CATCH professional development training. This is a FREE one-day training in Warsaw on September 22nd.

It's for all Indiana physical educators, health educators, and before and after school professionals that work with grades K-12. CATCH trainers will provide resources, hands-on activities, and information on inclusive and adapted play. This activity-based training will include easy ways to engage students and inspire movement and healthy lifestyle habits, as well as introducing SEL into your lessons. Each participant will be provided access to resources and tools to improve the health and well being of their students. Register [here](#).

Health Presentations

As a health educator, I can create and deliver presentations on a variety of health topics. For elementary school, I commonly get asked to talk about sleep, screen time management, physical activity, nutrition, and hygiene. In middle and high school, those topics are requested, but I also get requests for classes on communication and substance use prevention.

Please schedule one month in advance! These presentations slide right into downtime before holiday breaks, or they can help provide third party validation to something you are already teaching!

Your Health

Summer should have you feeling refreshed and ready to take on the new school year! But what if you aren't?

Burnout is common among a lot of professions, including youth-workers. Many organizations offer Employee Assistance Programs. EAP programs cover a few free counseling sessions to a certain provider. Contact your HR representative to see if you have this program!

Is this number posted in your classroom for students to see?

988
SUICIDE
& CRISIS
LIFELINE

Program Spotlight: The Walking Classroom

The Walking Classroom is a national award-winning program that provides an innovative way for students and teachers to get exercise without sacrificing instructional time! The evidence-based nonprofit "Walk, Listen, and Learn" methodology capitalizes the link between exercise and cognitive function.

Students take a brisk 20 minute-walk in class while listening to podcasts uploaded to their WalkKit (audio player) or mobile app. Each podcast begins with a brief health literacy message and includes a character value woven throughout the narrative. The lesson plans and quizzes in the available Teacher's Guide help educators effectively discuss and review the podcast material. Aligned to state standards, the podcast topics are appropriate for students in grades 3-8. Podcasts topics include English language arts, social studies, science, and more.

Learn more [here](#). Need funding assistance? Contact Carlee to help you watch for grants!

Wellness Policy

Did you know that each school corporation is required to have a school wellness policy, and an active school wellness committee?

The policy is required to be accessible for families, and can often be found on corporation websites under the Nutrition Services Department.

This policy outlines what ALL school staff must follow in order to promote wellness within the corporation.

Here are pieces that you would often find in a school corporation wellness policy.

- Schools may not have more than 2 fundraisers per year that involve food
- Staff should avoid giving food as a reward
- Staff should avoid taking away, or using physical activity as a punishment

What does your policy say?
Can you find it on your website?

