

Name 3 things you heard this evening that would be important to creating a healthy lifestyle in SK.

- Homework - less or none
- Less focus less on academics (especially in elem)
- Activity
 - more movement opportunities – before (instead of sitting), during and after school ***
 - outdoor, kayaking, surfing, sailing, hiking etc. (avail to low income families)
- Community family events, wellness fair/activities *
- Gardening/farming program in school and out (bring veggies home) **
- More time to eat lunch
- Encourage modeling by staff on healthy habits *
- Take advantage of resources in SK
- Better collaboration to provide access to activities for kids and families (ie: transportation and funds)
- Transportation
- Communication district wide ie: listserv sharing healthy & schoolwide activities to ALL students, unified district calendar
- More education
 - include chamber of commerce/local businesses in coordinating and/or promoting community engagement/partnerships (chefs, medical, health clubs, bowling, rockspot) ***
 - Understanding ingredient labels
- Implement 5-2-1-0 initiative *
- PD for teachers that involve wellness programs
- Engaging parents through PTO's to help with initiatives
- Targeting specific families through surveys
- Pop-Up
 - parks for safe play environments within the community
 - farmers market in Peace Dale
- Evaluate how other aspects of our school system do not support these efforts
- Job satisfaction survey
- Defund Cisco Corporation – harmful Wi-Fi
- Reduce causes of stress
- Choice for students and teachers to eat from a banquet of healthy foods at home and school

Name 2 things that would help families continue supporting a healthy lifestyle at home.

- o **More healthy education ***
 - **Bring home to families**
 - **Understanding how to read and interpret nutrition labels**
 - **Free education on cooking, food choices, etc.**
 - **demonstrations/classes**
 - **help with planning and cooking healthy meals**
- o **More accountability for health education curriculum**
- o **Add organic farming curriculum to science program**
- o **Starting activities at school so it is easier to continue at home ie: yoga, tai chi**
- o **More movement & social opportunities during the school day so kids are not as wound up & stressed when they get home**
- o **Enjoy nature and local trails ***
- o **Unplug Wi-Fi (at least at night), use a wired connection in schools**
- o **Free exercise opportunities, tips and tricks for easy at home workouts**
- o **Giving families access to places to enjoy physical activity together**
- o **Transportation to and from activities**
- o **Inexpensive healthy recipes sent home**
- o **Communication**
- o **Easy access to online supports on school websites (all schools)**
- o **Food trials at school open children's eyes**
- o **Less homework**
- o **School dept offer families options for before and after school care from vendors other than YMCA**
- o **We talked a lot about what we can add to promote a healthy lifestyle, but when I think about the wellness of our students, I think a lot about the anxiety and stress and pressure they are feeling. Can we think about some of the things we might need to pare down instead of just adding activities to manage the stress? Let's really look at curriculum and how we're interpreting common core as well as testing. Some of it can go.**

What is one thing you believe is most important to supporting a healthy lifestyle for our students?

- o More developmentally appropriate academics, less pushing kids through concepts they aren't ready for = less stress = better health**
- o Availability of healthy foods that are reasonably priced**
- o Less stress in the school day**
- o Less time with electronic devices**
- o Focus on the whole child**
- o Parental support ***
- o More time for free play, before and after school waiting to go to class or be picked up ***
- o Giving them fun activities during school hours**
- o Viewing adult initiatives & structures through the lens of a child**
- o Education, cooking lessons, fun**
- o Encouraging through example without food or body shaming**
- o Teaching students to enjoy healthy foods**
- o Removing the toxin of industrial Cisco Wi-Fi from school**
- o Health education**