

Promoting Positive Behavior *and* Physical Activity

DE PBS Celebration Event

April 14, 2011



What does physical activity have to do with positive behavior?

- **It is a positive behavior!**
- **It promotes other positive behaviors.**
 - Paying attention in class
 - Better school attendance
 - Improved classroom behavior
 - Fewer disciplinary problems (truancy, violence, drugs, and alcohol)
- **It contributes to student success.**
 - Academic achievement

Nemours Health & Prevention Services

- **Vision**

Optimal health and development for all children.

- **Mission**

To work with others to help children lead healthier lives.

- **Scope**

Holistic children's health – mental, emotional, and physical

Make School a *Moving Experience*

- Initiative to help Delaware elementary schools increase physical activity
- Funded by a Carol M. White Physical Education Program (PEP) Grant from the US DOE
- 58 participating schools (56% of DE elementaries)
- Recruiting more for 2011-2012 SY



Make School a *Moving Experience*

What is the Goal?

150 minutes of moderate to vigorous physical activity per week

How is this achieved?

Each school creates their own combination of:

- Physical education
- Classroom activities
- Recess activities



Make School a *Moving Experience*

What's in it for schools?

- Materials for 2 evidence-based programs (CATCH, Take 10)
- Professional development to implement these programs
- Technical assistance and e-newsletters
- Monitoring and evaluation data

But most of all...

Healthy students = Better learners!

What do Make School A *Moving* Experience and PBS have in common?

- Both support positive behavior
- Both support student success
- Both support many of you!
 - Many elementary schools are participating in both programs.

DCAS

Race to the Top

District Wellness Policy

Positive
Behavior
Supports

**So many initiatives...
So little time!**

Make School A Moving Experience

RTI

Take 10!

CATCH

How can we fit it all in?

- Focus on the common goal –
Successful Students
- Be the Top Chef
 - Look for quality “ingredients” in each initiative
 - Create a recipe that works for you
 - Experiment and be creative
 - Don’t be afraid to mix apples and oranges!

A few examples from our partners...

- **Clayton Elementary**

- Students who set a positive example get “cardio cash” to turn in for prizes
- Quarterly awards to staff members who go above and beyond to promote healthy lifestyles

- **Downes Elementary**

- Teachers hand out PBS coupons to the students for their participation in physical activity



And without further
adieu...

Richardson Park's Winning Recipe

For more information:

- **Make School A *Moving* Experience**

- Linda Tholstrup
Project Director

ltholstr@nemours.org

- **Richardson Park Elementary**

- Cathy Whelton
School Nurse

Catherine.Whelton@redclay.k12.de.us