

Brockman Elementary School

Our Healthy School Journey

The Brockman Wellness Council was formed in 2009-2010 based on the Alliance for a Healthier Generation model.

- Awards Along the Way:**
- Bronze Award for the Alliance for a Healthier Generation: 2013 and 2015
 - Let's Move! Active Schools Recognition Award: 2014, 2015, 2016, 2018
 - Gold Award for the Alliance for a Healthier Generation: 2016
 - Silver Award for the Alliance for a Healthier Generation: 2018
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Policies and Programs at Brockman Initiated through the Alliance Process

2009-2010

- The **Brockman Wellness Council** was formed.
 - School Wellness was put on the **SIC Agenda**.
 - Health Education was placed on of Brockman's **Report Cards** at all levels.
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2010-2011

-Community Fitness Events

The Physical Education teacher promotes fitness events in the community in which all students can choose to participate.

Events: Fun Runs, 5K Walk/Runs, Mud Runs, Take a Kid Mountain Biking Day, 10 Mile Bike Challenge, Kids Triathlons (age 3-14), Various Sports Camps

-Dance Your Heart Out!

Every student in school is invited to an afterschool dance event. Students perform fun line dances that they learned in Physical Education class mixed with GoNoodle Dances. All together the students and teachers perform 10 dances.

2010-2011, continued

-Bears on Track 5K Running Club

This club is for 3rd-5th grade students who are interested in learning to train for a 5K (3.1 miles) run. The club meets one day a week for eight weeks and the student and their parents commit to run two more times on their own to keep up with their mileage. The coaches are volunteer parents and teachers. The training ends with students, some parents, and coaches participating in a community 5K run. This club is offered in the Fall and then again in the Spring.

Success Facts about Bears on Track

- When we started we had been admitting 25 students per training group.
- Due to the popularity of this club, in the Spring of 2014, we had to change the structure so that we could admit 40 students per training group. We split the students into two pace groups.
- In Spring 2015, we had to change the structure again to admit up to 50 students per training group. We split the students into three pace groups and added more coaches.
- Since this club started in 2011, we have trained more than 400 students to run a 5K. Several of them are still running on their own and others are running Cross Country for the high school team.

2011-2012

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club

-Staff Wellness Activities

The Wellness Council promoted various community fitness centers, gave out pedometers, and provided health screenings for staff.

2012-2013

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club

-Running/Walking Track Installed at Upper Elementary Recess Area

-Farmers Market Co-op for Teachers and Staff

2013-2014

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club, Dance Teacher

-Lower Elementary (1st-3rd grade) Morning Recess

-GoNoodle in Classrooms

-Salad Bar in Cafeteria

2014-2015

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club, Dance Teacher

-FUNd Run “Active” Fundraiser

Our school decided that we would focus on one big fundraiser for the year. This “active” fundraiser was organized by our school community (parents, teachers, students and community members), so we were able to keep all the profits. We had sponsors donate t-shirts for every student in the school, along with healthy snacks after the event. Every student walked or ran for 20 minutes. They collected donations for every minute that they walked/ran or received a flat donation. Each class warmed up with GoNoodle and then took turns moving for 20 minutes. We raised over \$20,000.

2015-2016

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club, FUNd Run “Active” Fundraiser, Dance Teacher

-Free Breakfast and Lunch for All Students

Richland One Schools offers free breakfast and lunch for all students through Federal Programming.

2015-2016, continued

-Health Education Staff Training

All staff participated in Health Education training focused on healthy eating.

-Healthy Snack Policy

We implemented a school-wide policy in which snacks/food served to students and staff must meet the USDA Smart Snack guidelines.

-Community Smart Snack Food Collaboration

We worked with Schiano's Pizza to create a cheese pizza that met Smart Snack guidelines that could be used for special events. We are planning to meet with other community restaurant members to see if they can work with us to create healthy food options that meet Smart Snack guidelines.

2016-2017

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club, FUNd Run "Active" Fundraiser, Healthy Snack Policy, Community Smart Snack Food Collaboration, Dance Teacher

- Open Campus for Community Use

We have been and are being recognized as an "Open Community Use Champion." This is a part of Eat Smart-Move More South Carolina. We have spoken at the SC Obesity Summit and served on a panel for the Open Use Summit for the South Carolina Department of Health and Environmental Control (DHEC).

2017-2018

-Maintain Successful Programs

Community Fitness Events, Dance Your Heart Out!, Bears on Track 5K Running Club, FUNd Run "Active" Fundraiser, Healthy Snack Policy, Community Smart Snack Food Collaboration, Dance Teacher

-Primary Classes (3, 4, and 5 year old) Morning Recess

-Community Smart Snack Food Collaboration

We are working with PDQ restaurant to create a healthy menu that met Smart Snack guidelines that could be used for family meal night fundraisers. Our school will receive a percentage of money only from items purchased from the approved healthy menu.