

## **The 2009 Healthy Schools Innovation Award Ceremony**

### **Elementary and Middle Schools Honored This Year**

Howard County Health Department bestowed five elementary schools and five middle schools with awards for innovation in health, nutrition, physical activity, mental health, safety and environmental health.

The contest included entries from private and parochial schools, as well as public institutions. Many of the entries are programs created and run by students who are anxious to create a healthier school and environment in which to live and learn!

### **Meet the 2009 Healthy Elementary School Winners & Honorees:**

#### **Gorman Crossing Elementary \*\*WINNER\*\***

Physical Education teachers have implemented a number of programs to improve health and well-being of students and their families. Now in its third year, between 45 & 60 families participate in the "Family Fitness Program" (FFP). FFP includes weekly 30 minute exercise sessions. Student participation is rewarded with school-wide recognition, certificates, & t-shirts.

#### **Atholton Elementary School**

The Physical Education Department created the program "Are you fitter than an Atholton Panther?" in an effort to promote physical fitness among students & their families. Students teach their parents to perform a range of activities drawing on different components of fitness, ranging from strength & endurance to speed & agility.

#### **Centennial Lane Elementary School \*\*WINNER\*\***

In 2008, the PTA Wellness Committee launched the "Wellness Snack Pilot Program" (WSPP) to enable students to apply their health curriculum during lunchtime and contribute to the development of lifelong eating habits. The cafeteria snack bar is open daily after lunch for students to purchase snack foods. The "wellness snacks" (natural or organic products without additives, preservatives, chemicals, or artificial sweeteners) rank among the top purchases made by students.

#### **Cradlerock Elementary School**

"Motion Monday" is a PTA-sponsored fitness walk, run, or jog for all students & their teachers. Every Monday, students and teachers are encouraged to walk around the .25 mile loop during recess, while parent volunteers tally their laps.

## **Deep Run Elementary School**

[Click here to watch the "Triple F Club."](#)

Implemented during the 2004-05 school year, the "Triple F Club " ( Fun, Food, Fitness) gathers 4th and 5th grade female students for 30 minute meetings to discuss ways that living healthy lifestyles can be cool & fun. The goal of the club is to integrate healthy eating, positive body image development, & strong peer relationship development outside of the academic environment.

## **Elkridge Elementary School**

The "Edible Garden Project" integrates environmental education (physical characteristics of seeds & life cycle of plants) into learning about nutrition & the benefits of eating a balanced diet.

## **Guilford Elementary School**

Guilford has piloted a nutrition education program called "Operation Frontline" with the mission of teaching low-income families to prepare healthy meals with limited funds. This program teaches children & parents together about healthy eating & the importance of eating as a family. Kids also learn about the importance of healthy food preparation.

## **Hammond Elementary School**

Hammond seeks to promote positive self-esteem, and reduce risky behaviors & bullying, through "Finding Your Spark" & a broadened physical education program. Students are encouraged to identify something they enjoy or do well & write about the activity in a journal. Their Physical Education classes now include technology- based activities (DDR & Fitness/Basketball Skillastics) that can be enjoyed by all students, regardless of skill level.

## **Lisbon Elementary School \*\*WINNER \*\***

[Click here to watch "Students for Safe Schools"](#)

The "Students for Safe Schools" initiative at Lisbon seeks to establish a healthy school environment, reduce bullying, and increase self-esteem and mutual respect throughout the community. Students review the school's anti-bullying policy and participate in the Safe School Challenge poster contest. Also, the school's Read to Me program uses books with anti-bullying themes.

## **Manor Woods Elementary School**

Manor Woods has taken a multifaceted approach toward promoting healthy behaviors in its community, including establishing a Staff Wellness Committee that seeks to model good

behaviors for students and promote student participation in a range of physical activities. In addition, they have started Trash Free Tuesdays & a recycling group.

### **Phelps Luck Elementary School**

Phelps Luck instituted Field Day in an effort to increase students' awareness about health & wellness. On Field Day, students rotate through a variety of activity stations that focus on team building & good sportsmanship. They also have exercises involving the entire school.

### **Pointers Run Elementary School**

A comprehensive healthy environment for students, staff, and community members at Pointers Run is the result of numerous innovative programs. In their "Recess Activities & Behavior Expectations" program, students serve as "recess managers" & staffs help to organize recess activities.

### **St. John's Lane Elementary School \*\*WINNER\*\***

The "Mind & Muscles" (or "M&M") program seeks to promote a healthy balance between physical and mental activity among all students. Students record their physical activity and mental activity (reading) over a six month period. The "mind" goal is to read for 15-20 minutes, five times a week; and the "muscles" goal is to exercise for 15-20 minutes, three times a week. Students who successfully complete the M&M goals each month receive prizes donated by local business partners. Those completing M&M goals for five out of six months participate in the "M&M Ball" where they receive additional prizes. Over 300 students participated this year.

### **West Friendship Elementary School \*\*WINNER\*\***

The "Waste-Free Lunches Challenge" is part of the school's Green School re-certification effort. Developed by fifth grade students to reduce the impact of waste in landfills, this program persuades students and staff to pack waste-free lunches. The Waste-Free Lunches Challenge is currently in effect on Wednesdays, but students hope to have it every day of the week.

### **Worthington Elementary School**

A collaborative committee – consisting of students, parents, and teachers – has spearheaded the school's environmental efforts, including a recycling program, Waste-free Wednesdays, energy audits, and conservation efforts. This work will hopefully lead to achieving "Green School" certification.

## **Meet the 2009 Healthy Middle School Winners & Honorees**

### **Burleigh Manor Middle School**

The "Safe-To-School" program, implemented 10 years ago at Burleigh Manor, was established to ensure student safety when they walk to school or ride the bus and address truancy concerns. Approximately two-thirds of the student body participates in this voluntary program which provides a valuable service to both the school, as it is relieved of the burden of following up on unexplained absences, and families – especially those with working parents – who feel confident about the safety of their children. Parent volunteers of the program also assist in following up with the parent or guardian of the student who participates in Safe-To- School so they can accurately account for any absences or tardiness.

### **Elkridge Landing Middle School \*\*WINNER\*\***

[Click here to watch a video on Elkridge Landing Middle School's program.](#)

Elkridge Landing demonstrates its dedication to physical fitness through the BWI Airport Walk/Run, Turkey Trot, and After School Intramural programs. Each year, over 350 students participate in Intramural programs that provide safe and healthy after-school alternatives for students. Additionally, giving students the knowledge and skills to make good nutrition choices is the goal of the Nutritional Health Program. Students participate in food labs as part of their Family & Consumer Sciences class (FACS), and an effort is made to ensure that they make healthy meals with high nutritional content. The class teaches students to critically read nutritional food labels & use the food pyramid to guide meal choices.

### **Glenelg Country School**

Started in 2003, "The Maryland Youth Partners in Change" program (MYPIC) between Glenelg Country School and the Barclay School pairs 16 students from each school in a three-year leadership and service learning initiative designed to build a bridge between the private school students and urban public school students. The program not only increases educational knowledge, but enhances social skills and a sense of community responsibility among participants.

### **Glenwood Middle School \*\*WINNER\*\***

[Click here to watch a video on Glenwood Middle School's program.](#)

Driven by the efforts of three 8th grade students, the school has adopted a trash reduction program. This program started by focusing on recycling in the cafeteria and classrooms. Students created an advertising and education campaign to inform classmates and teachers.

Student volunteer were recruited to serve on recycling committees in classrooms and for the cafeteria. Teachers and administrators have even agreed to start advertising efforts to promote the program. The custodial staff has noted a reduction in the amount of trash produced by the school.

### **Hammond Middle School \*\*WINNER\*\***

Hammond has implemented several programs to enhance and strengthen mental health opportunities for students. In addition to the implementation of The Positive Behavioral Interventions and Supports (PBIS) standards and designing a Quality Inclusive Educational program, Hammond teachers and staff provide personalized guidance for their students to build a positive school environment. Citizen of the Month nominations are compiled at the end of each month, and grade-level activities are held quarterly to honor qualified students. Hammond has also executed three new programs to contribute to its students' mental well-being. The "Viking Club" targets students who aren't meeting standards by having them set daily goals and earn points. The "Check In/Check Out" program pairs students with a mentor who meets with them twice a day to review homework & provide encouragement for the day. Through the "SisBro" program, 7th grade students serve as mentors to 6th graders.

### **Harper's Choice Middle School \*\*WINNER\*\***

Harper's Choice Middle School has implemented a range of programs that seek to build a safe & nurturing school environment. The "Food for Focus" program provides a balanced, nutritious breakfast for students who have not eaten breakfast before coming to school. In the "High School Mentoring Program", high school students help middle school students develop positive work habits & organizational skills. The "Lunch Bunch" program seeks to facilitate positive peer relations & improve social skills in the setting of the cafeteria, where some students are uncomfortable. The "Dress for Success" program takes place every Wednesday and students are encouraged to dress in business casual clothing, fostering self-esteem & pride.

### **Lime Kiln Middle School**

After successfully participating in the "What Moves U?" program for sixth graders over the past two years, Lime Kiln expanded the program to include staff members. More than 25 staff joined the regular physical activity events, including a twice-weekly exercise class held after school. The reward for staff participation— health snack prizes—also set a positive example for students.

### **Mayfield Woods Middle School**

Mayfield Woods developed an event for 7th grade students & their families called "Wellness in the Woods." Four stations, focusing on physical fitness, team-building, internet safety, and structured interactive listening exercises were developed and are staffed by teachers & community members. Students and families rotate through the stations over the course of one evening. The event ends with a discussion about nutrition & sampling of healthy snacks.

### **Patapsco Middle School**

Promoting the greater health of the environment, both internally and externally, is the goal of Patapsco Middle School. Not only do students participate in recycling programs and learn about ecological issues, they also contribute to the health of the community at large by knitting blankets for needy children & cooking meals for a homeless shelter.

### **Wilde Lake Middle School \*\*WINNER\*\***

The Physical Wellness Intramural program was established to improve physical fitness levels, & increase awareness about the relationship between health and academics. Activities include a girls' running club, volleyball, lacrosse, step team, hip-hop dance team, and wilderness club. While students are getting active they are also building self esteem & a sense of unity and community with their fellow classmates. Students have shown significant improvement in personal well-being and physical fitness, as well as increased overall awareness of health.