



VOLUME II  
2009-10

# Health Is Academic

Healthy kids make good students, and good students make healthy communities. The North Dakota Department of Public Instruction (DPI) and North Dakota Department of Health (DoH) are committed to helping kids and their families embrace healthy behaviors that will last a lifetime.

**Coordinated School Health (CSH):**

is a powerful approach to recognizing and addressing the close relationship between health and learning. A comprehensive CSH model consists of eight interactive components:

- \*Health Education   \* Physical Education
- \*Health Services
- \*Nutrition Services   \*Healthy School Environment
- \*Counseling, Psychological & Social Services
- \*Health Promotion for Staff
- \* Family and Community Involvement



North Dakota  
Department of Public Instruction  
Dr. Wayne G. Sanstead,  
State Superintendent  
[www.dpi.state.nd.us/health/index.shtm](http://www.dpi.state.nd.us/health/index.shtm)



North Dakota  
Department of Health  
Dr. Terry Dwelle, M.P.H.T.M.,  
State Health Officer  
[www.ndhealth.gov](http://www.ndhealth.gov)

## Killdeer

### **A Breath of Fresh Air**

Killdeer held a staff health in-service prior to the 2009-10 school year, in which staff members were certified in CPR. Sessions also were provided on stress, sun protection, staph infections, asthma, head injuries, diabetes and basic first aid.

As a result of the training, staff members are better prepared to understand, handle and respond to health concerns in the school setting. The concept that a healthy student is a student ready to learn was reinforced. School policies and procedures were also reviewed, revised or created to ensure the healthiest and safest school possible. Killdeer staff members recognized that outcomes are better when the whole school community takes part -- school administrators, teachers and staff, as well as students and parents.

## Bismarck Public Schools

### **Super Sonic Solutions**

Staff members in the Bismarck Public Schools (BPS) are moving and making healthier choices than ever before. Beginning in June of 2009, BPS staff members were invited to join the Sonic Boom (provides daily accountability and motivation, a healthy "Challenge-of-the-Day," hydration activity and health trackers) and Sonic Striding programs. These programs were used to track activities that contributed to the district's wellness plan. After 10 months, 225 employees were participating in Sonic Boom and 101 in Sonic Striding. The growth in both programs was largely a result of word-of-mouth.

Since the inception of Sonic Striding, the 101 BPS employees enrolled have accomplished the following:

Minutes of activity	1,076,128
Steps taken	55,082,379
Miles walked/ran	24,295
Calories burned	2,089,343

The employees who are taking part in Sonic Boom and Sonic Striding see the benefits of participating and are having fun at the same time.

# Health and Academics

# Stories of School Improvement

## Kidder County-Steele

### **Monday Mornings of Magic**

Kidder County Schools recognize every student for who they are, not what they do or how they do it. Monday morning assemblies bring each student a moment of fame. The first Monday of the month, grades K – 12 gather in the gym with music playing and kids dancing. Names are pulled out of a treasure chest because all students are treasured. The students' names that are drawn each week get to walk the red carpet with spotlights shining on them, autograph a star and hang it up on the "Pirate Wall of Fame." Even though some may think they are too cool or that the school staff members have lost their minds, they go along with it and somehow just know they ARE important.

Kidder County School in Steele also celebrates birthdays every month. The students are called down to receive a little gift box that holds a Hershey's Treasures candy and a star magnet. There is also a little saying in that gift box that states, "The star that shines within you is your gift to the world." Everyone has a star inside that shines. Everyone has fun, and the students look forward to assemblies.

## Prairie Rose-Bismarck

### **Monkeying with Movement**

Movement is necessary for learning and the Prairie Rose Elementary staff members have brought more movement into the classroom. Twice a week teachers facilitate movement activities developed by a wellness committee. When it was time to move, a monkey was heard laughing over the intercom system throughout the school.

The activities took only a few minutes of class time each scheduled day. The classroom teachers and students could be seen doing the physical activity with enthusiasm and pizzazz. As a result of the increased movement in the classroom, Prairie Rose Elementary staff and students participated in an additional 20 to 30 minutes of physical activity per week above and beyond the physical education requirements.