



# BULLY PREVENTION BEST PRACTICES

- ◆ Designate a representative to serve on the District Bully Prevention Committee.
  - ◆ Encourage representation at the annual Florida Bully Prevention Conference.
  - ◆ Conduct faculty awareness on an ongoing basis.
  - ◆ Provide students with clear knowledge of the rules and expectations.
  - ◆ Provide parents with awareness and prevention information about bullying, witness, target, how to report incidents and safety plans.
  - ◆ Provide awareness of the difference between normal conflict and bullying to staff, parents, and students.
  - ◆ Provide staff with information/training concerning how to deal with bullying situations.
  - ◆ Provide safety plans for targets.
  - ◆ Teach all students about the power of the witness/bystander.
  - ◆ Provide supportive information to students and parents.
  - ◆ Create a school-based bully prevention committee.
  - ◆ Have school-wide bully-prevention and promotion of civility activities on an on-going basis (felt board stories, friendship collages, prevention videos)
  - ◆ Provide support and coping skills for students who have been the target of bullying.
  - ◆ Work with classrooms to have songs about anti-bullying – “No Difference” and “Hug of War.”
  - ◆ Monitor office referrals and referring “pre-bully” behavior to counselor.
  - ◆ Have grade level monthly lessons.
  - ◆ Provide staff monthly information.
  - ◆ Hold quarterly bully committee meetings to assess and adjust plan.
  - ◆ Give staff bully survey.
  - ◆ Schedule prevention puppet show with Tom Alvarez.
  - ◆ Educate incoming 6<sup>th</sup> / 9<sup>th</sup> graders as to expectations.
  - ◆ Have team meetings to develop treatment plan for bully cases.
  - ◆ Develop bully awareness calendar with planned activities.
  - ◆ Choose two fellow staff members and shares words of wisdom or encouragement.
  - ◆ Visits classrooms weekly by our guidance counselor to read books on bullying.
  - ◆ Provide classroom discussion on how to be safe from bullies and how to report acts of bullying.
  - ◆ Share information in school news.
  - ◆ STARS Curriculum (Stay Safe, Try Your Best, Act Responsibly, Respect Yourself and Others, Show Self-Control.)
  - ◆ Visit classrooms with proactive support from Guidance, Peer Mediators, Assistant Principals and Resource Officers.
  - ◆ Hang Manners and Bully prevention posters in cafeteria.
  - ◆ Provide confidential bully boxes.
  - ◆ Distribute articles at each Program Planners’ meetings.
  - ◆ Establish anonymous web-based reporting.
  - ◆ Establish focus groups, conflict/violence prevention and anger management groups for decreasing anger and bully incidents in the school.
  - ◆ Provide anti-bullying information on school web-site.
  - ◆ Support student training and peer mediation teams in school.
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# FAMILY & COMMUNITY BEST PRACTICES



- ♦ Increase business partnerships.
- ♦ Increase parent/school partnerships and parent involvement.
- ♦ Create SHACs (School Health Advisory Committees) at each school.
- ♦ Create partnerships with hospitals for wellness workshops.
- ♦ Work with restaurants to revise their student rewards.
- ♦ Work with the public library to create education outreach to community.
- ♦ Improve school to school communication through district SAC meetings.
- ♦ Ask for wellness ideas from the SAC and or PTO.
- ♦ Encourage families to complete Medicaid applications to provided children with insurance.
- ♦ Provide important information for families and improve school to family and community relations with Health and Wellness fairs.
- ♦ Establish a “Get Moving Night” for families.



# FACULTY STAFF BEST PRACTICES

- ◆ Teach relaxation techniques to students.
- ◆ Teach stress relief techniques.
- ◆ Give faculty/staff praise for doing the “right” thing for students.
- ◆ Conduct a “Biggest Loser” contest.
- ◆ Create faculty/staff teams for bowling, softball, kick ball, staff Olympics, Walk Away the Pounds
- ◆ Provide pedometers for staff.
- ◆ Encourage staff to participate with monthly heart and blood pressure monitoring.
- ◆ Have weekly staff weigh-in for those interested.
- ◆ Have monthly staff recognition.
- ◆ Conduct a staff survey of interests.
- ◆ Provide wellness information and resources to staff.
- ◆ Begin walking clubs during lunch and after school.
- ◆ Encourage yoga for stress relief.
- ◆ Encourage the use of school fitness rooms and equipment where available.
- ◆ Supply weekly health tips via the school bulleting board.
- ◆ Encourage participation of demonstrations to staff members with visits from therapist and fitness club representatives.
- ◆ Mention health tips on morning television show every-day.
- ◆ Designate a one-mile fitness trail around the school.
- ◆ Invite Dr. Feder to talk about nutrition.
- ◆ Log and map progress of Walk/Run Across America Challenge in the teacher’s lounge.
- ◆ Use Brag Board to keep staff informed of weekly walking or running opportunities.
- ◆ Email motivating quotes to staff.
- ◆ Offer Zumba classes.
- ◆ Participate in CCPS Master Fitness Challenge.
- ◆ Write monthly articles for newsletters.
- ◆ Body Mass Index (BMI) measured by school nurse at request of any staff member.
- ◆ YMCA discounts to staff members.
- ◆ Participate in Doc’s Dash.
- ◆ Participate in “Relay for Life.”
- ◆ Give every staff member at least two invitations to join a Wellness Program during the year.
- ◆ Give faculty/staff access to a Wii Fit before, during and after school.
- ◆ Present Hoohah for Health to staff.
- ◆ Arrange for a staff healthy lunch – each member brings a dish.
- ◆ Participate in staff softball tournament.
- ◆ Encourage attendance at the Wellness Fair.



# HEALTH EDUCATION BEST PRACTICES

- Give students in health and science classes the opportunity to learn the role that various nutrients play in promoting good health and protection from disease.
- Use practical applications of knowledge to show the effects of good health.
- Schedule time to teach “healthy choice” nutrition.
- Develop parent handouts to include nutrition information, facts, and healthy suggestions.
- Teach proper hand washing.
- Provide student wellness resource area with information about hand washing, sneezing, coughing, MRSA, germs, etc.
- Schedule class assembly messages from pop music for smokeless tobacco, social norms awareness, and peer led motion activities.



# SCHOOL HEALTH SERVICES BEST PRACTICES

- ◆ Collect data for body mass index or percentage of body fat.
- ◆ Provide resources for parents whose children will receive a BMI letter (all students in grades 1, 3, and 6).
- ◆ Provide students and parents with information about services for overweight children.
- ◆ Teach proper hand washing.
- ◆ Educate staff on CPR, First Aid and AED.
- ◆ Have school nurse do health spots on the news in school (hand washing and prevention.)
- ◆ Give presentation of information to PTO/SAC.
- ◆ Promote weekly weigh-ins for at risk BMI (optional.)
- ◆ Include in monthly articles choices of alternatives, not just giving a list of NOs.
- ◆ Educate with classroom cooking activities.



# NUTRITION BEST PRACTICES

- ◆ Work with restaurants to revise their student rewards.
- ◆ Use other means besides food for fund-raising.



- ◆ Walk-a-thons
- ◆ Sell flowers
- ◆ Sell balloons
- ◆ Dunk a principal
- ◆ Rummage sales with school family donations



- ◆ Celebrate with non-food rewards ([click for ideas](#)).
- ◆ Implement recess before lunch.
- ◆ Discourage competition for food.
- ◆ Discourage bad eating habits (eating too fast, etc.).
- ◆ List the calories, carbohydrates, and fats for each meal served in the cafeteria so students can make good choices.
- ◆ Limit student choices at lunch.
- ◆ Have water vending machines at middle and high schools.
- ◆ Have students create recipe books for healthy living.
- ◆ Give daily nutrition education information via the announcements.
- ◆ Allow the school Wellness Committee to decide what exceptions are appropriate to the policy which restricts non-nutritious foods at celebrations ([click for ideas](#)).
- ◆ Request SAC support and promotion for the decisions made by the Wellness Committee.



# NUTRITION BEST PRACTICES

- ◆ Institute Smiley labs.
- ◆ Encourage salad bars at every level.
- ◆ Distribute or make available handouts for parents.
- ◆ Demonstrate and share healthy cooking.
- ◆ Provide cafeteria tour and plan for taste testing.
- ◆ Educate by incorporating healthy nutrition options in health lessons.
- ◆ Offer samples of healthy food choices in the cafeteria to encourage students' healthy choices.
- ◆ Provide an approved list of food times allowed on campus.
- ◆ Have student exchange of healthy recipes in classroom.
- ◆ Host a wellness learning meeting.
- ◆ Schedule reminders to classroom teachers.
- ◆ Schedule recess before lunch.
- ◆ Recognize “honor and merit” students in the school newsletter.
- ◆ Reduce by one per week, breaded food choice available in the cafeteria.
- ◆ Discontinue lunch line rewards for students.
- ◆ Monitor the relevance of food used in the classroom.
- ◆ Include nutrition education on menus.
- ◆ Increase selections of healthful choices in staff lounge vending machines.



# NUTRITION BEST PRACTICES

- ◆ Dialog between Wellness Committee and cafeteria manager to take a progressive approach to all aspects of offering healthy foods during the school day and during all school activities.
- ◆ Discourage students from bringing fast food to lunch.
- ◆ Use “wear what” as a fund raiser.
- ◆ Include healthy snack recipes in nutrition units as part of the regular curriculum.
- ◆ Monitoring by teachers of snack items brought to school by students to be eaten at snack time.
- ◆ Use flyers to keep parents informed of our Wellness initiatives.
- ◆ Work with Champs Café to announce healthy eating habits.
- ◆ Increase fruit and vegetable selections for students and staff.
- ◆ Prepare individual student Dietary Plans.
- ◆ Compile cafeteria choices with the county’s nutritious food choices. Present on TV with student chefs announcing calorie counts, saturated fat amounts, and carbohydrates in popular food choices.
- ◆ Limit student choices for extra desserts at lunch.
- ◆ Display nutritional posters in café and school halls.
- ◆ Encourage nutritional food for fund raising.
- ◆ Create health newsletter to staff.
- ◆ Provide booklets/newsletters on nutrition to families.
- ◆ Plan an American Heart Association with a Get Moving Night.





# IDEAS FOR NON-FOOD REWARDS

- Ask students to make a list of non-food rewards.
- Ask parents to develop creative parties.
- Pens, Pencils, and Markers.
- Bookmarks.
- Trinkets (frisbees, magnets).
- Activity/Game Sheets.
- Reading Time.
- Class, homework time, or reading time in a special setting (outside, in the library, etc.).
- Extra recess.
- Extra credit.
- Extra art time.
- Computer time.
- Be the helper.
- Teach the class.
- Sit by friends.
- Eat lunch with the teacher or principal.
- Have lunch or breakfast in the classroom.
- Watch a fun video.
- Take a fun physical activity break.



- Show-and-tell.
- Bank system—earn tokens for privileges.
- Read a special book to the class.
- Teacher does something special (like a cartwheel or singing).
- Free choice time.
- Listen to music while working.
- Reduced homework.
- Give a “No homework pass.”
- Coupons/gift certificates for video stores, music stores, and movies.
- Talk time at end of class.
- Brain teasers.
- Field trip.
- Choose the story for the day.
- Take care of the calendar.
- First in line.
- Permission to draw on white board.
- Visit the principal for praise.
- Extra computer time.
- Sit at the teacher’s desk.



# NUTRITIOUS CELEBRATIONS



- Provide parents menus of healthy items for birthday parties.
- Have a party once a month for all birthdays with healthy food.
- Have food sampling parties.
- Have watermelon for parties and party outside.
- Have “crunch and munch” parties with healthy choices.
- Survey students to discover the healthy foods they like.
- Ask parents to develop creative ideas for parties.
- Disallow homemade items.
- Plan “healthy hunts” for smaller children.
- [Theme Party Recipe Ideas.](#)
- Low-fat tortilla chips with salsa or bean dip.
- Trail/cereal mix with whole grains and low-sugar cereals mixed with dried fruits, pretzels, etc.
- Nuts and seeds.
- Low-fat pudding, yogurt, squeezable yogurt, smoothies, or banana splits with yogurt and fruit and crushed graham crackers.
- Angel food cake with a selection of low-sugar fruit toppings for students to choose.
- Ham, cheese, or turkey wraps that students can create.
- [List of healthy snacks from the Center for Science in the Public Interest.](#)
- [Additional ideas available from the Connecticut State Department of Education.](#)



# PHYSICAL EDUCATION BEST PRACTICES



- ◆ Provide pedometers for students.
- ◆ Provide physical activity for every student every day.
- ◆ Create a list of places in the school where physical activity can take place.
- ◆ Increase awareness of the importance of health and physical education.
- ◆ Create a list of types of physical activities—chart students' selections and goals (walking, bicycling, dancing, neighborhood walks, resistance training, yoga, clubs, etc.
- ◆ Provide recreational activities and programs before and after school.
- ◆ Provide additional recess equipment that is grade appropriate.
- ◆ Establish supervised activity stations.
- ◆ Walk/run the track before academic lessons.
- ◆ Recognize students over intercom for participation in school sports teams.
- ◆ Create walking paths on campus.
- ◆ Schedule field day activities.
- ◆ Create Smile Lab and Brain Gym.
- ◆ Create student exercise videos.
- ◆ Incorporate physical activity in fund raising.
- ◆ Include cardiovascular fitness evaluation with PE.
- ◆ Educate students on the use of recording changes and improvements with heart monitors.
- ◆ Have students determine personal best score/distance.
- ◆ Promote ideas for things to do at home for physical activity.
- ◆ Highlight out of school sports and activities on the intercom.
- ◆ Use heart rate monitors to record cardio data.
- ◆ Take body composition twice every nine weeks.
- ◆ Keep nutrition food journals or personal portfolios by all PE students to track data.
- ◆ Integrate cardiovascular fitness into health education and physical education in the curriculum.
- ◆ Encourage participation with “Jump Rope for Heart.”
- ◆ Participation in the Governor’s Physical Fitness Challenge.
- ◆ Establish a weight training program for students before, during and/or after school.
- ◆ Reward students with certificates, pins or trophies for successes.





# SCHOOL ENVIRONMENT BEST PRACTICES

- ◆ Create walking paths on campus.
- ◆ Allow time for hand washing before lunch.
- ◆ Have a wellness resource area at school.
- ◆ Work to make the campus “green.”
- ◆ Provide daily health and wellness announcements.
- ◆ Give monthly wellness focus for entire school.
- ◆ Explore internet sites for ideas to implement.
- ◆ Teach students proper mealtime manners for dining out.
- ◆ Ask teachers to volunteer to eat with the children occasionally.
- ◆ Begin a fly-fishing club.
- ◆ Increase awareness of disease prevention with handouts and posters.
- ◆ Encourage recycling of paper and aluminum cans
- ◆ Create a campus clean up promotion.
- ◆ Encourage staff/students to use Wii programs



# SOCIAL SERVICES BEST PRACTICES



- Teach relaxation techniques to students.
- Teach activities that release endorphins.
- Teach techniques for stress relief.
- Teach students ways to cope with the stress of testing.
- Increase opportunities for students to speak with counselors.
- Provide coping and test preparation guidance.
- Initiate a “Walk the Bridge” team and other stress relief ideas for students, staff and families.
- Provide information about relaxation and techniques.

