



STUDENTS  
LEADING  
HEALTHY  
LIVES

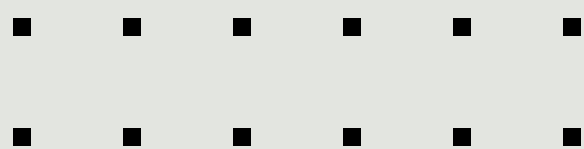


Whitney Tucker- Morris Elementary P.E. Teacher  
Kelli Baker- Morris Elementary Counselor

**We are so glad you are here!**

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# OUR WHY

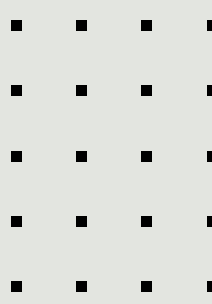
The pandemic created the need for us to re-engage with our families. Families need support more than ever in a variety of ways. We felt the need to reinvent pathways towards healthy relationships.

We want to foster a growth mindset for our students allowing the support needed to grow into their best self.



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# SCHOOL HEALTH INDEX



	2017	2023
HEALTH EDUCATION	61-80%	81-100%
PHYSICAL EDUCATION	61-80%	81-100%
FAMILY ENGAGEMENT	61-80%	81-100%
COMMUNITY INVOLVEMENT	41-60%	81-100%

Get Fit Grant/SHI  
An online self-evaluation and planning tool for schools.

We used this to guide our forward motion regarding health and wellness.

# WAYS WE PROMOTE HEALTHY LIVES



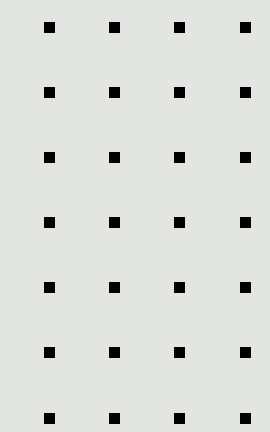
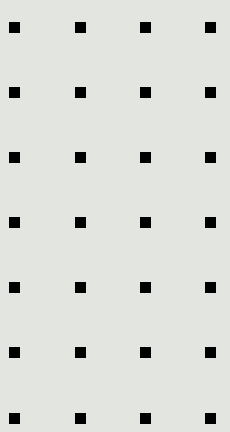
**Family Fun Nights-** An evening of fun for families to strengthen relationships.

**The Morris Movement-** A districtwide student led podcast provided as a high school elective, as well as an additional activity for elementary students.

**Eagle Eats Leadership Program-** A student led drink shop business providing leadership opportunities for students focusing on a variety of areas.

**Wellness Rooms-** Wellness rooms created to support mental wellness, calm and relaxation.

**Outdoor Classroom & Garden/Greenhouse-** Area created to enhance learning outdoors while providing hands on experiences.



# IT TAKES A VILLAGE



## COMMUNITY INVOLVEMENT

Community members setup stations, donate prizes, and provide a free meal.

## FAMILY RELATIONSHIPS

Families enjoy a free event with dinner included to spend time and engage in various activities.

## STAFF INVOLVEMENT

Teachers and staff set-up the event, run stations, and visit with families throughout the night.

## HS/MS STUDENTS

Students help with all aspects and interact with the students and families.





# COMMUNITY PARTNERS



**CREEK NATION**

**YMCA**

Deep Fork Wildlife  
Refuge

**HEALTHY EATING  
COACH**



**FAMILY  
ATTRACTIONS**

**FOOD TRUCKS**

**BUSINESSES**

**BANKS**



# GLOW DANCE

The lights were turned off and black lights were turned on to illuminate the neon decorations and glow bracelets and necklaces. Students enjoyed dancing in the glow with their friends and families.





# SMOOTHIE BIKES

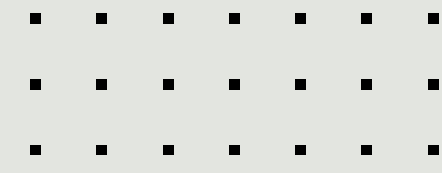
Smoothie bikes were a huge success this year. They are a stationary bicycle with a blender attachment. The blenders are filled with various ingredients such as fruit and yogurt. The students pedal the bikes to make the blender work. These bikes were purchased through the Get Fit Grant through a company called Rock The Bike.



# THE COLOR FUN RUN

Students participated in a color fun run fundraiser leading up to family fun night. The event concluded with a race around the park. Volunteers sprayed non toxic colored powder on families as they went by.





# WHAT THE FUTURE HOLDS

## MORE COMMUNITY INVOLVEMENT

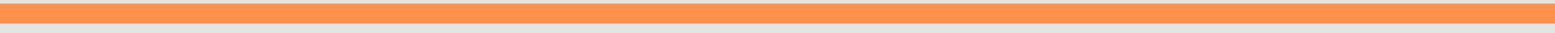
Highlighting available opportunities within our community for families.

## BRIDGING THE GAP

Families need to realize what resources are available within the area for support.

## DISTRICT INVOLVEMENT

Creating a unified district that works as one from PK-12.



# The Morris Movement



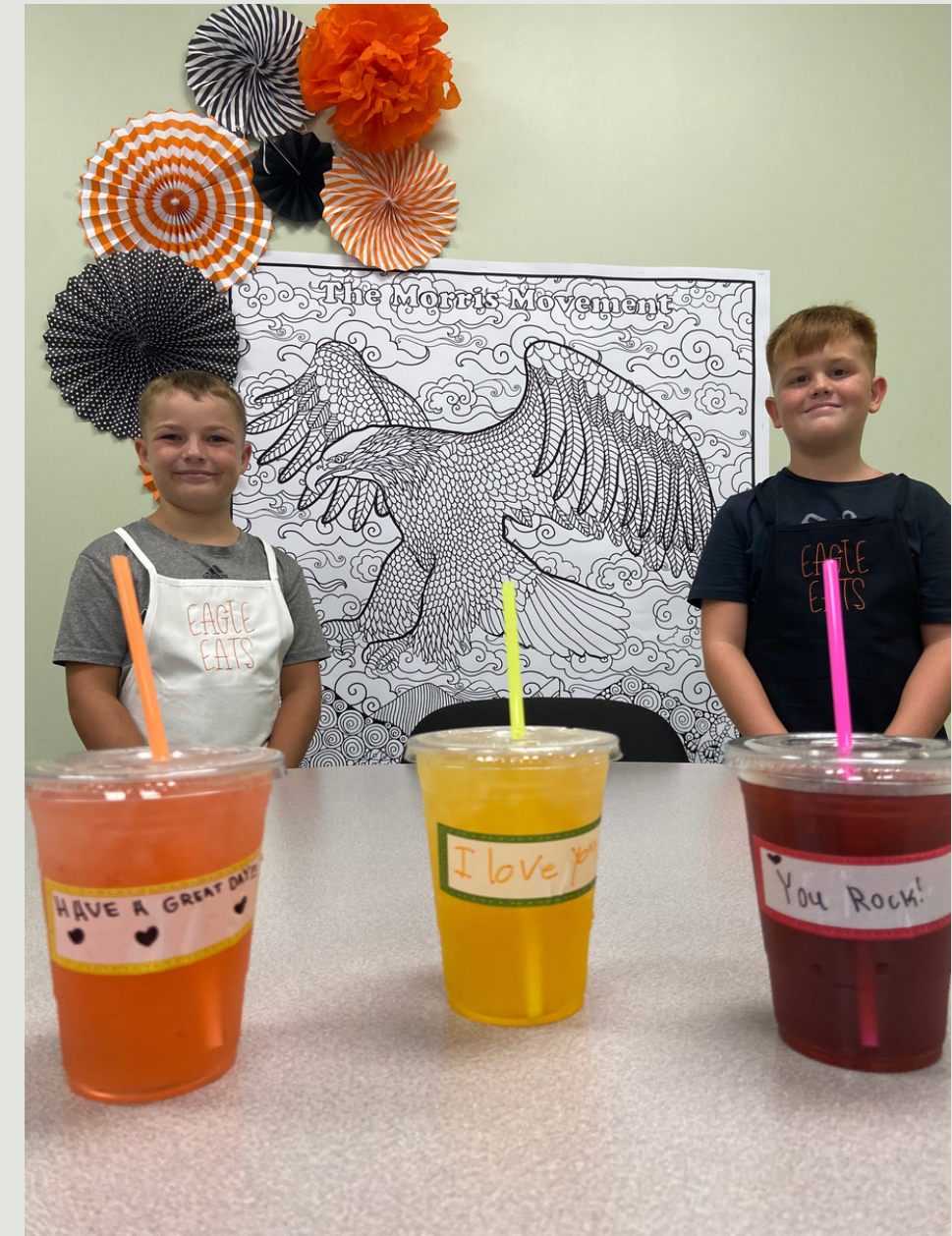
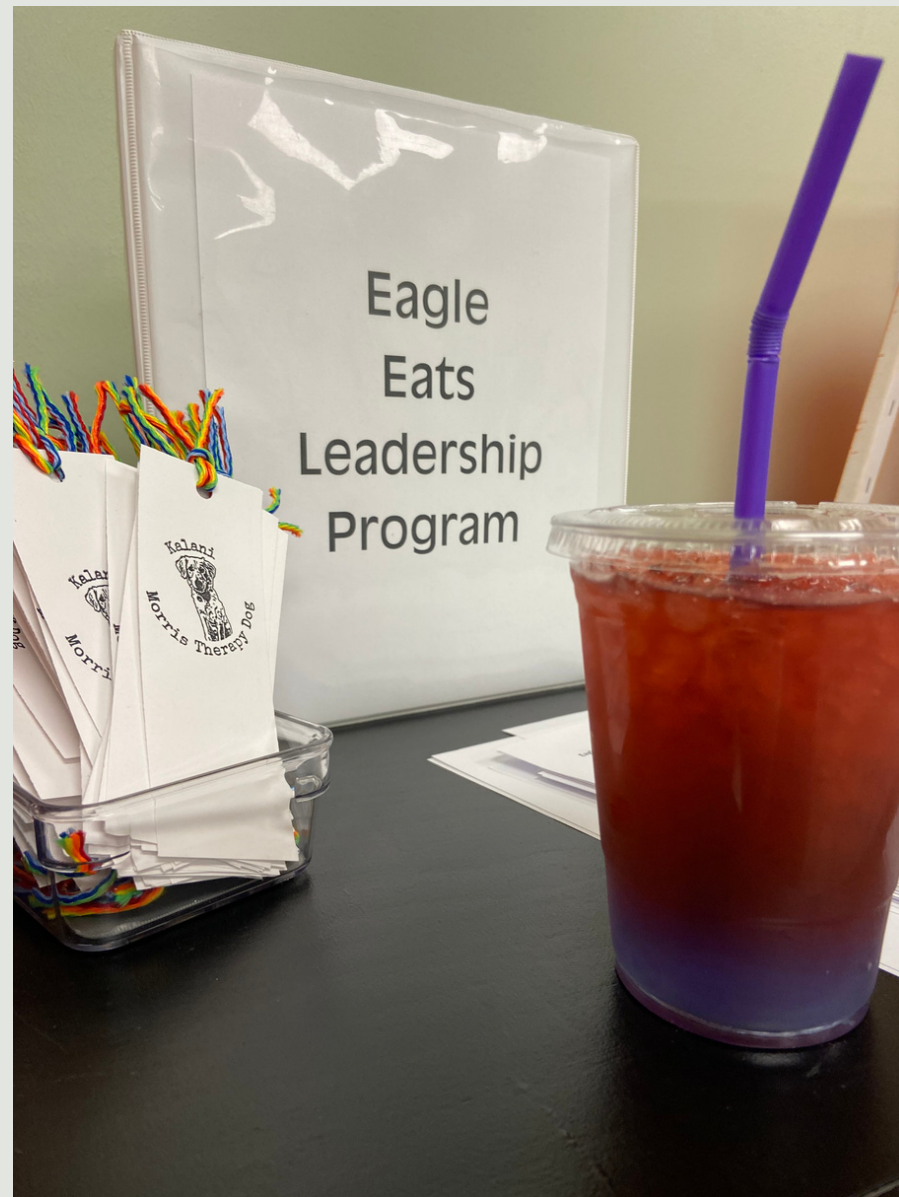
# THE MORRIS MOVEMENT

The podcast was created to promote all of the success stories of our district. It provides new opportunities for students to explore technology career paths. Being able to participate in the podcast, provides the students a way to have their voices heard, while also support healthy dialogue. It is a way to connect with community members and showcase our district. Student groups are interviewed in order to promote their activities. Health and wellness activities are highlighted as well as upcoming events and opportunities for students.



# EAGLE EATS LEADERSHIP PROGRAM

Eagle Eats leadership program was developed to promote leadership and responsibility by allowing students an opportunity to take on roles not normally offered in an educational setting.



# WHERE TO BEGIN WITH LEADERSHIP BUSINESS

## EMPLOYEE INTERVIEWS

Students are selected to take part in an interview process before being hired. A contract is signed by student, parent and principal. 3 per grade- K-5th

## WORK HOURS

Employees meet twice per week for 30 minutes each time to develop menus, learn their jobs and responsibilities and prepare for sale day.

## TAKING ORDERS

Teachers and staff use a google sheet to place their order each week. They can prepay using a punch card.

## SALE DAY

Employees work together to make the drinks for each order. They deliver the drinks and punch the prepaid cards.



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# EAGLE EATS



10

*Where Leaders Take Flight*

2

NAME: \_\_\_\_\_

9

## PREPAY CARD

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5/17/2023	Watermelon Sugar		Bomb Pop		WaterBerry		Blue Ocean		Lava Rush		PomBerry		Collagen Added
	16 oz.	24 oz.	16 oz.	24 oz.	16 oz.	24 oz.	16 oz.	24 oz.	16 oz.	24 oz.	16 oz.	24 oz.	
Mrs. A.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vicki	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sherry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
George	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cox	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spunier	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nurse Bonnie	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>





# WELLNESS ROOMS

# OUTDOOR CLASSROOM, GARDEN AND GREENHOUSE

The outdoor classroom was created to provide students and staff with a peaceful area to engage with subjects in an alternative area to a standard classroom. The outdoor classroom provides space for fieldtrips to come to our school location as well, accomodating more outdoor hands on learning. The garden is available to all classes and grades, but is primarily overseen by our severe/profound special education classroom. We currently have a variety of flowers, pumpkins, okra, beans, corn, and tomatoes growing. The greenhouse allows groups to continue growing year round.



# WHAT DOES THIS LEAD TO....

At Morris Elementary, our priority each day is to positively impact our student's lives. We work diligently to think outside the box, and create memories as well as positive habits for our students and families.

On September 26, 2023, we were nationally recognized through the Alliance of Healthier Generations as 1 of 781 individual schools in only 36 states as one of the nation's healthiest schools. **Morris Elementary School was the only school in the state of Oklahoma recognized for 2023.** We are honored to be recognized as our hope is we can provide other schools with the opportunity to use and adapt our ideas to benefit their own students.

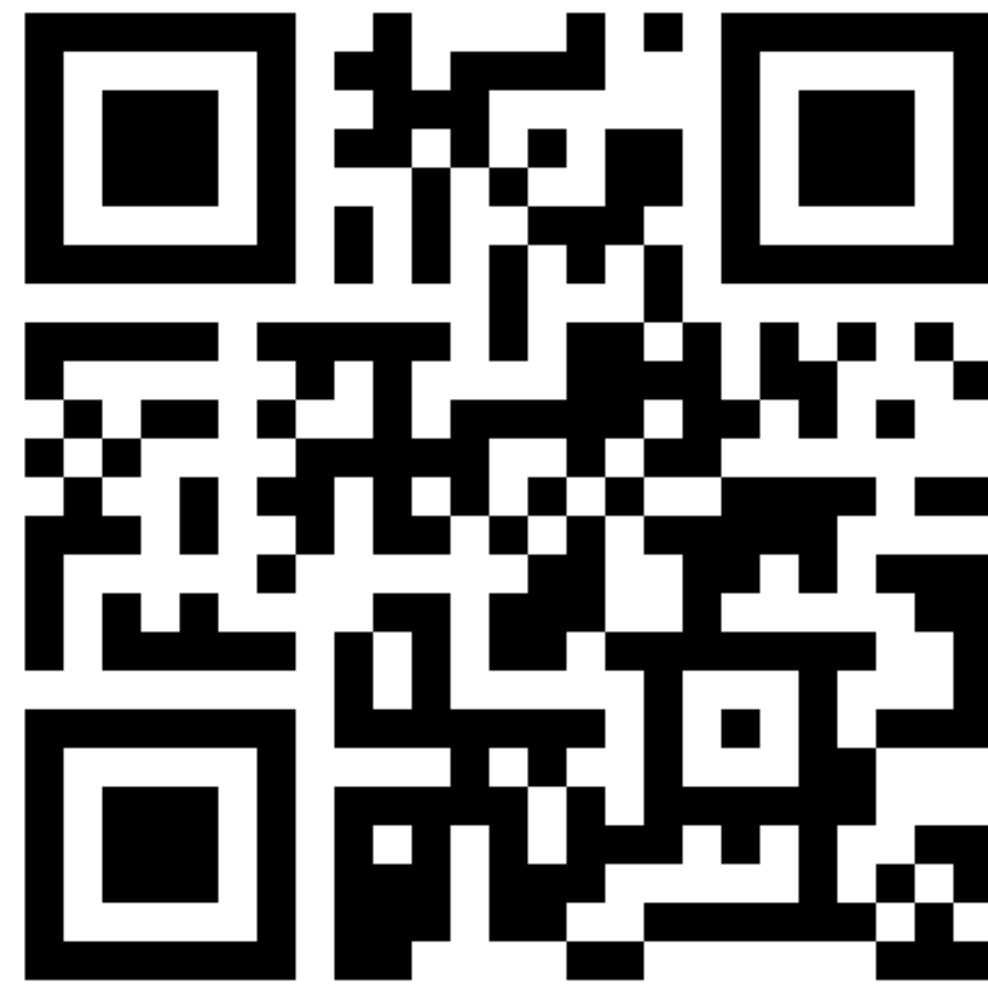


**Morris Elementary is a GREAT place to be!**



Thanks so much for listening to our story.

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