

Healthy Schools Oklahoma

Family Engagement Strategies using Physical Activity



healthy schools

Led
by



bethany children's

Meet Us!



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About KYM!



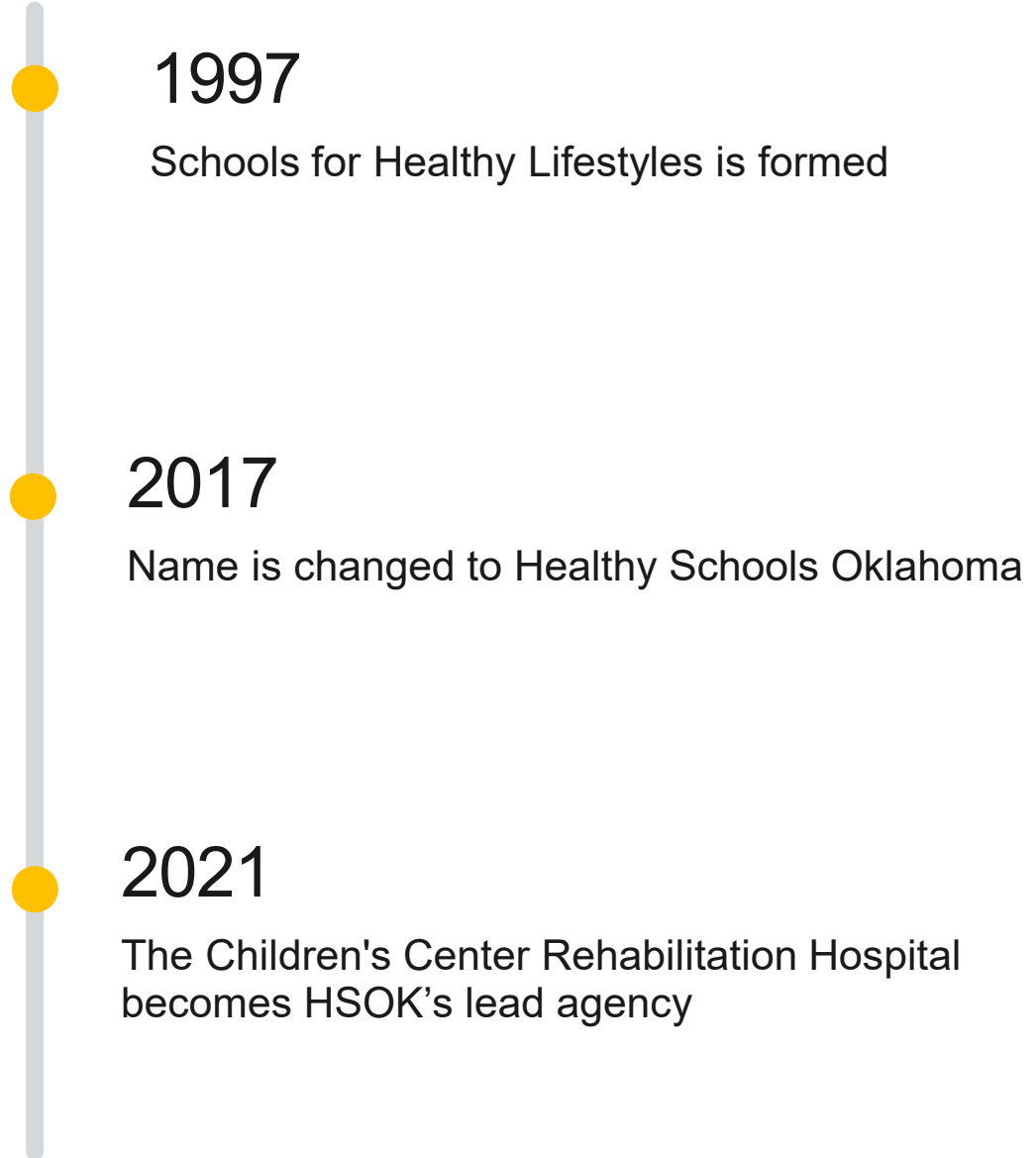
HSOK Mission Statement:

To promote and maintain healthy lifestyle choices in Oklahoma through preventive, community-based school health education programs for students, their families, and faculty.

EST. 1997

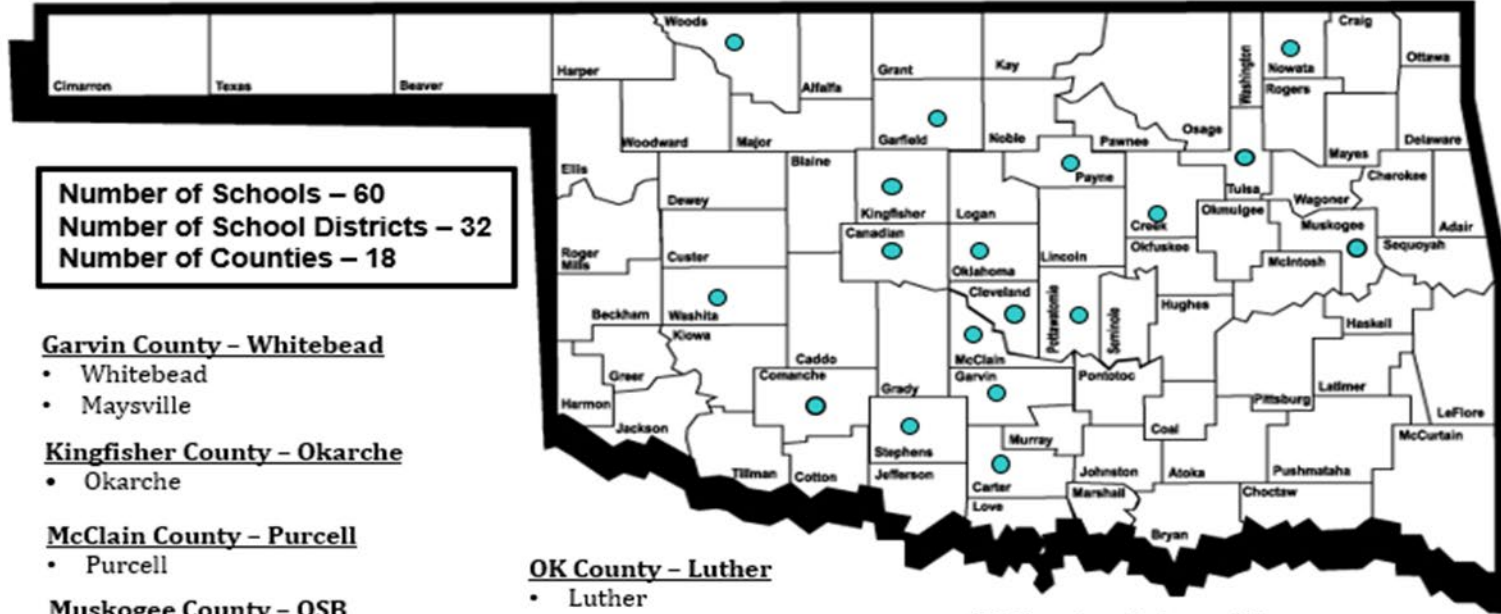


Program Timeline:





Healthy Schools Oklahoma 2022-23



Canadian County – Mustang

- Meadow Brook

Canadian County – Mustang

- Centennial
- Trails

Canadian County – Yukon

- Central
- Surrey Hills

Carter County – Lone Grove

- Lone Grove

Carter County – Wilson

- Wilson

Cleveland County – Norman

- Jefferson
- John Adams

Comanche County – Flower Mound

- Flower Mound

Creek County – Bristow

- Collins

Creek County – Drumright

- Bradley

Garfield County – Cimarron

- Cimarron

Garfield County – Enid

- Garfield
- Hayes

Garvin County – Whitebead

- Whitebead
- Maysville

Kingfisher County – Okarche

- Okarche

McClain County – Purcell

- Purcell

Muskogee County – OSB

- Oklahoma School for the Blind

Nowata County – OK Union

- Oklahoma Union

OK County – Bethany

- Earl Harris

OK County – Choctaw

- Choctaw
- Indian Meridian

OK County – Deer Creek

- Deer Creek
- Grove Valley
- Spring Creek

OK County – Edmond

- Charles Haskell
- Frontier
- Heritage
- Washington Irving

OK County – Jones

- Jones

OK County – Luther

- Luther

OK County – Midwest City

- Epperly Heights
- Tinker

OK County – Moore

- Red Oak

OK County – OKC

- Bodine
- Britton
- Coolidge
- Eugene Field
- Esperanza
- Fillmore
- Hupfeld Academy
- Kaiser
- ML King
- Lee
- Nichols Hills
- Rockwood
- Rogers
- Shidler
- Southern Hills

OK County – Putnam City

- Windsor Hills

Payne County – Cushing

- Cushing Lower
- Cushing Upper

Pottawatomie County – Shawnee

- Horace Mann

Stephens County – Duncan

- Mark Twain

Tulsa County – Jenks

- Jenks Southeast

Tulsa County – Tulsa Legacy Charter

- Tulsa Legacy Charter Primary

Washita County – Burns Flat/Dill City

- Will Rogers

Woods County – Alva

- Washington





STAND
OR
SIT



Morning person



STAND
OR
SIT

Night owl



Teacher



Administrator



STAND
OR
SIT



Feel your school
is good at family
Engagement.



STAND
OR
SIT

Your school needs
help with family
Engagement.



Family engagement
excites you



STAND
OR
SIT

Family engagement
frightens you.



What is Family Engagement?

Family and community engagement in school-based physical activity programs provides numerous benefits. When families are active together, they spend additional time together and experience health benefits. Parents, guardians, or other family members can support a CSPAP by participating in evening or weekend special events, or by serving as physical education or physical activity volunteers. Community involvement allows maximum use of school and community resources and creates a connection between school and community-based physical activity opportunities. Community organizations might provide programs before or after school or establish joint-use or shared-use agreements with schools.

- *SHAPE America*



Family Engagement with schools

Did you know?

Students whose parents are more involved in their schooling are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behavior, and adapt well to school.



Ways to Engage Your Parents

- Monthly Newsletters
- Literacy Night
- Math Night
- Health Fairs
- Virtual Events
- Volunteer Opportunities
- Wellness Activities
- Social Media
-And More!

What can this look like?



Literacy Night

- Exercise Word Scrambler
 - Resource
- Heart Hero Storytime
- Ahh, Umm, Err
- Roll & Go
 - Resource



Discussion



Math Night

- [High-5 Bank Account](#)
- [Shoot 11](#)
- [Tax Day Tag](#)
 - [Resource](#)
- [Once, Twice, Show](#)



Let's GO!

VARSITY // BRANDS



SHOOT 11

EQUIPMENT NEEDED:

- None

ORGANIZE:

- **Space:** Divide activity area into 4 quadrants.
- **Students:** Divide space into 4 quadrants. Create 8 teams; 2 teams compete in each quadrant. Each team forms a small circle.

PROCEDURES:

- **The Object:** Have the total number of fingers shown from all team members add up to 11.
- **The Process:** Team members place 1 hand behind their back. The team chants "1,2,3, show!" Everyone takes their hands from behind their backs and shows any number of fingers (1–5). Add up the fingers from each student to get the group total.
- If the sum adds up to 11 exactly, you have successfully completed this challenge. If the sum does not total 11, perform the task listed below and then repeat the process above.
- Students cannot throw the same number with consecutive throws.
- Exercises:
 - Day 1: 10 Jumping Jacks
 - Day 2: 10 Plank Shoulder Taps
 - Day 3: Downward Dog Pose for 10 Count
 - Day 4: Name 1 Fruit (No Repeats!)

US Games

OPENPhysEd.org



Discussion



Health Fairs



- Invite community partners that promote physical activity, nutrition or other health areas you need in your schools.
- Have a section for parents to see what students are doing in the PE program.
- Include activities you are doing to promote lifelong fitness.



Social Media



- Start a social media page for the physical education program.
- Engage parents by posting weekly content about what you are doing in PE.
- Include activities, or fun challenges they can participate in.
- Keep is simple and easy



Family PE Week



Family PE Week

October 2-6, 2023

Active Schools | OPEN

#FamiliesLovePE

- Invite Families to come with their student to their PE class!
- Invite Parents to participate virtually
- Ask parents to pick the activity
- You can have Family PE week whenever it best works for you and your school!



Discussion



Walk to School Day

Bike/Roll to School Day



- Invite families to walk to school the first Wednesday in October
- Invite families to bike or roll to school in May
- Make the day work for YOU! Pick a day that works for your school if you need to!
- Don't have a safe route to school? Find a meeting spot to start and walk as a school together!
- Make it fun! Have some music playing and lead some exercises when the students reach the school



DEAM Calendars

JUNE DEAM Calendar **JUMP IN**
Drop Everything And Move with both feet

Name: _____ Teacher: _____

Purpose:
This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:
After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

Done	Day	DEAM Activity
<input type="checkbox"/>	1	Enjoy the great outdoors!
<input type="checkbox"/>	2	Do as many curl-ups as you can.
<input type="checkbox"/>	3	Use sidewalk chalk to make a hopscotch board.
<input type="checkbox"/>	4	Call out words that rhyme with "pop" while you hop in place.
<input type="checkbox"/>	5	Take a walk.
<input type="checkbox"/>	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
<input type="checkbox"/>	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
<input type="checkbox"/>	8	It's National Gardening Week. Plant something!
<input type="checkbox"/>	9	Do as many trunk-lifts as you can.
<input type="checkbox"/>	10	Use sidewalk chalk to make a 2-square game and challenge a friend.
<input type="checkbox"/>	11	Do push-up shoulder taps while someone calls out words for you to spell.
<input type="checkbox"/>	12	Take a walk.
<input type="checkbox"/>	13	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
<input type="checkbox"/>	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
<input type="checkbox"/>	15	Go on a hike!
<input type="checkbox"/>	16	Do as many squats as you can.
<input type="checkbox"/>	17	Use sidewalk chalk to draw a maze and challenge an adult.
<input type="checkbox"/>	18	Perform squat-jumps while naming bones in the body.
<input type="checkbox"/>	19	Take a walk.
<input type="checkbox"/>	20	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
<input type="checkbox"/>	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
<input type="checkbox"/>	22	Lightning Safety Week: Play outside if it is SAFE!
<input type="checkbox"/>	23	Do as many push-ups as you can.
<input type="checkbox"/>	24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
<input type="checkbox"/>	25	Read a book while doing a wall sit.
<input type="checkbox"/>	26	Take a walk.
<input type="checkbox"/>	27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
<input type="checkbox"/>	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
<input type="checkbox"/>	29	Help someone with their chores!
<input type="checkbox"/>	30	Do as many star-jumps as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.

OPENPhysEd.org

Created by Nick Kline - @PhysEd on Twitter

- Families can get physical activity together at home
- Encourage families to participate by putting the calendars on each monthly newsletter
- Host a social media challenge!



Field Day/Super Kids Day



- Volunteers can run stations
- Volunteers can bring water and snacks
- Volunteers can help set up or clean up
- Volunteers can help groups of students go to each station

[OPEN National Field Day - OPEN Physical Education Curriculum \(openphised.org\)](https://openphised.org)



Pathways to Engaging Families, Schools & Communities: Oklahoma's Framework



Pathways to Engaging Families, Schools and Communities: Oklahoma's Framework

Self-paced
3 credits

Enroll Now 

The Oklahoma State Department of Education (OSDE) worked with family engagement expert Dr. Steve Constantino in creating a series of webinars to operationalize the framework across the state. These webinars, as well as other valuable family engagement resources, are included in this course.



Questions?



**Contact
Us!**

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Presentation!**

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our App!**



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