

STUDENT HEALTHY WEIGHT PROGRAM

Physical Education Discussion Topics and Resources to Support a Wellness Plan for Students

On the **DHMH website** all the **5-2-1-Almost None** resources for the program can be found along with other resources such as the Physical Education Teacher Student Health Profile Survey and Physical Activity Logs. DHMH Website link: <http://phpa.dhmh.maryland.gov/ccdpc/shwp/Pages/about.aspx>

You can also access resources for the 5-2-1-Almost None program directly off the Nemours Children’s Health System. To access the site go

to: <http://www.nemours.org/service/health/growuphealthy/521almostnone.html>

The Nemours Children’s Health System has a wellness plan entitled 5-2-1-Almost None that will be used as the educational component for the program. The Nemours wellness plan site has resources for parents and educators along with fact sheets to support discussion topics for the students and parents.

At the home page click on the **“Resources for Educators”** in the center of the page. Resources are provided under six topic areas. The six topic areas include: 5-2-1-Almost None Program Overview, Healthy Eating, Physical Activity, Screen Time, Sleep Resources, and Emotional Wellness. On the same home page you can access **“Resources for Parents”** in the center of the page. All the handouts for **“Kids/Students”** and **“Parents”** can be printed for follow-up in the home. The overview of the program is listed under **“Our Formula”**.

Additional information about the discussion topics can be found on the left side of the home page under **“Growing Up Healthy”**. Click on each topic area for additional information to share during the discussion times you have with the student.

Getting Started

- 1) Meet with the School Nurse
 - Discuss the referral prescription provided by the student’s health care provider
 - Review the Maryland Department of Health and Mental Hygiene’s program website and ensure you are familiar with the following:
 - i. My Health Profile - PE Teacher Survey
 - ii. Student Wellness Action Plan Quarterly Progress Report - PE Teacher
 - iii. PE Discussion Topics and Resources to Support a Wellness Plan for Students
 - iv. Exercise Log
- 2) Contact the parents via email or phone and setup a time to discuss student goals for the program
- 3) Develop a plan and time to meet with the student.
- 4) Review the Physical Education Discussion Topics Document found here before the first meeting with student

Meeting 1: Introduction

1. Discuss the Student Healthy Weight Program with the student. Discuss goals and expectations based on the referral from the health care provider.
2. **Complete My Health Profile Pre-Survey (PE Health Profile Survey to be completed on first visit)**
Download the Student PE Health Profile Survey for Physical Activity and Screen Time off the DHMH website linked here: [Student PE Health Profile Survey](#) Have the student complete the survey with you. This provides an opportunity to initiate an informal conversation with the student. The PE Health Profile Survey can be used as a pre-post assessment if desired.

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Meeting 2: Benefits of a Healthy Lifestyle

1. Discuss the benefits of a healthy lifestyle
 - Healthy Heart and Lungs
 - Better Personal Fitness and Stamina
 - Disease Prevention (Diabetes, Asthma, High Blood Pressure)
 - Weight Management
2. Discuss “5 Ways to a Healthy Lifestyle”
<http://www.healthykids.nsw.gov.au/kids-teens/5-ways-to-a-healthy-lifestyle.aspx>
 Focus discussion on “**Get Active Each Day**” and “**Switch off the Screen**”
3. Read Healthy Lifestyle Story linked here: Choose example 2 about Kevin and discuss ways to help Kevin in the example live a healthier lifestyle.
http://www.learnnc.org/lp/media/uploads/2010/05/healthy_lifestyles.pdf

Meeting 3: 5-2-1-Almost None Wellness Plan

1. Introduce the 5-2-1-Almost None Wellness Plan Components to the student
Download 5-2-1-Almost None Overview from the **DHMH Website** linked here: [Five-Two-One-Almost None](#) or from the **Nemours homepage** under “Our Formula for a Healthy Lifestyle”.
<http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/521aninforev.pdf>
2. Share with Student the components of Physical Activity and Screen Time. Provide handout for Parent
 - *Discuss Two hours or less of screen time
 - *Discuss One Hour of physical activity

Meeting 4: Discuss Physical Activity

1. Under Resources for Educators for Physical Activity on Nemours site: Download the Fact Sheets for Parents and Kids on ideas and resources for encouraging Physical Activity
<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>
2. Discuss the following with the student
 - Try to get at least 1 hour of physical activity per day
 - Discuss physical activity you can do with friends, family or yourself
 - Student’s Favorite Activities at Home and School
 - Examples like: Walk, Dance, Jumping rope, Ride a bike, Play catch, Throw a Frisbee
3. Gr. K-3 Go to downloadable resources on the Kentucky 5210 Resources and download the **5210 Coloring Pages** and provide the 1 hour of physical activity coloring page to student from this link as homework:
<http://chfs.ky.gov/NR/rdonlyres/EB8D72F8-9F0D-48F2-832C-D67E0F40DC8F/0/5210Coloringpages.pdf>
 Gr. 4-5 Have upper level students complete the physical activity word search as homework found on the American Diabetes website linked here: http://schoolwalk.diabetes.org/swfd/swfd_wordfind.pdf

Meeting 5: Introduce the Physical Activity Log

1. Download one of the Physical Activity Logs to use with the student from the DHMH Website linked below. **Use one of the logs “Exercise is FUN!” for either a primary or intermediate student**
[Exercise is FUN! - K-2](#) (also in [Spanish](#)) - Physical activity log that can be used with younger students in the program to capture information on the physical activity habits of the student.
[Exercise is FUN! - 3-5](#) (also in [Spanish](#)) - Physical activity log that can be used with older students in the program to capture information on the physical activity habits of the student.
2. Explain to the student how to complete the Physical Activity Log for the week. Start the log for the day.
3. Send log home with the student to be completed with parent help

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Meeting 6: Physical Activity Log Review and Home Display Board

1. Review the physical activity log with the student.
 - Share suggestions for improvement.
 - Have student share at least one physical activity goal for improvement for the next week.
 - Send log home with the student to complete another week with the help of parents.

My physical activity goal for this week is to:

2. Design a 5-2-1 Almost None board to display in your home on the refrigerator. Use the graphics linked here to create your display. **5-2-1-Almost None Graphics (8.5 x 11 in., PDF):** [English](#) | [Spanish](#)
3. Match up the number with the healthy lifestyle recommendation — for example, display the number “1” next to the text saying “At Least 1 Hour of Physical Activity a Day”

Meeting 7: Family Physical Activity Log

1. Review Physical Activity Log
 - Discuss activities that can be done as a family
 - Include some family activities as part of the Physical Activity Log for another week
2. Under Resources for Parents on the Nemours Website linked below, provide information from page two about “**Tips for Setting Your Family in Motion**”
<http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/parent/parent1.pdf>
3. Create one family physical activity goal for the week.

My family physical activity goal for this week is to:

Meeting 8: Physical Activity Resources in the Community and Home

1. Discuss physical activity opportunities in the community the student might join. Encourage involvement in the following groups:
 - Local Park and Recreation Programs
 - Neighborhood Play Groups
 - Local YMCA Programs
2. Download the **Yearly Activity Calendar** from the Kentucky 5210 Resource site linked here:
<http://chfs.ky.gov/NR/rdonlyres/62DF04A1-C035-40AA-ACEB-2631E8C17661/0/Calendar.pdf>
 Based on the current month, share some of the additional physical activities the student can do at home. The symbol of the student jumping rope identifies physical activity ideas.
3. Under Resources for Educators on the Nemours site in Get Kids Moving Section for Physical Activity **Download “Physical Activity Brochure for Parents” and send home with Student.**
<http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/makeschoolmove/parents/parentpa.pdf>

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Also Download “Ideas for Parent Engagement” and send home with Student.

<http://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/makeschoolmove/parents/ideasparenteng.pdf>

Additional “Helpful Handouts” can be found in this section linked here:

<http://www.nemours.org/service/health/growuphealthy/activity/educators.html>

Meeting 9: Screen Time

1. Review Resources for Educators under the Screen Time Section of the Nemours Website linked here:

<http://www.nemours.org/service/health/growuphealthy/screentime/educators.html>

Review: Kids and Media Use

Screen Time Helpful Tips and Resources

2. Download the Screen Time Handout for Kids from the Nemours Website linked here:

<http://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/fivetwoone/kids/kids2.pdf>

1. Discuss the various types of multi-media tools being used in the home such as TV, computers, video games
2. Discuss the risks of too much screen time such as snacking while watching TV
3. Discuss what to do instead of watching TV

3. Download and send home with the student the Screen Time handout for Parent for discussion at home

<http://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/fivetwoone/parent/parent2.pdf>

Meeting 10: Screen Time Log

1. Download the Screen Time Log from the **Kentucky 5210 Resources site** <http://chfs.ky.gov/5210> linked here:

<http://chfs.ky.gov/NR/ronlyres/0809155B-B94A-4DC4-8476-996F770D7B7C/0/ScreenTimeLog.pdf>

- Explain to student how to complete the Screen Time Log for the week
- Send log home to be completed with parent help
- Review Screen Time Log with student on completion

2. Go to downloadable resources on the Kentucky 5210 Resources and download the **5210 Coloring Pages** and provide the “2 hours or less of screen time” coloring page to student from this link as homework:

<http://chfs.ky.gov/NR/ronlyres/EB8D72F8-9F0D-48F2-832C-D67E0F40DC8F/0/5210Coloringpages.pdf>

Meeting 11: Screen Time Log and Goal

1. Review the screen time log with the student.

- Share suggestions for improvement.
- Have student share at least one screen time goal for improvement for the next week.
- Send screen time log home with the student to complete another week with the help of parents.
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My screen time goal for this week is to:

2. Design another 5-2-1 Almost None board to display in your home. Use the graphics linked here to create your display. **5-2-1-Almost None Graphics (8.5 x 11 in., PDF):** [English](#) | [Spanish](#)

Match up the number with the healthy lifestyle recommendation for screen time. Display the number “2” next to the text saying “No more than 2 hours a day in front of a screen”

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Meeting 12: Conclusion

1. Review the screen time log for improvement
2. **Complete My Health Profile Post-Survey** (PE Health Profile Survey to be completed at end of year visit) **Download the Student PE Health Profile Survey for Physical Activity and Screen Time** off the **DHMH website linked here:** [Student PE Health Profile Survey](#) Have the student complete the survey with you.
The survey can be used as a pre/post assessment if desired.
3. Set three health goals for the summer or rest of the year.

My three healthy physical activity and screen time goals.

1).

2).

3).

4. Consider other topics for discussion based on student interest or needs if time allows!

5-2-1-Almost None Resources to Support the Discussion Topics

Nemours The 5-2-1-Almost None site has resources for parents and educators along with fact sheets.

<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>

Materials for Educators

Teach your students to eat healthy and exercise daily by using the daily formula for a healthy lifestyle.

Download these handouts to help teach your kids about 5-2-1-Almost None. Available in English/Spanish

Parent and Kid-Friendly Handouts

Download these handouts to help teach your kids about 5-2-1-Almost None. Available in English/Spanish

Kentucky 5210 Resources

<http://chfs.ky.gov/5210>

Kentucky 5210 Power point

<http://chfs.ky.gov/NR/rdonlyres/682BD994-E145-409D-A78D-798F7F27E540/0/5210Toolkitoptimized.pdf>

5210 “Let’s Go” Program from Maine has a downloadable toolkit.

<http://www.letsgo.org/toolkits/k5toolkits/>

5-2-1-Almost None, Staying Healthy by the

Numbers http://kidshealth.org/classroom/3to5/personal/fitness/summer_handout1.pdf

Choose My Plate Resources

<http://www.choosemyplate.gov/kids/ParentsEducators.html>

MyPlate Kids' Place can help kids build healthy meals and to maintain or achieve a healthy weight. Parents and teachers are invited to use the [MyPlate Kids' Place Resources for Parents and Educators](#) for “teachable moments” that will influence children’s choices at home and at school.

Team Nutrition

More materials for kids and parents with kids can be found on the USDA website <http://www.fns.usda.gov/tn/team-nutrition>

Connect with KidsHealth

Visit [KidsHealth in the Classroom](#) <http://kidshealth.org/classroom/> to download any of our middle and high school lesson plans, featuring links to articles, discussion questions, classroom activities and extensions, handouts, and quizzes and answer keys. Lesson plans are aligned with [National Health Education Standards](#) and based on age-appropriate, expert-approved articles, in English, Spanish, and audio formats.

KidsHealth in the Classroom newsletter , sign up for your own free KidsHealth in the Classroom newsletter at:

<http://pages.email.kidshealth.org/page.aspx?QS=38dfbe491fab00ea061bb45fe374351499500cb139e01605>

More Resources from Nemours http://kidshealth.org/parent/nutrition_center/staying_fit/exercise.html

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges.

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Fitness for Kids Who Don't Like Sports

http://kidshealth.org/parent/nutrition_center/staying_fit/hate_sports.html

Some kids aren't natural athletes and they may say they just don't like sports. What then?

Why Exercise Is Cool http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html

Exercise can help keep a kid's body fit and healthy. Learn more about what exercise can do for you in this article for kids

What If I Don't Like Sports? http://kidshealth.org/kid/stay_healthy/fit/no_sports.html

Sports can be challenging when you're new to them, but they also can be really fun. Take a second look at sports - and learn other ways to be active.

It's Time to Play http://kidshealth.org/kid/stay_healthy/fit/what_time.html

If you're a kid, playing is your job. But sometimes you need a few ideas to get you going, find them here in this article.

Nutrition and Physical Activity Tips for Kids <http://fit.webmd.com/default.htm>

Resources from Fit Web MD

PYFP K-3 Fitness Club

Presidential Youth Fitness Program Fitness Club

<http://www.pyfp.org/earn-recognition/student-recognition>

The Fitness Club is a way to recognize and motivate students in grades K-3 for their participation in the FitnessGram assessment. • The Fitness Club encourages having fun and learning how to do the test properly. • Students in K-3 are encouraged to participate in FitnessGram, but scoring is not recommended