

## PE Teacher One-Pager

### Purpose and Background

The Student Healthy Weight Program provides severely obese children with education and behavior-modification services through the nurse and physical education teacher at their school.

The Physical Education teacher's role is to:

- Collaborate with the school nurse
- Serve as direct contact with student and parent on the physical activity and screen time education discussion topics
- Provide student progress updates to healthcare provider and parents through student progress reports

### Before Initial Visit

- Review student's referral prescription plan from the healthcare provider supplied by the school nurse
- Collaborate with school nurse to provide the educational program for the student
- Contact parent to discuss student/family goals for the program
- Review the Physical Education Teacher Toolkit and Resources that support the 5-2-1-Almost None program that are available on the **DHMH website listed as [PE Teacher Discussion Topics](#)**
- Review the Nemours Children's Health System Wellness Plan entitled 5-2-1-Almost None that will be used as the educational component for the program. To access the site go to:  
**<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>**
- On the Nemours Wellness Plan 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"
- Provide parent with the overview and handout of the Student Healthy Weight Program using Nemours 5-2-1-Almost None Program. [Five-Two-One-Almost None](#) (also in [Spanish](#))
- Additional information about the discussion topics can be found on the left side of the Nemours Wellness Plan 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.
- Determine the amount and best time to meet with the student based on your schedule

### During Initial Visit

- Discuss the Student Healthy Weight Program. Explain program focus is on wellness education and developing healthy habits rather than just weight loss
- Determine the best time to meet with the student during the week/month for future meetings
- Complete the Physical Activity Pre and Post Survey for background information about the student for future meetings

### At Follow-Up Visits

Continue to provide physical activity and screen time education information and provide home activities using the discussion topics connected to the Nemours 5-2-1-Almost None Program. Parents and Student are provided activities from the 5-2-1-Almost None program to be completed at home and returned to the PE Teacher such as:

- Student and parent will complete Physical Activity Logs and student reviews them with PE teacher
- Student and parent will complete screen time information and student reviews it with PE teacher
- Student and parent will complete information on wellness education and share with PE teacher