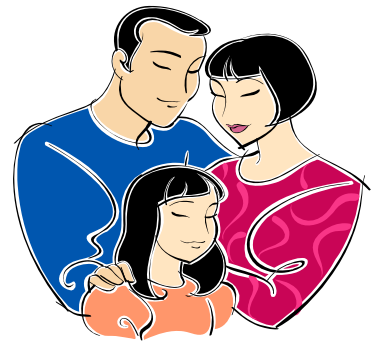
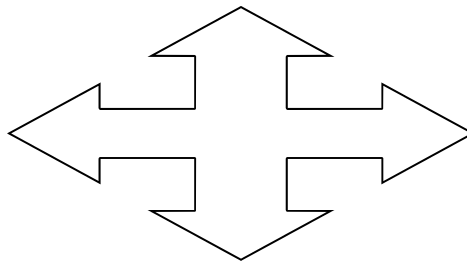


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# “HEALTHY HOLBROOK”



## Vision:

**Developing Healthy Choices for Holbrook!**

## Mission:

**The mission of the Holbrook Unified School District is to serve well fed, well exercised and well rounded children that are ready to develop Healthy Minds + Healthy Body + Healthy Spirits**

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## “HEALTHY HOLBROOK” PHILOSOPHY

1. To provide services throughout our district that encompass student and staff wellness through our PASS system:

Personal Development

Academic Development

Social Development

Success to achieve goals in life

2. To continuously evaluate student progress in reaching their potential through support programs in our district.

Physical Education Services

Counseling Services

Food Services

3. To provide outreach to our school and community in helping develop healthy lifestyles.

4. To ensure we are meeting state and federal guidelines for student wellness.

# **“HEALTHY HOLBROOK” PHILOSOPHY**

## **The current reality of our health programs: (brainstorming session)**

- We have the Fresh Fruits and Vegetables program in our elementary schools to introduce students to healthier food choices.
- Breakfast menu is reducing sugars.
- Improvements in dietary means for lunches served.
- Lunch menu is incorporating more whole grain and fresh fruits daily.
- There is a big gap between “fit” and “unfit” students.
- Fitness days are being implemented in the schools.
- Hulet conducts fitness testing (pre/post).
- PE is offered 2 times a week.
- Hulet is implementing “Race Across America” to endorse walking as a fitness program.
- There is low parental involvement/education about healthy life styles.
- Students are unmotivated.
- BMI stats are give to parents of Kindergarten ,2nd grade, 4th grade, and 7th grade students with brief information about what the statistics mean.
- Schools have been monitoring what students bring to school to eat and snack on.
- Promoting healthy snacks for parties.
- Energy drinks are brought on campus or drank at lunch time.
- Brain Gym at Park Elementary
- Elementary School “Healthy Nutrition” newsletter
- Wii fitness at Park Elementary
- Park, Hulet, HJHS and HHS Fuel Up to Play 60 Program
- Stride track at HJHS and Park– walking program
- Navajo County nutrition classes

## **Building a “Healthy Holbrook” program goals:**

- Increase PE times and periods per week. Bring one day per week Health education in elementary.
- Incorporate health/fitness into PE classes.
- Use county programs to help reinforce health concerns
- Educate parents, students, and teachers.
- Incentivize getting into shape.
- Ban unhealthy snacks and energy drinks.
- School-wide/District-wide/Community-wide initiatives to buy into healthy living styles.
- Implement proactive eating choices.
- Family awareness of healthy living.

## **The identified barriers to our “Healthy Holbrook” program’s success:**

- Poverty
- Money
- Eating habits
- Lack of exercise
- Priorities
- Attitudes
- Lack of exposure to healthy lifestyles
- Changing old habits
- Getting the word out
- Being able to see long-term effects of programs.
- Motivation
- Media

## “HEALTHY HOLBROOK” PHILOSOPHY

### Our action steps to achieving a high quality “Healthy Holbrook” program:

Action Steps	Positive Progress (+)	Little Progress (=)	No Progress (-)
Parent meetings to talk about healthy living.		=	
Communicate expectations of healthy living at school	+		
Continue to update and evaluate the HUSD #3 fitness/food service programs	+		
Establish “buy in” from all stakeholders.		=	
Continue to pursue healthy choices for school meals.	+		
Stick with short-term goals over time.	+		
Educate parents/families through things like evening cooking classes.			-
Establish a “nutrition newsletter”			
Incorporate more health/fitness in lessons.	+		
Model exercises with classes		=	
Be positive role models for fitness living	+		
Motivate students daily.	+		
Increase fitness activities in the curriculum.	+		
Keep students active throughout the day.	+		
Develop reward/incentive programs.		=	
Communicate BMI information and other information to help students and parents improve.	=		
Begin a student wellness program like the employee wellness program.			-
Continue to study Healthy Holbrook with a committee of impassioned persons dealing with this issue.	+		