

Fit to Learn Milestone Checklist

Teachers should meet at least eight milestones by March 2016. Ideally, teachers will meet four milestones by December 2015 and an additional four milestones by March 2016.

Each teacher should attend one full-day Fit to Learn session, participate in at least three booster sessions, practice and share health and wellness ideas with other teachers and participate in HSC's program evaluation.

September - December 2015

Professional Development

- Attend at least one Fit to Learn booster or Fit to Learn-approved professional development opportunity

Personal Wellness

- Set a personal wellness goal (i.e. improve your diet, increase physical activity, reduce stress)

Create a Healthy Classroom

- Establish a protocol for healthy celebrations and rewards inside your classroom
- Communicate with parents/guardians about your expectations regarding classroom wellness (i.e. letter home, email, phone call, etc.)
- Try out Fit to Learn lessons in your classroom
- Integrate daily nutrition education in one subject area such as counting calories in math, offering a healthy tip of the day, connecting food systems to social studies, etc.
- Integrate movement daily in one subject area such as active math problems, active spelling, active story problems, etc.
- Team up with an outside organization to help deliver more programming around nutrition education and physical activity (i.e. OrganWise Guys, Urban Initiatives, Girls in the Game)

Create a Healthy School Culture

- Join or start a School Wellness Team
- Have your school offer healthy food at all staff meetings
- Present Fit to Learn ideas and strategies at a staff meeting or professional development day
- Discuss Fit to Learn ideas one-on-one with other teachers
- Email healthy ideas and messages to colleagues
- Provide information to parents via newsletter, phone calls, email, handouts
- Participate in the Fit to Learn Facebook community

Continued on the next page

Fit to Learn Milestone Checklist

January - March 2016

Professional Development

- Attend two Fit to Learn booster sessions

Personal Wellness

- Continue working toward your goals for food and fitness
- Encourage close friends or family members to join your efforts

Creating a Healthy Classroom

- Develop your own lesson plans with physical activities
- Develop your own lesson plans with nutrition education
- Continue to offer physical activity breaks throughout the school day
- Continue integrating nutrition education into the daily curriculum

Creating a Healthy School Culture

- Consider organizing a health fair in your school, inviting teachers, parents and Network Area Officers

April 2016

Celebrate!

- Attend the Fit to Learn Celebration Breakfast and invite a colleague and your principal!