

# Frisco ISD Health and Wellness Inventory of Best Practices

*List of practices ongoing at Frisco Schools*

| Elementary   | Middle  | High School   |
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| <ul style="list-style-type: none"> <li>• Kids Teaching Kids 21 Day Challenge</li> <li>• Jump Rope for Heart</li> <li>• Fuel Up to Play 60</li> <li>• GoNoodle</li> <li>• Flex Special's Aides Supporting more PE</li> <li>• Healthy Zone School Recognition Program</li> <li>• Monthly Whole Child Committee Meetings</li> <li>• Parent Rep on the campus Whole Child Committee</li> <li>• Running/Dance/Basketball/Jump Rope Clubs</li> <li>• Outdoor Adventures Club</li> <li>• Walk/Bike to School Day</li> <li>• Health Fair</li> <li>• Eating Around the Rainbow</li> <li>• Salad Bars</li> <li>• Try it Friday</li> <li>• Smart Snacks</li> <li>• Bulletin Board Health Promotions</li> <li>• Field Day</li> <li>• First Tee Program</li> <li>• Walk Before STARR</li> <li>• Bike Rodeo</li> <li>• 135 Minutes a Week of Physical Activity</li> <li>• Gary Burns Fun Run</li> <li>• Fitness Night</li> <li>• Newsletters Information Promoting Health and Wellness</li> <li>• SPARK Curriculum</li> <li>• Grow Produce Promotion</li> <li>• Tooth Hygiene</li> <li>• Hand Washing Promotion</li> <li>• Classroom Brain Breaks</li> <li>• 5<sup>th</sup> Grade Track and Field Day</li> <li>• Boosterthon/Fun Run</li> <li>• Sports Tournaments</li> <li>• Go Red/Check Change Control</li> <li>• Water Wellness</li> </ul> | <ul style="list-style-type: none"> <li>• Hoops for Heart</li> <li>• Partners PE</li> <li>• Fuel Up to Play 60</li> <li>• CPR Training</li> <li>• Salad Bar</li> <li>• Smart Snacks</li> <li>• Healthy Zone School Recognition Program</li> <li>• Weightlifting Club</li> <li>• Fitness Assessments</li> <li>• Vending Machines with Water</li> <li>• Off Campus PE</li> <li>• Classroom Brain Breaks</li> <li>• Project Based Learning Related to Fitness</li> <li>• SPARK Curriculum</li> <li>• Intermural Sports</li> <li>• Health &amp; Wellness Announcements</li> <li>• Bulletin Board Health Promotions</li> <li>• Walk Before STARR</li> <li>• Field Day</li> <li>• Gary Burns</li> <li>• Kickball Tournament</li> <li>• Volleyball Tournament</li> <li>• Lip Sync Battle</li> <li>• Whip/Nae-Nae</li> <li>• 225 Minutes a Week of Physical Activity</li> <li>• Athletics</li> <li>• Monthly Whole Child Committee Meetings</li> <li>• Parent Representative on the campus Whole Child Committee</li> <li>• Health Teachers conduct lessons on Health and Wellness matters</li> <li>• Go Red/Check Change Control</li> </ul> | <ul style="list-style-type: none"> <li>• Partners PE</li> <li>• CPR Training</li> <li>• Fuel Up to Play 60</li> <li>• Salad Bar</li> <li>• Smart Snacks</li> <li>• Healthy Zone School Recognition Program</li> <li>• Kids Teaching Kids 21 Day Challenge</li> <li>• Fitness Assessments</li> <li>• Vending Machines with Water</li> <li>• Off Campus PE</li> <li>• Classroom Brain Breaks</li> <li>• 7 on 7 Game</li> <li>• Hop it Up 3 on 3</li> <li>• Dance Team</li> <li>• Step Team</li> <li>• Athletics</li> <li>• Classroom Brain Breaks</li> <li>• Outdoor Adventure</li> <li>• Gary Burns</li> <li>• Relay for Life</li> <li>• Bulletin Board Health Promotions</li> <li>• Project Based Learning Related to Fitness</li> <li>• Health &amp; Wellness Announcements</li> <li>• Bulletin Board Health Promotions</li> <li>• Monthly Classroom Meetings (or every 6 weeks)</li> <li>• Monthly Whole Child Committee Meetings</li> <li>• Parent Representative on the campus Whole Child Committee</li> <li>• Student Ambassador Reps Attend Monthly Whole Child Committee Meetings</li> <li>• Health Teachers conduct lessons on Health and Wellness matters</li> <li>• Go Red/Check Change Control</li> </ul> |

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| <ul style="list-style-type: none"><li>• Staff Health Challenges</li><li>• Indoor and Outside Walking Paths</li><li>• Healthy Birthday Celebration Options</li><li>• Good Morning Assemblies</li><li>• Health Screenings</li><li>• Flu Clinic</li><li>• Fitness Assessments</li><li>• CPR Training</li><li>• Healthy Lifestyle PTA Chair</li><li>• Health and Wellness Class</li><li>• Staff After School Exercise Classes</li></ul> |  |  |
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