

Justification Toolkit

Tips for Speaking with Your Principal/Supervisor

As health and physical educators, we know you see the value and importance in implementing the health.moves.minds.TM program in your school. Now it's time to get your principal/supervisor on board!

With so many fundraising options out there and competing priorities, we know it's sometimes difficult to get buy-in from your administration. We've put together tips, suggestions, and benefits to help you when having the conversation with your supervisor.

1. Request an appointment to speak with your school principal/supervisor.
2. Use these fliers to highlight the benefits of implementing a health.moves.minds.TM program in your school and the specify the needs it meets within your school/district.
3. View some of our [testimonial videos](#) to get a better feel for the program, especially the admin. testimonial from Dr. Robert McBride, Jr. to get a perspective from a principal who has been through the program before.
4. Check out the [different brands](#) that can be used to purchase equipment with the funds your school raises. Develop a list of potential items to purchase and discuss with your principal.
5. If you decide to donate a portion of funds raised to a local charity, explain to your principal why it is meaningful to your school, students and community.

How Your School Benefits

The health.moves.minds.™ program is a service-learning program unlike any other, that combines educational objectives while giving back to the school and/or community.

The program allows schools to address mental health topics through physical activity in a school-wide setting, fostering stronger unity and support within a student's network of peers.

The program starts in health & physical education, but is geared for the **whole child, whole school and whole community.**

Standards based health and physical education lessons align with CASEL social-emotional learning standards.

Social and emotional learning is embedded in the program's standards-based lessons, activities and community-building ideas.

SHAPE America provides **teacher-friendly, student-friendly** resources that have a strong focus on equity, diversity and inclusion, creating adaptable resources for your school and classroom needs.

Program materials are complete for teachers and students in grade bands K-2, 3-5 and 6-8, including four lessons each. High school lessons are coming soon, which means your entire school district can participate!

You can choose the timing and theme of your school's celebratory event. Do what works best for your school!

Up to 50% of the money your school raises comes right back to the school in the form of a Gopher gift card that does not expire and can be used in a **variety of ways** to enhance school-wide wellness. Looking to make a local impact? Pay it forward and choose to donate 25% of your funds to a local charity that is meaningful to your school!

Sets the tone of your school with these four words: **kindness**, **mindfulness**, **empowerment** and **wellness**.

Sign up today at healthmovesminds.org

Building Kinder, Healthier Schools

Effective health and physical education programs – which include addressing a student’s social and emotional learning (SEL) – create a foundation that benefits the whole child.

HOW IS SEL ADDRESSED IN HEALTH & PE?

NATIONAL STANDARDS



Teachers develop lessons based on the SHAPE America National Standards for K-12 Physical Education to foster responsible personal and social behavior, respect and the value of physical activity in their students.

SCHOOL-WIDE PROGRAMS



Health & PE teachers often lead school-wide initiatives that incorporate SEL and improve school climate by implementing the Whole School, Whole Community, Whole Child (WSCC) model.

SKILL DEVELOPMENT



Skills such as **managing emotions** (like stress and anxiety), **setting goals** and **building positive relationships** are essential for young people’s success in all areas of life. These skills are embedded within the SEL framework – and in the National Standards that health & PE teachers use daily.

HOW DOES THIS BENEFIT STUDENTS?

Schools can influence healthy behaviors – and active, healthy students are better learners.

STUDENT SUCCESS

Teaching SEL through health & PE helps students navigate many of the challenges they face each day. It promotes academic achievement and positive social behavior, while reducing conduct problems, substance abuse and emotional distress.



COLLEGE READY

Two-thirds of superintendents believe teaching social and life skills, such as **conflict resolution, interpersonal communications,** and **persistence** – skills which are all covered in a skills-based health education program – could help prepare students for college.

Learn more at healthmovesminds.org

Health & physical education teachers are leading the way to a **kinder, healthier future** for all students.