

Slam Dunk Health Program Instructions for Teachers

Thank you for signing up for the Slam Dunk Health Program. This program is a joint effort between the Southern Nevada Health District, Clark County School District and the WNBA's Las Vegas Aces, to encourage students to eat healthy and be physically active. This sheet provides details on how to implement the program in your classroom. All program materials and information can be found on our Slam Dunk Health webpage at:

<https://gethealthyclarkcounty.org/community-tools/schools-teachers>

Briefly explain the Slam Dunk Health program to your students by sharing the following:

PROGRAM DETAILS:

Explain to your students that they earn points each day for eating fruits and vegetables and being physically active. The point system: **1 point for every fruit or vegetable they eat each day** and **1 point for every 15 minutes of physical activity** they engage in during the day. For example, if a student ate 3 servings of fruits and engaged in a total of 45 minutes of physical activity, they would earn 6 points for that day. Students will report daily totals on the tracking poster that is provided for each class. (Max point total per student is 20 pts)

Slam Dunk Health is a 4-week program that can be implemented any time before **March 8th**. **All results must be reported by March 8th to be considered for prizes.** The entire program is student self-report. We understand that there may be inaccuracies in reporting, the important thing is that students are consciously trying to be more active and incorporate more fruits and vegetables into their daily diet. Discuss with your students what counts as a serving of fruit or vegetable and what equals a physical activity point, so that they can report points as accurately and consistently as possible. There are educational materials provided on our Slam Dunk Health webpage to assist you with this discussion.

Additional points can be earned for your classroom by doing any of the following:

1. **Incorporate short physical activity breaks into the school day.** These "brain breaks" can be simple short breaks that get the students moving for at least one minute in the classroom. For example, the teacher calls out different verbs (run, jump, dance) and students act each verb out for 10 seconds. Your classroom can earn 2 points for each physical activity break you complete, up to 3 times a day, for a total of 6 points per day. These count as classroom points, not points for each student. Please record this on your classroom tracking poster in the appropriate row. There are brain break examples on the Slam Dunk Health webpage.
2. **We added an additional point category to the program.** Complete one healthy lesson plan or health related activity as a class and earn 3 points each time. This can be done up to 2 times a day for 6 points daily max. Healthy lesson plans or activities need to teach a health concept or health related message to the class. Students or teachers can lead these activities. These count as classroom points, not points for each student. Please record this on your classroom tracking poster in the appropriate row. Check out the Slam Dunk Health webpage for resources.

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3. Additional points will be awarded **at the end of the program** for classrooms/schools that participate in the following activities: Walk to School Day, Bike Rodeo, Maintain a School Garden, Family Fitness Night, Healthy Fundraiser, or the Walk and Roll Program. For more information on these activities, check out our Slam Dunk Health webpage. We will ask you to report on these activities at the end of the program.

PROGRAM MATERIALS:

Tracking Poster: We will send you a large poster to be used to keep track of your points. Write each student's name on the poster in the space provided. **Teachers can also participate!** Display the poster in the classroom in an area that is accessible to the students. There are only slots for Monday – Friday. You can encourage the kids to stay active and eat healthy on weekends, but they won't report for those days. On Fridays, you may wish to have the students report for that day before they leave school or give them time on Monday morning to report for Friday. You may wish to set aside a regular time each day for students to add their total points. On the Slam Dunk Health webpage we have provided a PDF of the classroom poster that can be edited to include points.

Daily Tracker: On our Slam Dunk Health webpage we created a master copy of a student daily tracker. If you wish, make copies for each of your students and explain that they may use the logs to help them keep track of their daily points during the week which can later be transferred to the classroom tracking poster.

Video Messages: There are four video messages from the Las Vegas Aces to encourage your students to participate in the program. Please play one message at the beginning of each week during the program. These can be found on the Slam Dunk Health webpage.

Letter to Parents (optional): We created a letter to parents in English and Spanish that encourages parents to support their child's efforts to eat healthy and be physically active. Use this letter if you would like to send information to parents about the program. It can be found on our Slam Dunk Health webpage.

REPORTING RESULTS:

You must submit your point results by **the March 8th reporting deadline** if you want your classroom to be eligible for prizes. We will email you the link for an online form and you will be able to submit your program results.

PRIZES:

You will be contacted via email by Southern Nevada Health District staff if your classroom is one of the winning classrooms. One classroom from each grade level with the highest average point total will be selected as the winning classroom. Winning classroom prizes may include a visit from the team, pencils and stickers. Each participating classroom will receive a certificate of achievement along with pencils and stickers.

If you have any questions about the program, please email Mindy Meacham: Meacham@snhd.org.