



# Wiconzani

Toka Nuwan Wayawapi

Healthy School Team  
Newsletter

Canwape Ġi Wi  
2016

## Knowledge

The school food director and the wellness coordinator attended the SEEDS OF NATIVE HEALTH. Native Nutrition Conference in Sept. 2016 to gain experience and knowledge in changing environments and behaviors that impact the health of students and their families.

ALTERNATIVE BREAKFAST for 7th & 8th grade students is in full swing! Students eat breakfast in their classrooms during morning meeting giving them more time to eat in a less distracting environment. The goal of the alternative breakfast plan is to increase the NSLP's school breakfast participation. Research shows that students who eat breakfast regularly have more energy throughout the day and improved memory!

The PE instruction recently attended the FUEL UP TO PLAY 60 Program Advisor Training Camp to:

- Learn strategies for meeting nutrition and physical activity goals in schools,
- Learn how to develop student leaders and build a healthier school through Fuel Up to Play 60
- Network and exchange ideas,
- Dig into available Fuel Up to Play 60 funding, rewards and incentives.

The School Nurse attended CPR AED training in October 2016 and is currently coordinating flu shots.

### What are We Learning?

The School Nurse will begin coordinating student presentations for 6th—8th grade students focusing on adolescent health issues such as:

1. Reproductive Health Education
2. Motor Vehicle Safety

## CONTACT US!

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## SD DOE PE Goals

The goal of physical education is to develop physically literate individuals who have the knowledge, health and skill related fitness, and confidence to enjoy a lifetime of healthful physical activity. A physically literate individual is someone who exhibits responsible personal and social behaviors that respects self, others, and environment. To pursue a lifetime of healthful physical activity, a physically literate individual:

- has learned the skills necessary to participate in a variety of physical activities;
- knows the implications of and the benefits from involvement in various types of physical activities;
- participates regularly in physical activity;
- is physically fit;
- values physical activity and its contributions to a healthful lifestyle.

## Dental Sealants for ESDS Students

- SCOND GRADE: Oct. 17th
- THIRD GRADE: Oct 24th
- FOURTH GRADE: Nov 7th
- FOURTH GRADE: Nov 14th
- FIFTH GRADE: Nov 21st
- SIXTH GRADE: Nov 28
- SEVENTH GRADE: Dec 5
- EIGHTH GRADE: Dec 12
- MAKE UP DAY: Dec 19

## Ignite Obesity Prevention Program— Year 4 Goals

- Garden Support
- Run Across the Rez Running Development Program
- Smart Snacks
- Presidential Youth Fitness Program
- K-3 We Grow our Plate Nutrition Education
- MS Alternative Breakfast

Trying Chives at Lunch!





**Awanicihdaka—Be Safe**  
**Waokihi—Be Responsible**  
**Wausida—Be Caring**  
**Wahoda—Re Respectful**

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Enemy Swim Day School

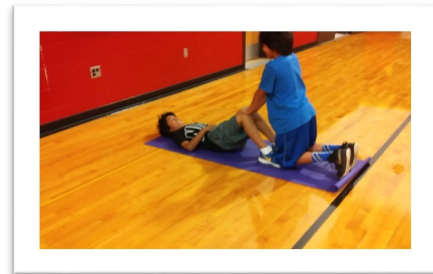
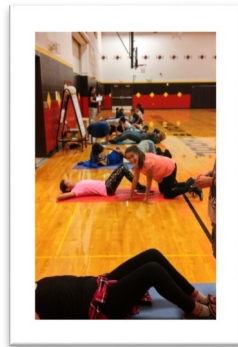
## SD DOE Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.
8. Students will demonstrate the ability to advocate for personal, family and community health.

## Student Experiences

The Physical Education program is implementing the Presidential Challenge Fitness Award! ESDS students in Grades 4–8 tested themselves in four fitness areas. The Presidential Challenge Fitness Award was held in fall and will be repeated in spring so students can see their personal growth! The four fitness areas:

1. One Mile Run Aerobic Capacity
2. PACER Aerobic Endurance
3. Sit Ups/ Curls Ups Core Strength
4. Pull Ups Upper Body Strength



Third Grade Students are building raised garden beds in Kungsi's Garden! Students will learn measuring, building skills and tools safety to build 16 new garden beds for the 2017 growing season.



## Farm to School!

Farm to School Grant Interest Meetings at ESDS

- Sat. Oct. 15th 11-12pm
- Thu. Oct. 20th 4-5pm



Kungsi's Garden

[www.facebook.com/kungsi.garden](http://www.facebook.com/kungsi.garden)