

## CHOICES Community of Practice June Coffee Chat Resource Round-up

This document compiles resources shared during the June 22, 2023 coffee chat: *What's Up with School Wellness? Putting Physical Activity Policies into Place*. This coffee chat featured **Nicole Good**, School Wellness Specialist at the Massachusetts Department of Elementary and Secondary Education, who shared the role of school wellness policies in supporting implementation of evidence-based physical activity policies and programs. [Recording | Presentation Slides](#)

### **Resources shared during the coffee chat**

The following resources are organized into three sections: 1) general resources, 2) Massachusetts specific resources and examples provided during the coffee chat, and 3) related CHOICES Project materials.

#### General

##### **Action for Healthy Kids | Grants and Support**

Find available grants for schools and districts to help accomplish your school wellness goals.

<https://www.actionforhealthykids.org/grants-support/>

##### **Alliance for a Healthier Generation | Action Center: Classroom Physical Activity**

Access resources and materials to learn how to get started in implementing physical activity breaks into school classrooms.

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/physical-activity/classroom-physical-activity>

##### **Centers for Disease Control and Prevention | Classroom Physical Activity**

Learn about the benefits of integrating physical activity into the school classroom and access different resources to help support implementation.

<https://www.cdc.gov/healthyschools/physicalactivity/classroom-pa.htm>

##### **Centers for Disease Control and Prevention | Local School Wellness Policy**

Learn more about school wellness policies and access resources to create local school wellness policies.

[https://www.cdc.gov/healthyschools/nutrition/wellness.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyschools%2Fnpao%2Fwellness.htm](https://www.cdc.gov/healthyschools/nutrition/wellness.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyschools%2Fnpao%2Fwellness.htm)

##### **Centers for Disease Control and Prevention | Strategies for Classroom Physical Activity in Schools**

The document describes strategies for promoting and planning classroom physical activity and includes a list of practical resources to help school staff implement the strategies identified.

[https://live-springboard-to-active-schools.pantheonsite.io/wp-content/uploads/2018/11/ClassroomPAstrategies\\_508.pdf](https://live-springboard-to-active-schools.pantheonsite.io/wp-content/uploads/2018/11/ClassroomPAstrategies_508.pdf)

##### **Centers for Disease Control and Prevention | Wellness Policy in Action Tool**

A tool to help districts and schools implement wellness policies. School districts can use the tool to help meet the US Department of Agriculture's triennial assessment requirements.

<https://www.cdc.gov/healthyschools/wpat/index.htm>

##### **Centers for Disease Control and Prevention | Youth Risk Behavior Survey Explorer**

Explore national, state, and local district data via tables and graphs to identify needs and focus areas for your school wellness policies.

<https://yrbs-explorer.services.cdc.gov/#/>

### **The Community Guide | Physical Activity: Classroom-based Physical Activity Break Interventions**

*The Community Preventive Services Task Force recommends classroom-based physical activity break interventions to increase primary school students.*

<https://www.thecommunityguide.org/findings/physical-activity-classroom-based-physical-activity-break-interventions>

### **The Community Guide | Physical Activity: Classroom-based Physically Active Lesson Interventions**

*The Community Preventive Services Task Force recommends classroom-based physical active lesson interventions to increase physical activity and improve educational outcomes.*

<https://www.thecommunityguide.org/findings/physical-activity-classroom-based-physically-active-lesson-interventions.html>

### **The Ruby Bridges Foundation | Ruby Bridges Walk to School Day**

*This initiative commemorates Ruby Bridges' legacy by bringing students together to walk to school and encourage the students to continue making a difference in promoting racial equity.*

<https://rubybridges.foundation/#walk-to-school-day>

### **Safe Routes to School Partnership | School Wellness Policies**

*Learn about how school wellness policies can support active transportation and physical activity through the Safe Routes to School initiative.*

<https://www.saferoutespartnership.org/state/bestpractices/wellnesspolicies>

## Massachusetts

### **School Wellness Initiative for Thriving Community Health (SWITCH) | Website**

*The School Wellness Initiative for Thriving Community Health, SWITCH, is a movement dedicated to supporting and advancing wellness efforts for Massachusetts students, schools and communities.*

<https://massschoolwellness.org/>

### **School Wellness Initiative for Thriving Community Health (SWITCH) | Physical Activity at School**

*Learn about ways to support physical activity in schools through reviewing the data and resources available.*

<https://massschoolwellness.org/resources/physical-education/>

### **School Wellness Initiative for Thriving Community Health (SWITCH) | Local Wellness Policy Check List**

*Schools participating in the National School Lunch Program and/or National School Breakfast Program are required to develop a Local Wellness Policy. View the checklist to learn more about the requirements.*

<https://massschoolwellness.org/local-wellness-policy/>

### **School Wellness Initiative for Thriving Community Health (SWITCH) | School Wellness Coalitions Partners**

*The Massachusetts School Wellness Coalition is a group of dedicated stakeholders that help to drive the SWITCH movement across the Commonwealth, creating opportunities for schools to advance wellness in the classroom and the community. Learn more about our partnerships below.*

<https://massschoolwellness.org/massachusetts-school-wellness-coalition/>

### **School Wellness Initiative for Thriving Community Health (SWITCH) | Ruby Bridges Walk to School Day Success Story**

*Read a success story, "Why We Walk: Connection, Activity, and Activism" that highlights the experiences of a Massachusetts community that participated in the Ruby Bridges Walk to School Day.*

<https://massschoolwellness.org/2022/02/24/why-we-walk-connection-activity-and-activism/>

## CHOICES

### **Brief: Movement Breaks in the Classroom in Massachusetts**

*This brief summarizes a CHOICES Learning Collaborative Partnership model examining a strategy to incorporate movement breaks, five-to-10-minute physical activity breaks during class time, into school classrooms in Massachusetts.*

<https://choicesproject.org/publications/brief-movement-breaks-ma/>

### **Brief: Movement Breaks in the Classroom in Boston, MA**

*This brief summarizes a CHOICES Learning Collaborative Partnership model examining a strategy to integrate movement breaks into school classrooms in Boston, MA. This strategy incorporates five-to-10-minute classroom physical activity breaks during class time in kindergarten to fifth grade classrooms.*

<https://choicesproject.org/publications/brief-movement-breaks/>

### **Get the Facts: Movement Breaks in the Classroom (Grades K – 5)**

*Learn more about the Movement Breaks in the Classroom and the evidence around movement breaks in promoting physical activity and helping kids grow up healthy.*

<https://choicesproject.org/publications/movement-breaks-fact-sheet/>

### **Strategy Profile: Movement Breaks in the Classroom**

*This profile describes the estimated benefits, activities, resources, and leadership needed to implement a strategy to improve child health. This information can be useful for planning and prioritization purposes.*

<https://choicesproject.org/publications/movement-breaks-profile/>

To read more briefs and publications, please visit: <https://choicesproject.org/publications/>

## **ABOUT THE CHOICES COMMUNITY OF PRACTICE**

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity. **[Sign up](#) to access tools and resources, connect with members, and more!**

Learn more about CHOICES: <https://choicesproject.org>

- ⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc>
- ⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>