



Student Monthly Fun Runs

Each month host a themed mile run event, either during or outside regular P.E. classes, where students can earn monthly certificates upon completion.

Suggested Monthly Themes*



October - Pumpkin Run: Students dress up in costume or orange



November - Turkey Trot Run: Students wear yellow beaks or dress up as turkeys



December - Ugly Sweater Run: Students wear their favorite ugly holiday sweaters



January - Penguin Plunge Run: Students wear scarves and hats for an outdoor winter run



February - Cardiac Caper Run: Students dress in red



March - Shamrock Shuffle Run: Students dress in green



April - Raindrop Run: Students dress in raincoats or their favorite spring outfits



May - Spring Marathon Run: Students dress like marathon runners

**Schools are welcome to change up the monthly themes as they see fit!*

Suggestion: Apply for a 2024-2025 Healthy Schools, Healthy Children Physical Activity enhancement or innovation grant opportunity to support the Student Monthly Fun Runs

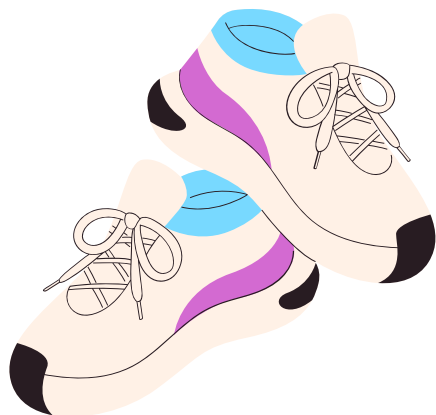
Guidelines

- Minimum 2 classes or 20 students must participate per event
- Schools will receive monthly themed student certificate templates for October through May
- Schools will receive a starter kit with 10 water pouches to use as incentives or prizes for students
- Earn 15 TYSWIW points for each monthly run

Request Link



15
TYSWIW
pts per
run



Student Mileage Club

Outside regular P.E. classes, organize ongoing student mile runs or walks. Students can earn toe tokens upon each mile completion.

TOE TOKENS

5 miles completed = 1 toe token

Students can attach toe tokens to their shoelaces as a badge of honor to show off how many miles they have completed.

Optional: Award students with prizes after earning a certain number of toe tokens. For example, after 5 toe tokens have been earned, students can earn a water pouch or other prize.



**Suggestion: Apply for a 2024-2025 Healthy Schools, Healthy Children Physical Activity enhancement or innovation grant opportunity to support the Student Mileage Club*

Guidelines

- Minimum 10 students must participate
- Mile runs or walks must be held outside of regular P.E. classes
- Mile runs or walks can take place during recess
- Club can be before or after school
- Schools will receive a starter kit that includes a bag of toe tokens to give out to students, plus 10 water pouches to use as incentives or prizes
- Earn 100 TYSWIW points for having an active club that meets at least 10x

Request Link



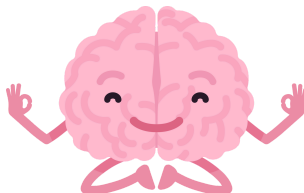
Student Wellness Kits

Ready-to-use kits to improve student mindfulness and/or nutrition.

Schools are eligible for 1 of each per school year.

Mindfulness Kit

Upon request, your school will receive 1 bag with an assortment of age-appropriate items to promote healthy stress management and awareness such as journals, coloring, kinetic sand, fidgets and breathing tracers.



Pack-a-Snack Kit

Pack-a-Snack is an easy-to-implement, incentive-based program that helps young people discover healthy diet habits and choose healthy snacks. Each kit includes materials such as recording sheets, posters, and education.



25
TYSWIW
pts

[Request Link](#)

25
TYSWIW
pts





4-Week Walking Challenge

THE GOAL: Increase the amount of walking your entire class engages in, above and beyond their normal classroom routines.

INSTRUCTIONS: This 4-week program is open to classes in grades K-12. A minimum of 3 classes per school must participate to earn prizes and points within *AtlantiCare's Turn Your School Wellness Into Wealth Program*. Use the log on the reverse side of this sheet and submit to healthyschools@atlanticare.org.



<p>Level 1: 150-200 minutes</p>	<p>Prize: Pencils + Stickers</p>
<p>Level 2: 201-250 minutes</p>	<p>Prize: Fidget Toys + Stickers</p>
<p>Level 3: 250+ minutes</p>	<p>Prize: Water Pouches + Stickers</p>

NOTE: Eligible walking minutes do not include regularly scheduled walking to/from classrooms, cafeteria, exiting at end of day, etc.

Each individual class participating will be awarded based on number of minutes walked.

EXAMPLES OF ELIGIBLE WALKING MINUTES TO RECORD INCLUDE, BUT ARE NOT LIMITED TO:

- An organized classroom walk outside during first 10 minutes of recess
- An extended walk down the hallways before going to lunch
- An organized class walk inside or outside before/after a test
- An organized walk around the perimeter of the building as a class reward

Request Link



Classroom 4-Week Walking Log

Name of school	
Teacher (name/email)	
Start date	
End date	
Number of students	
Grade	

	Minutes walked: WEEK 1	Minutes walked: WEEK 2	Minutes walked: WEEK 3	Minutes walked: WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
WEEKLY TOTALS				

TOTAL FOR THE 4-WEEK CHALLENGE	
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