



A Healthy and Wise Classroom Center

A Healthy and Wise classroom center is a great learning component when implementing a coordinated school health approach. With as few as five subscriptions per classroom, a teacher can develop a center that provides a health focal point in the classroom where students engage in activities designed to help them gain important health knowledge and skills. The Healthy and Wise center allows students to learn through active learning, self-discovery, cooperative learning, and hands on activities.

Setting Up a Healthy and Wise Classroom Center

The Healthy and Wise center can be set up at a separate table in the classroom with seating space for four to five students or can simply be an area in the room with the Healthy and Wise issues and health resources. If students sit in pods or clusters, center activities can take place at their desks. Highlight each Healthy and Wise classroom center with student made health awareness materials hung above the center.

Suggested Resources for the Healthy and Wise Classroom Center

- Five Healthy and Wise subscriptions per year with corresponding supplements available at www.caprockpress.com
- Nutritional reference sources
- Food labels and foods as needed for activities
- 2005 Dietary Guidelines and MyPyramid.gov graphics/resources
- Cookbooks
- Dictionary
- Thesaurus
- Encyclopedias
- Current calendar and school calendar
- School breakfast and lunch menu
- Health, fitness, or other appropriate magazines
- Scales (variety)
- Thermometers (variety)
- Measuring tapes or yard sticks
- Clock
- Watch
- Several workout mats

- Measuring cups and spoons
- Markers
- Crayons
- Pencils
- Writing paper
- Drawing paper
- Poster board
- White paper plates
- Index cards
- Sports or exercise equipment and accessories (available in PE or donated to your class for recess)

These resources can be placed at the center as needed for activities or kept at the center on a day-to-day basis if you have room.

Instruction

The teacher should always read the article or story to the class as a whole and ask the discussion questions. One to two articles can be selected each week based on the time you have allotted to teach health and the health concepts you choose to cover during the month. Divide students into five groups of four (or more if necessary). Select the activities that you want the students to complete as a group or individually within their group for the article read. Allow students time to accomplish the assigned activity or task. Choose developmentally and health-stage appropriate activities for the individual groups and even the individual group members if possible. If you decide to let students work at their desks in pods, make sure each group has a Healthy and Wise issue and required materials. Assign at least one or two home or family activities each week.

Assessment

Use the Healthy and Wise health, physical education, general, and recess rubrics to assess each group or individual group member's work. Assign a performance assessment to each group and use the corresponding Healthy and Wise rubrics to grade each student's work and participation. Have students use the student portfolios to accumulate their work for the current six weeks. Assign a grade of H, S, or I based on the activities and grades in a student's portfolio.



Dear Parents,

This year, we will be using Healthy and Wise classroom centers to help our students gain important health knowledge and skills. The Healthy and Wise classroom center will allow students to learn through active learning, self-discovery, cooperative learning, and hands on activities. I am excited about adding this health resource to our classroom and am requesting your assistance in making this center a rich learning environment. I have included a list of items below that we will need to fully equip our center. If you have any new or used items on the list below that you can donate to our classroom center, please bring or send the item(s) to school with your child.

- Nutritional reference sources
- Food labels and foods as needed and requested for activities
- 2005 Dietary Guidelines and MyPyramid.gov graphics/resources
- Cookbooks
- Blank recipe cards
- Dictionary
- Thesaurus
- Current calendars
- Health, fitness, or other appropriate magazines
- Scales (variety)
- Thermometers (variety)
- Measuring tapes or yard sticks
- Clock
- Watch
- Several workout mats
- Measuring cups and spoons
- Sports or exercise equipment and accessories

Other Needed Items

If you have other health and fitness items that you would like to donate or have questions about the items above, feel free to contact me. I appreciate your assistance in helping us build our Healthy and Wise classroom center.

Sincerely,