Justification Toolkit

Tips for Speaking with Your Principal/Supervisor

As health and physical educators, we know you see the value and importance in implementing an SEL based program like health. moves. minds. in your school. Now it’s time to get your principal/supervisor on board!

With so many fundraising options out there and competing priorities, we know it’s sometimes difficult to get buy-in from your administration. We’ve put together tips, suggestions, and benefits to help you when having the conversation with your supervisor.

1. Request an appointment to speak with your school principal/supervisor.

2. Use these fliers to highlight the benefits of implementing a health. moves. minds. program in your school and then specify the needs it meets within your school/district.

3. View some of our testimonial videos to get a better feel for the program, especially the admin. testimonial from Dr. Robert McBride, Jr. to get a perspective from a principal who has been through the program before.

4. Check out the different brands that can be used to purchase equipment with the funds your school raises. Develop a list of potential items to purchase and discuss with your principal.

5. Let them know the fundraising options are flexible! If you decide to donate a portion of funds raised to a local charity, explain to your principal why it is meaningful to your school, students and community. Or, let them know you have the option to support your school PTA or athletic boosters!
Principal/Administrator Sample Letter

Use this letter template to help gain support from your principal, school administrators and/or district superintendent.

Dear Administrator,

I am reaching out to you to share information about an innovative program called health. moves. minds. This national program was developed by SHAPE America – Society of Health and Physical Educators. Through lessons and activities taught primarily in health and PE class, students will learn how to take care of their mind and body, while also developing important character traits such as kindness and empathy. In these uncertain times, it is more important than ever to make sure we are focusing on the social-emotional health of our students. The COVID-19 pandemic has illuminated the need for schools to consider students’ physical, mental, and social-emotional health above all else. As a health and physical educator, I am on the front lines of the social and emotional learning (SEL) movement — teaching students the skills and behaviors that will help them succeed in all areas of life and understand the benefits a program like these can have on the lives of our students. Teaching students these real-life skills now will not only help them cope with the effects and potential trauma of this pandemic but also have a positive impact on their physical and mental health for years to come.

As part of this program, we can also raise much needed funds for our school and if desired, choose a local charity to donate a portion of the funds to. In times of social distancing and virtual learning, traditional fundraising programs such as booster bake sells will no longer work. With this program offering a completely virtual option, funds raised can support our school PTA or athletic boosters without the need for in person interaction. We will be raising money to help create a more active and healthy environment in our school, which will ultimately help our students physically, emotionally, socially, and academically. Hosting a virtual fundraiser can help keep up our school spirit while teaching our students age-appropriate skills to develop the mind-body connection during these uncertain times.

I encourage you to review the attached material which reviews the program in more detail. Please do not hesitate to reach out to me if you have any questions.
How Your School Benefits

The health. moves. minds.® program is a service-learning program unlike any other. It combines educational objectives while giving back to the school and/or community.

The program allows schools to address mental health topics through physical activity, in a school-wide setting, fostering stronger unity and support within a student's network of peers.

The program starts in health & physical education, but is geared for the whole child, whole school and whole community.

Social and emotional learning is embedded in the program's standards-based lessons, activities and community-building ideas. With the many challenges students are facing, their social and emotional health is of utmost importance, and this program teaches them the essential skills they need.

Standards based health and physical education lessons align with CASEL social-emotional learning standards.

The program is flexible, offering virtual AND in-person physical distancing options as well as celebratory event ideas. Do what works best for your school in a format that puts safety first.

SHAPE America provides teacher-friendly, student-friendly resources that have a strong focus on equity, diversity and inclusion, creating adaptable resources for your school and classroom needs.

Program materials are complete for teachers and students in grades K-12, including full length lessons, supplementary material and assessment tools.

Up to 50% of the money your school raises comes right back to the school in the form of a Gopher gift card that does not expire and can be used in a variety of ways to enhance school wellness. Looking to make a local impact? Pay it forward and choose to donate 25% of your funds to a local charity that is meaningful to your school! P.S. Your "local charity" could be your school PTA or athletic boosters.

Set the tone of your school with these four words: kindness, mindfulness, empowerment and wellness.

Sign up today at healthmovessiminds.org
Building Kinder, Healthier Schools

Effective health and physical education programs — which include addressing a student’s social and emotional learning (SEL) — create a foundation that benefits the whole child.

**HOW IS SEL ADDRESSED IN HEALTH & PE?**

**NATIONAL STANDARDS**

Teachers develop lessons based on the SHAPE America National Standards for K-12 Physical Education to foster responsible personal and social behavior, respect and the value of physical activity in their students.

**SCHOOL-WIDE PROGRAMS**

Health & PE teachers often lead school-wide initiatives that incorporate SEL and improve school climate by implementing the Whole School, Whole Community, Whole Child (WSCC) model.

**SKILL DEVELOPMENT**

Skills such as managing emotions (like stress and anxiety), setting goals and building positive relationships are essential for young people’s success in all areas of life. These skills are embedded within the SEL framework — and in the National Standards that health & PE teachers use daily.

**HOW DOES THIS BENEFIT STUDENTS?**

**STUDENT SUCCESS**

Teaching SEL through health & PE helps students navigate many of the challenges they face each day. It promotes academic achievement and positive social behavior, while reducing conduct problems, substance abuse and emotional distress.

**COLLEGE READY**

Two-thirds of superintendents believe teaching social and life skills, such as conflict resolution, interpersonal communications, and persistence — skills which are all covered in a skills-based health education program — could help prepare students for college.

**Schools can influence healthy behaviors — and active, healthy students are better learners.**

Learn more at [healthmoveminds.org](http://healthmoveminds.org)

Health & physical education teachers are leading the way to a kinder, healthier future for all students.
It’s Time to Prioritize Health & Physical Education
Students’ well-being depends on it.

The COVID-19 pandemic has illuminated the need for schools to consider students’ physical, mental, and social-emotional health above all else. And, an important part of the solution must be health and physical education.

Health & PE is where students learn:

- Critical social-emotional skills to help manage emotions and handle daily tasks and challenges;
- Important character values such as resilience, fairness, respect, equality, and inclusion;
- Fundamental motor skills needed to participate in physical activity, which is vital at all ages and stages of life.

STUDENTS NEED SUPPORT

For years, rates of anxiety and depression among children and adolescents have been rising rapidly — and COVID-19 has made this mental health crisis worse.

In addition, many students have experienced a level of trauma during the pandemic that can be categorized as an adverse childhood experience (ACE), which — without intervention — can result in chronic disease and lifelong mental health issues.

Students need trusted adults to help them deal with these challenges, and health and physical educators can play an important role. They teach students age-appropriate skills to develop the mind-body connection, which can improve mental health and overall wellness.

STUDENTS NEED SOCIAL-EMOTIONAL SKILLS

Health and physical educators are on the front lines of the social and emotional learning (SEL) movement — teaching students the skills and behaviors that will help them succeed in all areas of life. This includes managing emotions, setting goals, and building positive relationships.

These skills are embedded within the SEL framework — and in the National Standards that health and physical education teachers use daily.

STUDENTS NEED PHYSICAL ACTIVITY

Physical activity has many benefits for students, such as decreasing stress, preventing chronic disease, and increasing academic performance.

Physical education is an academic, skills-based class taught by a certified teacher — with lessons based on SHAPE America’s National Standards & Grade-Level Outcomes for K-12 Physical Education. Students need both physical education and physical activity to learn and apply skills. The connection between the teacher and student is critical.

Learn more at healthmovesminds.org