

SHI Stories From the Field

Marshall High School (Portland, OR)

Partnered with a local skiing business to offer snowshoeing and cross-country skiing options in the physical education classes. School worked with a local gym to offer free weight-training classes to students.

Laredo Elementary School (Laredo, MO)

Went before the school board and got the written policy changed to increase recess an extra 5 minutes for a total of 20min/day.

Grundy High School (Galt, MO)

Implemented a staff worksite health promotion program; educational materials were distributed and pedometers were awarded to all participants.

Cass City Middle School (Cass City, MI)

Fries no longer offered every day, instead the salad bar is.

Gardner Middle School (Lansing, MI)

Replaced soda options in the vending machines with juice and/or water.

Developed and implemented a policy to require all 6th graders to take one semester of physical education.

Elementary schools in Dekalb County, Georgia

Created fitness stations around the athletic field and made the stations available to the community.

Opened aerobic program to staff and the community.

Created an after school soccer program.

Sidell High School (St. Tammany Parish, LA)

Increased lunch periods, eliminated concessions, provided more low fat options for students, and created a student Nutrition Action Committee.

Village de l'Est elementary (Orleans Parish, LA)

Created a "peaceful playground" by resurfacing and stenciling the ground to increase physical activity and encouraged walking among staff by distributing pedometers.

Waiakea, Kapaa and Mililani High School (Hilo, Kapa, Mililani, HI)

Placed healthier options in the vending machines such as water, 100% fruit juice, and milk.

