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[Green & Healthy Schools Wisconsin](#)

## Whole School, Whole Community, Whole Child

Sugar Creek Elementary School improves health and wellness



Sugar Creek Elementary School (Verona Area School District) has been working extensively to improve the health and wellness of not only their students and staff, but also families and community members as a means of implementing the Whole School, Whole Community, Whole Child (WSCC) model. This model encourages schools to strive for collaborative efforts that create a healthy and supportive environment for learning. They are continuing their work as a member of the Healthy Kids, Healthy Schools Learning Collaborative, a group that was convened to help schools implement the WSCC model by making policy, systems, and environmental change around health and wellness. Public Health Madison and Dane County is providing data and convening support. Sugar Creek's continued commitment to health and wellness is evident in a variety of programs, policies, and services that have been implemented, many of which are innovative and provide a strong platform for continued success.

One of the many successes at Sugar Creek is the PTO "Family Fun Run" fundraiser, which replaced all other PTO fundraisers, such as selling food (cookie dough, pizza, etc.) and magazines, and promotes family and community physical activity. Every student in the school receives a t-shirt, regardless of whether they participate in the run, and the school sends buses to outlying neighborhoods to ensure that everybody who wants to participate is able to. The run raised over \$20,000 dollars last year, with some of that going back to health and fitness initiatives, such as buying snowshoes for PE classes!

Throughout the month of November Sugar Creek will be promoting healthy habits with the "5-2-1-0" program, which encourages students to aim for 5 fruits or vegetables, less than 2 hours of screen time, at least 1 hour of physical activity, and 0 sugary drinks each day. Each

week of the month is a different number theme. For example, during the “5” week, the cafeteria will promote eating more fruits and vegetable and teach students about serving sizes. This school-based program will be accompanied by information sheets for parents to learn more about developing healthy habits, as well as opportunities for teachers to incorporate the program into classroom curriculum.

In addition to these activities, Sugar Creek has many other strategies for improving the health and wellness of students and staff. Sugar Creek was the first school in Dane County to offer universal breakfast, which allows all students to have a free, nutritious breakfast at the beginning of the school day. They recently marked off a ¼ mile walking path for students to walk during recess, with prizes for students who complete either a half or full marathon over the course of the school year. In addition, they offer a variety of physical fitness programs for both students and staff. They are continuing to look for more ways to promote health through the implementation of the WSCC model and even added a wellness team this year to encourage more community involvement.