Summit for Student Wellness

Play, Your Superpower 2018

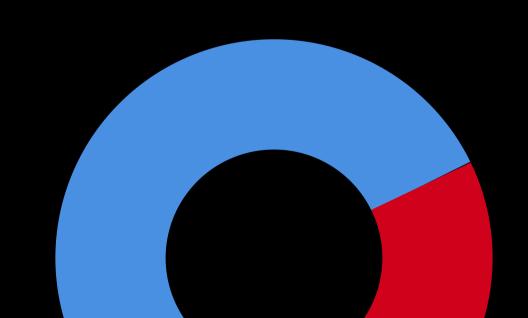
The Summit for Student Wellness is an annual event that celebrates the Student Wellness Teams and the amazing work they are doing. The teams are comprised of student leaders who are passionate about health and making a difference in their school. The event is full of games, prizes, educational presentations, and team planning time.

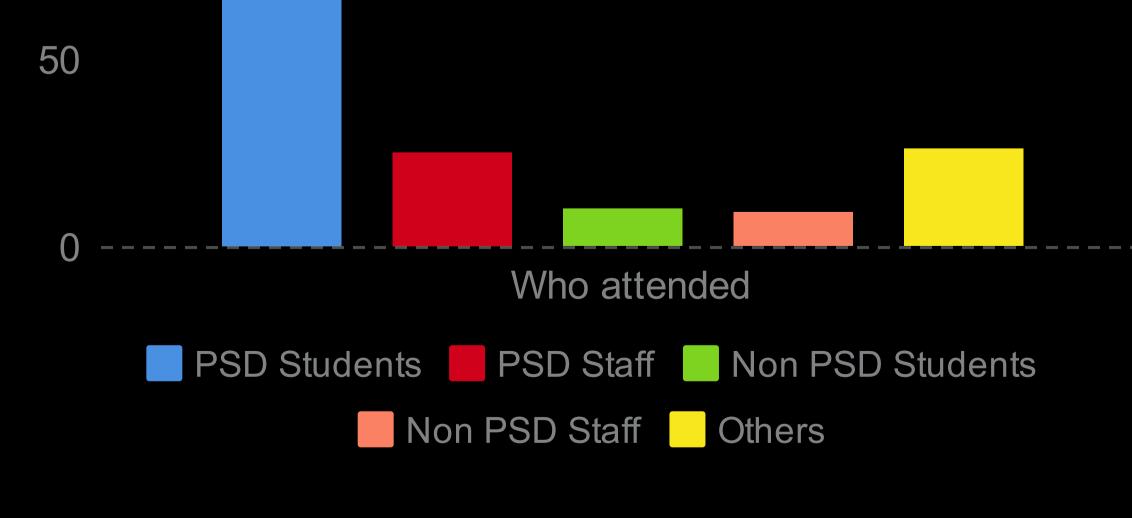
173 total people in attendance- a 69% increase from last year

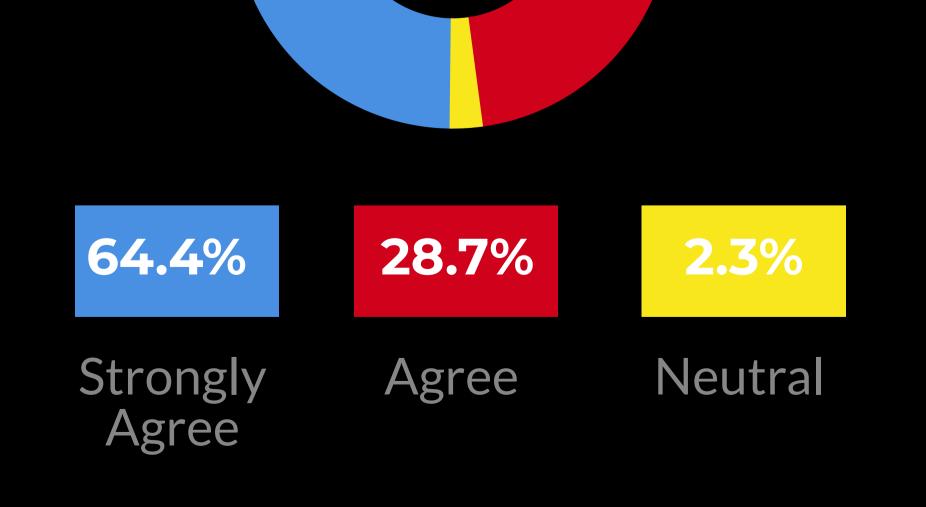
People in Attendance

"Today's Workshop Gave me ideas on how to continue improving health and wellness at my school"

Percent out of 173 people

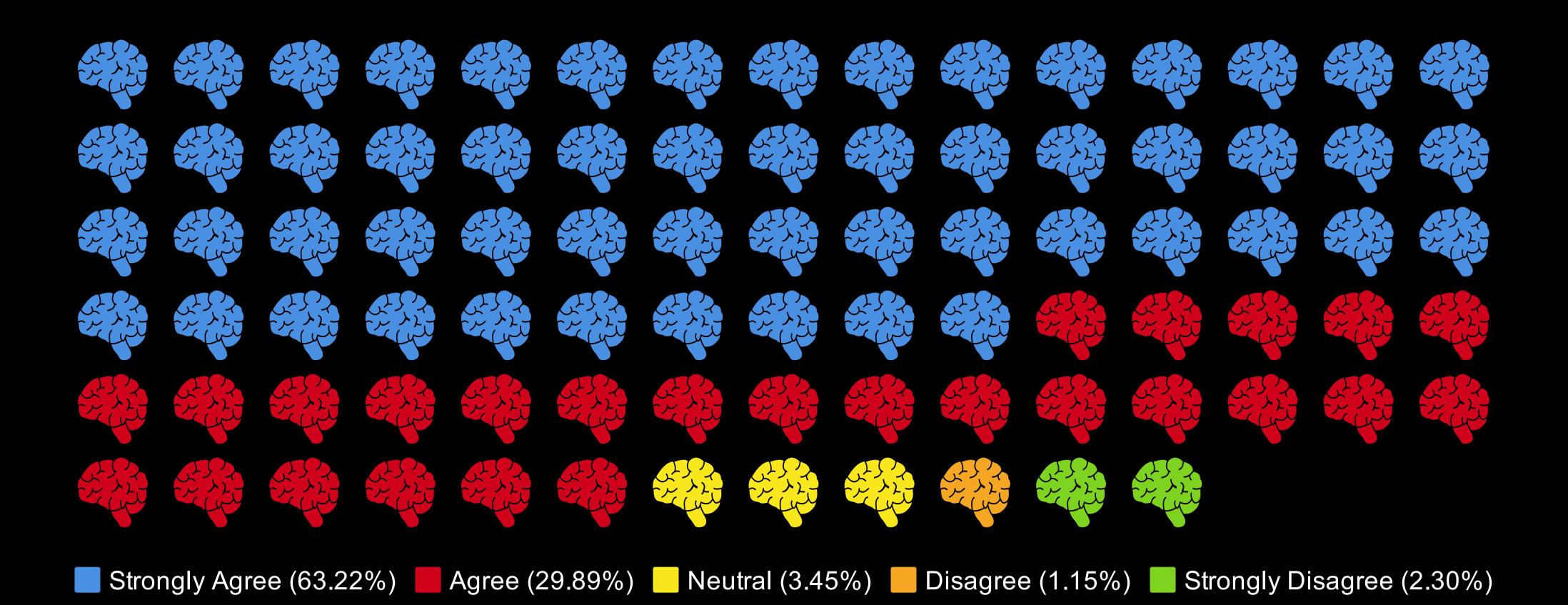






"I learned something new and interesting today"

Percent out of 173 people



This year, the theme was the Power of Play. Therefore, we gave the students a chance to develop their social emotional learning and physical activity skills, by playing games such as Spike Ball, Ultimate, Kan-Jam, Jenna, connect four, and coloring books. The goal during these games, was to have the students experience

different ways that their brain adjusts and develops, such as: team work, strategic power, negotiation, abstract thinking, and conflict resolution.

The Power of Play: Social Emotional Wellness

According to the 2020 Colorado Physical Education Standards, students at the High School and Middle School Grade Level should be able to demonstrate collaboration, cooperation, and leadership skills.

During the games, students identified that they:

experienced positive interaction and cooperation with others during the various games Implemented cooperative learning strategies and teamwork to achieve the group goal

Assumed spontaneous leadership roles and identified leadership skills

Accepted the outcomes of the games and showed appreciation towards teammates and competitors

were able to recognize the potential strengths of each of their peers

The Power of Play: Social Emotional Wellness

According to the 2020 Colorado Physical Education Standards, students at the High School and Middle School Grade Level should be able to demonstrate responsible behavior in group settings

During the games, students displayed responsible behavior while functioning independently as well as together as a team



The students displayed empathy to all other students and players including their team, competitors, and officials.

Each student accepted their own roles as well as the roles of their teammates in order to work efficiently towards a common goal.



Students accepted the diversity in their teams, and used the individual differences of each player as a strength.



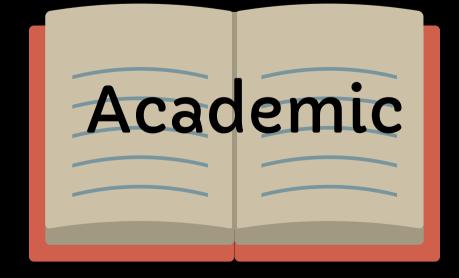
UNC Brain Break Academy

UNC presented the Brain Break Academy at the Summit. The students learned how movement benefits the brain.



UNC Brain Break Academy

The teams each got to create their own brain break and present it to the group.



Each brain break was filmed and will then be part of a library that teacher's can access in their own classes

