

# Healthy ZONE

a program of



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## Healthy Zone Recognition Program

The Cooper Institute® and United Way of Metropolitan Dallas are excited that your school will be participating in the Healthy Zone School Program for the 2016-2017 school year. The Healthy Zone School Recognition Program® honors schools for their healthy practices and supports schools as they implement activities to promote health. **Schools selected for the program receive \$7,000 in funding and incentives over three years.** The commitment of your school's staff to health and wellness has made this possible.

Throughout the school year, a Healthy Zone newsletter will be sent out along with other activities and announcements related to the program to share with parents. This program supports your child's school by providing funding to implement health, nutrition, and physical activity related events. **For additional information about the program please visit: [www.healthyzoneschool.org](http://www.healthyzoneschool.org)**

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## Bring the Olympic Games to your Classroom



The 2016 Summer Olympic Games commenced on Friday, August 5 with the opening ceremony in Rio de Janeiro. Over the course of 19 days, millions of people from all around the globe tuned in to watch world-class athletes compete in 42 sport disciplines. Incorporating Olympic themed games, activities, and lesson plans into the curriculum can give your students the opportunity to learn about different sports, the history of the Olympic Games, culture, and so much more. Listed below are just a few fun games and activities.

- [Olympic Warm Up](#)
- [Track and Field Olympics](#)
- [Summer Olympic Event Project](#)

For a complete list of activities, please [click here](#).

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## 2016 SHAPE of the Nation

The importance of quality physical education programs is often overlooked or forgotten in the school setting. Physical education plays an integral role in providing students with a well-rounded education. Therefore, all schools should provide their students with quality physical education programs, and teach behaviors that promote lifelong health and fitness. Extensive research has proven that regular physical activity can benefit a child's mental, physical, and

cognitive health.

The 2016 SHAPE of the Nation report provides the public with a detailed look into the current state of physical education programs in America. One of the recommendations outlined in the report states that "Teachers should assign physical education homework to extend time spent in physical activity and improve knowledge gain." Other recommendations regarding standards, resources, accountability, and more can be found [here](#).

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