

100 MILE CLUB[®]

SINCE 1993

**HEALTHY
HAPPY
CONNECTED
KIDS[®]**



100 Mile Club®

as a part of

Local School Wellness Policy
BP 5030 Physical Activity Goals



Today we will:



- Share 100 Mile Club
- Show how 100 Mile Club fits into a school's wellness policy
- Share a school district that's making it work - Jurupa USD

In the beginning . . .

Special education teacher Kara Lubin began 100 Mile Club in her classroom in 1992-1993. Participation in the program inspires students of all abilities to be active in an accepting, positive, and inclusive environment.

Students work individually on their 'personal best' while creating bonds among other 100 Mile Club students in their school, community and across the nation.





Vision

Healthy, Happy,
Connected Kids®

Mission

Engaging and empowering students and families to achieve a healthy lifestyle through physical activity nationwide; preventing childhood inactivity and obesity, one child, one school, and one community at a time.



What's Cool in Our School - Minnesota

We make running FUN!





Incentives Celebrating the Journey





100 MILE CLUB[®]
SINCE 1993

2023-2024 Package Options

	ULTRA-ELITE Maximum Performance. Super Charged. All-in.	Most Popular! ELITE Life-Changing. Empowered. Meaningful.	PACESETTER Affordable. Fun. Celebratory.	START LINE Easy. Simple. Free.
Package Cost Per Year	\$20 Per Student	\$15 Per Student	\$5 Per Student	Free
Challenge Accepted ID Card	👍	👍	👍	Digital Download
Annual 100 Mile Club Sticker	👍	👍	👍	
Dog Tag Keychain	👍	👍	👍	
MILEstone Stickers 4, Earned at 25/50/75/100 Miles	👍	👍	👍	
"WOW" Certificates 4, with write-in milestones	👍	Digital Download	Digital Download	Digital Download
Year-End Certificate	👍	👍	👍	Digital Download
MILEstone T-Shirt Earned at 25 Miles	👍	👍		
MILEstone Pencil Earned at 50 Miles	👍	👍		
MILEstone Wristband Earned at 75 Miles	👍	👍		
Gold Medal Earned at 100 Miles	👍	👍		
Water Bottle	👍			
Drawstring Backpack	👍			
Folding Flying Disc	👍			

Class of 2024



COLOR Reveal

100 Mile Club - Color Reveal 2024!

School Wellness Policies



A local school wellness policy is a written document that guides a local educational agency's or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

School Health Guidelines



- 1 - Healthy Eating and Physical Activity
- 2 - School Environments
- 3 - Quality School Meal Program
- 4 - Comprehensive Physical Activity Program
- 5 - Health Education
- 6 - Health, Mental Health and Social Services
- 7 - Partner with Families and Community Members
- 8 - Employee Wellness Program
- 9 - Certified and Qualified Staff

School Health Guidelines



1 - Healthy Eating and Physical Activity

2 - School Environments

3 - Quality School Meal Program

4 - Comprehensive Physical Activity Program

5 - Health Education

6 - Health, Mental Health and Social Services

7 - Partner with Families and Community Members

8 - Employee Wellness Program

9 - Certified and Qualified Staff



4 - Implement a Comprehensive Physical Activity Program With Quality Physical Education as the Cornerstone

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities.





7 - Partner With Families and Community Members in the Development and Implementation of Healthy Eating and Physical Activity Policies, Practices, and Programs

Partnerships among schools, families, and community members can enhance student learning, promote consistent messaging about health behaviors, increase resources, and engage, guide, and motivate students to eat healthily and be active.

Family and Community Members! *Together!*





100 MILE CLUB®



SAVE THE DATE!

100 Mile Club Kid's Fun Run!



Waller Park 5K
*** Santa Maria ***
July 20, 2024

FREE
Join in the fun!



8 - Provide a School Employee Wellness Program That Includes Healthy Eating and Physical Activity Services for All School Staff Members. *This can improve staff productivity, decrease employee absenteeism, and decrease employee health care costs.*





Evidence Based

- National Studies
- Online Surveys
- In-person interviewing
- Focus Groups

We can individualize to district or area.



What our coaches & families have shared . . .



Coaches

88% - 100 Mile Club made a positive difference for my students due to current world/community challenges.

- *Better able to deal with stress and anxiety*

Parents

92% - 100 Mile Club made a positive difference in my child's school and life experiences, including:

- *More physically active, better focus and concentration, improved self-esteem, and increased family involvement*

97+% - We want our child to continue 100 Mile Club next year!



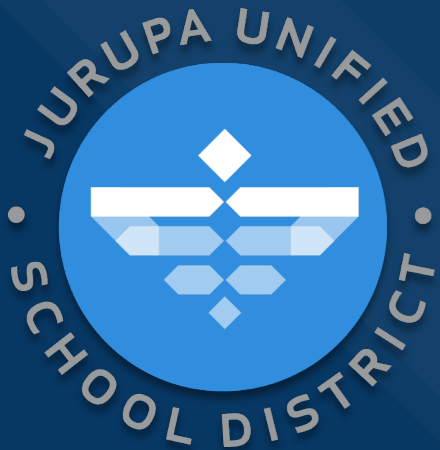
Sample Language for LSWP BP 5030



All schools will implement 100 Mile Club as a Physical Activity goal and as part of the Physical Education program. 100 Mile Club has been shown to improve and benefit a student's physical health, while also benefiting academic performance, and social and emotional wellness.

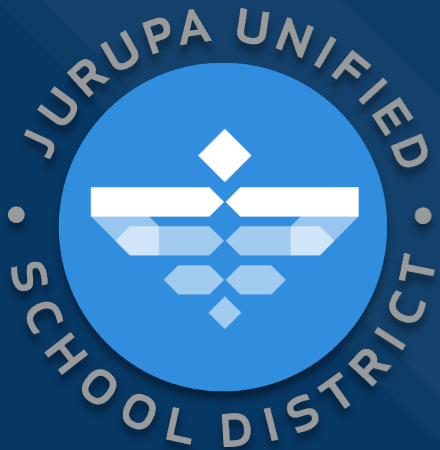
JURUPA USD

- 24 Schools
- 18,618 TK-12
- 29% EL
- 20.4% RFEP
- 12.1% IWEN
- 75.9% SED
- 105 Foster Youth
- 95 Homeless Youth
- 81% Unduplicated
- Schools - 52.08% to 97.13%



JURUPA WELLNESS

- **Nutrition**
 - Fresh Fruit/ Vegetable Grant
 - Locally Grown Produce
 - Incentives
- **Mental Health**
 - Medical Provider / Private
 - Wellness Centers/ Community School grants
- **SEL**
 - PBIS/ SEL support
- **Physical Health**
 - Health Screening/ Dental/ Vision
- **Physical Fitness**
 - 100 Mile Club



JURUPA USD

- Open Runs
- 100MC calendar
- Site Celebrations
- Board Celebrations



100 MILE CLUB®
SINCE 1993

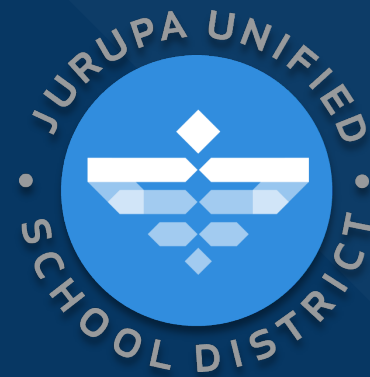
JURUPA USD

2023-24

Revitalize - Expand - Energize

Expanded Learning Opportunities Program
(ELOP)

- Funded All Student Memberships
- Head Coach Stipends/ Support
- Districtwide "Head Coach"
- Open Runs Return/ Site and High School
- Incentive Funding
- Scanners (10/site/ open runs - districtwide software license)



JURUPA USD

Mr. Warner's Class

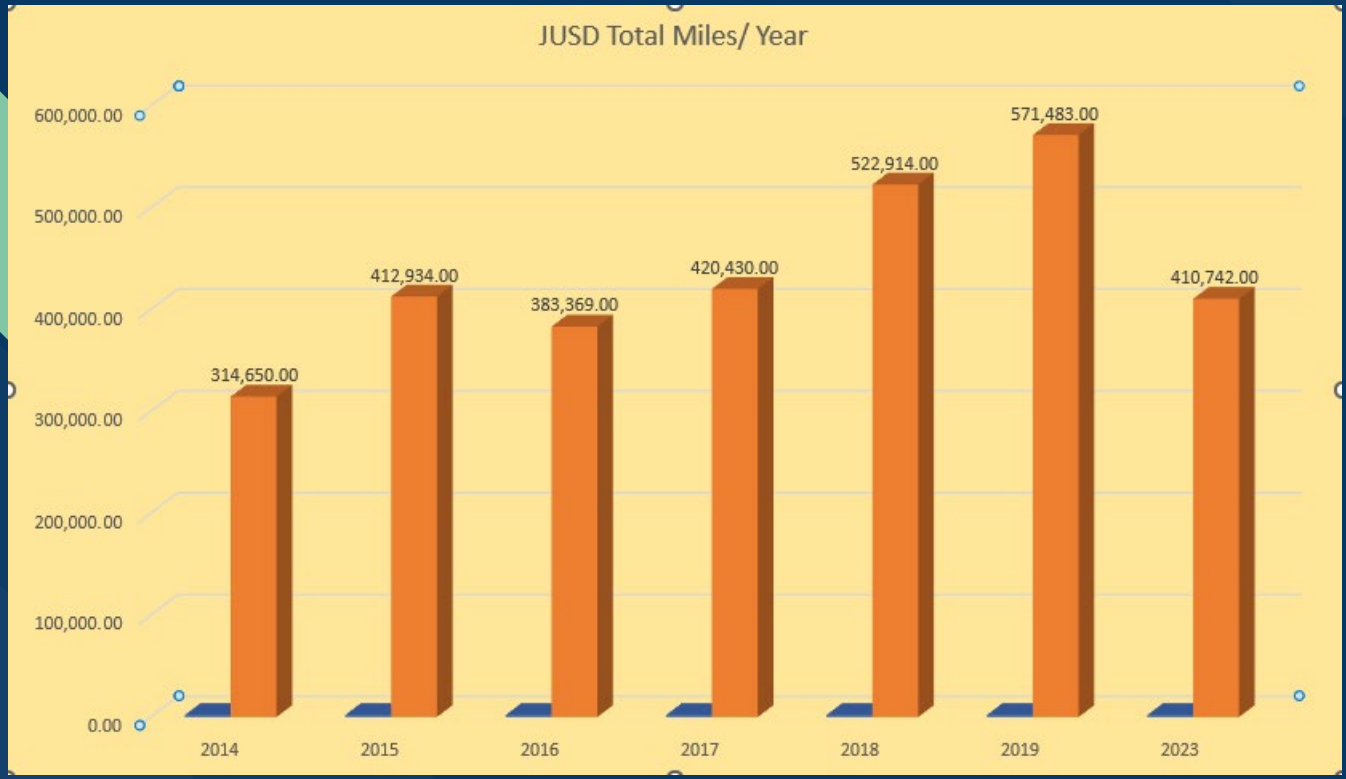
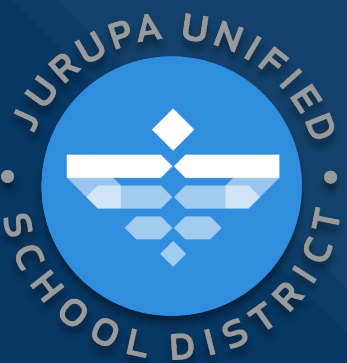


4,569 miles!

27 of 29 students over 100 Miles
2 - 300+ mile students!



JURUPA USD





100 MILE CLUB®

SINCE 1993

Join Us
Today!

