



SEPTEMBER 2025

SCHOOL WELLNESS SUMMIT

# ✦ When Staff Thrive, Students Flourish ✦

THE CASE FOR MOVEMENT  
IN SCHOOL COMMUNITIES



✦ WELCOME ✦

“MENS SANA IN CORPORE SANO”

**ALLYSON REEDS**

Physical Education Coordinator

Orange County

Department of Education



# AGENDA

— GET GROUNDED IN  
YOUR WHY

— IDENTIFY RESEARCH-  
BASED CONNECTIONS TO  
PA + STAFF WELLNESS

— IMPLEMENTING  
ACTIVITIES

— PERSONAL  
COMMITTMENT



# SHARED AGREEMENTS

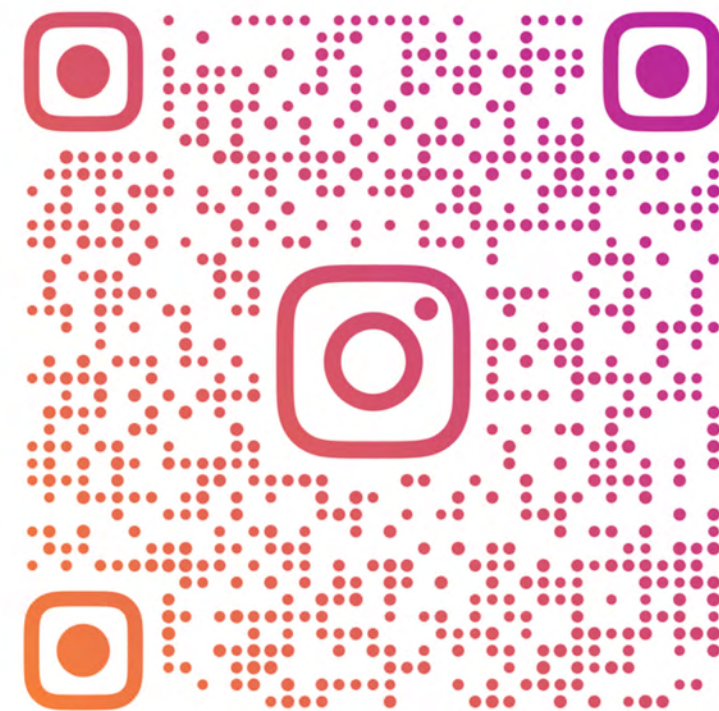
- Build connection
- Share openly
- Meet your needs
- Participate at your own comfort level





# NAME GAME

WARM UP GAME/  
CIRCLE OPPORTUNITY



REEL SHARED ON NOV 17, 2023  
BY HOWARDGREENSUPERMOVERS



SAY  
THEIR  
NAMES

# THE “WHY”

- Boosts mental health and reduces stress
- Improves cognitive function and focus
- Enhances school climate and connection
- Supports physical health and disease prevention
- Models healthy behavior for students



# FIND YOUR WHY

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# PSYCHOLOGICAL BENEFITS OF PA

## **MOOD BOOST:**

Exercise triggers the release of endorphins, our brain's natural feel-good chemicals. This can lead to a positive mood and a reduction in feelings of stress, anxiety, and even depression.

## **STRESS REDUCTION:**

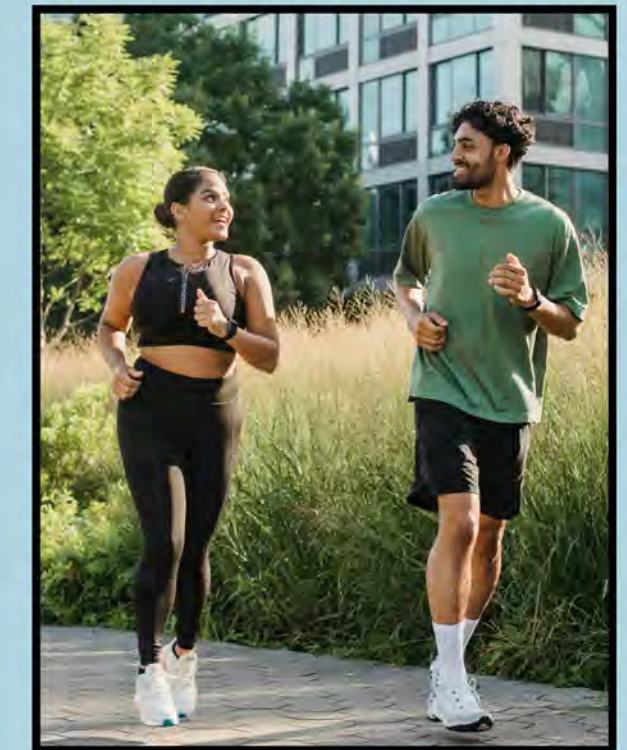
Physical activity activates the body's relaxation response, helping to counteract the negative effects of stress hormones like cortisol. This can lead to feeling calmer, more focused, and better equipped to handle everyday challenges.

## **ENHANCED RESILIENCE:**

Regularly putting your body through physical challenges can improve your mental resilience and coping mechanisms. This can help you better deal with stress, setbacks, and other life challenges.

# TEACHER & STAFF WELLNESS: RESEARCH INSIGHTS

| Area                               | Key Findings                                                                                |
|------------------------------------|---------------------------------------------------------------------------------------------|
| Teacher Wellbeing                  | Linked to better retention, relationships, and student outcomes (mostly correlational data) |
| Physical Activity (Teachers/Staff) | Enhances health, enthusiasm, job commitment; positive modeling for students                 |
| Classroom Physical Activity        | Boosts school engagement and on-task behavior; active breaks most effective                 |
| Physical Activity & SEL / Climate  | Supports social–emotional learning, engagement, and overall school climate                  |
| Movement-Based Learning            | Elevates student engagement, cognition, and learning retention                              |
| School Climate Benefits            | Positive environments foster academic achievement, reduced behavioral issues, and wellbeing |





## **CLASS CULTURE**

If you could change one thing about your class or organization, what would it be? Why is this important to you?



## **SELF- REFLECTION**

What has been the biggest challenge over the past year in your school/organization? Why? What actions can you take to help tackle this issue?



## **SOCIAL INTERACTION**

How can you advocate for increased social interaction on your campus? What ideas do YOU have?

# WHAT IS YOUR VISION

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## **VISION ACTIVITY: TALK THE WALK**

Using your district's Mission,  
let's identify ways we can  
**ADVOCATE** for staff and  
student wellness!



# CHALLENGES & POTENTIAL STRATEGIES



- TIME
- COLLECTIVE BUY-IN
- PRACTICE & TRAINING





## TIME

- Infuse RP, collab. and culture-building into existing lessons
- Start small
- Set reminders
- Encourage leadership & delegate



## COLLECTIVE BUY-IN

- Communicate: Team meetings, classroom discussions, etc.
- Meet people where they're at
- Encourage student/staff voice & autonomy



## PRACTICE & TRAINING

- Create a consistent schedule
- Offer multiple modalities to learn
- Integrate support and regular check-ins

# REFLECTION

## PASS & PRAISE

- CONGREGATE IN SMALL GROUPS AROUND YOU & MAKE A CIRCLE
- 1 PERSON TAKES OUT ONE SMALL OBJECT TO PASS AROUND THE CIRCLE
- GIVE 1 PRAISE, APPRECIATION OR ACTION YOU FEEL INCLINED TO SHARE

## COLLAB & CRITIQUE

- CONGREGATE IN SMALL GROUPS AROUND YOU & MAKE A CIRCLE
- 1 PERSON TAKES OUT ONE SMALL OBJECT TO PASS AROUND THE CIRCLE
- SHARE 1 CRITIQUE, QUESTION OR UNCERTAINTY YOU FEEL INCLINED TO SHARE



# LEADERSHIP

## CALL TO ACTION

What is one ACTION  
you can commit to after  
leaving here today?



KEEP  
YOUR  
HEAD UP



# BE AN ADVOCATE



**Leadership Influence Chart**



# THANK YOU

"OF ALL THE PATHS  
YOU TAKE IN LIFE,  
MAKE SURE A FEW OF  
THEM ARE DIRT."  
- JOHN MUIR



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# Resources



**CLICK HERE**

- [Comprehensive School Physical Activity Program \(CSPAP\)](#)
- [Local School Wellness Policy | Healthy Schools | CDC](#)
- [Whole School, Whole Community, Whole Child \(WSCC\) CDC](#)
- [Strategies for Connecting Activities in PE and the Classroom](#)
- [Model School Wellness Policy](#)
- [CDC School Wellness In Action](#)