

Continuing Education Credit or Graduate Credit  
**Whole Wellness: Whole Curriculum**  
Infusing Wellness into Your Curriculum

Tuesday, April 2, 4:30 – 8 pm

Wednesday, April 10, 8:30 - 4:30 pm, substitute stipends available

Wednesday, April 16, 4:30 – 8 pm

*All classes take place at Luther College, Valders Hall of Science*

The rising trend of childhood obesity and inactivity has become a national focus. Today's schools are being asked more and more to help solve and manage this growing health crisis. This course will provide teachers with valuable training on how to enhance their curriculum with ideas and activities that create links between our health, our food, our activity level and our environment.

Contact, Emily Neal, [nealem01@luther](mailto:nealem01@luther) for registration information, 563-387-2138  
Graduate Credit through Drake, \$155, Re-certification, \$85  
(Scholarships available for Graduate Credit)

Outline of Course Content:

**Why Wellness Matters:** *Learn the national and local health trends of today's youth. Find out about the social, emotional, and intellectual consequences of a growing culture of inactivity and poor eating habits. Learn how education is most successful when teaching the whole child, incorporating the social-emotional, physical and cognitive aspects of children into their learning. Gain knowledge of what the Healthy Kids Act means for you and your classroom.*

**Best Practices:** *Who is doing what and where? Be inspired, get ideas! See what great national, regional and local folks are doing to promote wellness in their schools.*

**An Edible Education:** *Learn and participate in lessons and activities that connects the food we eat to our health, our local food system, and our environment*

**Active Body, Active Mind:** *Countless studies show that the more we incorporate physical activity into our teaching the more cognitive engagement we get from our students. Learn and practice using the physical to engage the mental.*

**It's All About Connecting:** *Learn how wellness fits into the Iowa Core Curriculum, and how your classroom curriculum can fit into your school environment, and the greater community. Learn how getting kids outside promotes wellness and learning!*

**An Action Plan:** *Put new ideas to practice! Create an action plan for your classroom that takes your existing lessons and topics and infuses wellness into them.*

*Course Requirements: Teachers will be expected to read and answer questions about the course readings. In addition, each teacher will be required to create an Action Plan that they will implement in April and May.*