



HOZHÓ ACADEMY

ARETE Wellness Program Manual

INTRODUCTION

Academic Year 2020-2021 was a difficult year for multiple reasons. Many individuals in our school community contracted Covid-19 or cared for loved ones who became ill. We all know that McKinley County and our Native American population were disproportionately impacted by the pandemic. Although it is still not clear why our community was so negatively impacted, we know that overall, our community does have higher rates of preventable diseases such as diabetes, obesity, substance abuse and heart disease and generally, poorer health than it should or could have. It is possible that these conditions made our community more vulnerable to the effects of Covid-19. Even if that were not the case, providing our students with the information and opportunities to learn about and live a healthier lifestyle seems to have numerous positive effects on their lives and hopefully, spread to our families and community at large.

RATIONALE

The Hozho Academy's Equity and Health and Wellness Councils met to talk about how we can help our students defend against debilitating diseases and develop healthier bodies which are stronger in the face of viruses and other illnesses. Also, we all know that students need to move to grow and learn. Many students struggle with sitting for long periods of time working reading and math skills. Studies have shown that students need movement to stay on task in school. If students are struggling to stay in their seats and focus, the answer is not to make them sit longer. The answer is to provide targeted physical movement opportunities that create new brain cells which are then able to be filled with knowledge and experience.

The greater Gallup community does not offer many opportunities for young people and families to exercise together. There may be a few walking trails, parks, and bike paths, but for various reasons, those locations are not used regularly or extensively by families. We feel we need to provide an incentivized, comprehensive program at Hozho Academy for the benefit of the students and staff as well as our families.

VISION

Upon successful completion of the Physical Education program in Hozho Academy, students will be physically literate and embrace a healthier lifestyle. Students will appreciate everyone around them and the relationship built as a result of the program. Students will achieve and maintain a health-enhancing level of fitness. Students will embody and practice the core virtues of Hozho Academy within their families and community.

MISSION

Our primary purpose is to graduate successful life -long learners who are leaders in the global community. Hozho students in collaboration with their teachers, parents, and the community, will develop as motivated, self-reliant, creative and ethical individuals who respect differences in others. The Physical Education curriculum can provide a means of fulfilling the needs that our challenging society has created. The curriculum offers students a variety of opportunities to gain knowledge and proficiency in the foundational skills and activities needed for wellness which encompasses, physical, social, environmental, emotional, spiritual and intellectual components.

CORE VIRTUES

The physical education staff of Hozho Academy will strive to apply the classical education core virtues of compassion, perseverance, courage, respect, responsibility, diligence, temperance and integrity.

PHYSICAL EDUCATION PROGRAM

Kindergarten to 6th Grade

For our youngest students, we will continue to follow the New Mexico grade level standards for health and PE but we will be supplementing the program in a number of ways. We will be having physical education classes or structured recess every day to support students developing age-appropriate motor skills and building strength and stamina.

We will start to incorporate movements to “re-set” students and prepare them for more challenging activities. This re-set involves some crawling backwards and forwards, rolling, rocking and other movements which are based on the concepts of Original Strength (Originalstrength.net) and build a foundation for developing other more complicated movements and skills.

Students will then work on activities such as tossing, catching, running, stretching, climbing to learn correct form and proper procedure. Heart rate monitors (watches) will be issued so that students may track their improvement when participating in cardio exercises. When students reach new milestones, stars will be pressed onto their ID lanyards to visibly track their progress.

To support this initiative, we changed the school uniform slightly. Students will now wear more athletic type clothing and athletic shoes every day to be ready for activity.

A new playground will be installed which promotes these types of skills. On a day a student does not have a PE class, a structured recess time will be given. Students will be given activities to complete on the playground during their recess break. For example, there may be obstacle courses, relay races etc..

Prior to the start of school and after school, students will be given the opportunity to run or walk the cross-country trails beside the school. Each student will be given a barcode on the back of their ID card which will be scanned prior to heading on the trail. When returning, students will re-scan their card and their miles will be tracked. Students will be recognized for the number of times they collect 26 miles (a marathon).

GOAL

The goal of the Physical Education K-6 program is to prepare the students to be ready for junior high PE, sports and be on the road to be fit for life. Students will be equipped with the knowledge, skills and confidence to develop and increase skills necessary to participate in a variety of physical activities.

CLASS RULES

A. Be Safe and Prepared

1. Be in a PROPER and COMPLETE PE uniform
2. NO jewelry that hangs from the body (necklaces, bracelets, watches and dangling earrings) including rings.
3. ABSOLUTELY no gum, food, candy, beverages or any edible substances are permitted in the gym.
4. ALL language must be appropriate
5. PERMISSION is necessary to leave the gym or physical education class at any time.

B. Be Active

1. FULL PARTICIPATION is expected at all times.
2. “Never try quitting and never quit trying”

C. Have Fun

1. *Enjoy yourself and respect each other*

GRADE SCALE

- Attendance/Participation 40%
 - Attitude /Proper uniform 25%
 - Fitness Improvement (“Arete”) 30%
 - Written Test 5%
- TOTAL: 100%**

LANYARD COLOR LEVELS

Grade Levels	LEVELS	GOAL
	<i>Jumpstart level for all</i>	<i>Must accumulate a total of 40 points (85%) of their grade level's Intermediate Testing Strand</i>
K-2G	K2 Intermediate Level	<i>Must accumulate a total of 40 points (85%) of their grade level's Advance Testing Strand</i>
	K2 Advance Level	<i>Must stay within 80- 90% proficiency within their grade level's Advance Testing Strand</i>
3G-4G	3G-4G Intermediate Level	<i>Must accumulate a total of 40 points (85%) of their grade level's Advance Testing Strand</i>
	3G-4G Advance Level	<i>Must stay within 80- 95% proficiency within their grade level's Advance Testing Strand</i>
5G - 6G	5G-6G Intermediate Level	<i>Must accumulate a total of 40 points (85%) of their grade level's Advance Testing Strand</i>
	5G-6G Advance Level	<i>Must stay within 80- 95% proficiency within their grade level's Advance Testing Strand</i>

MEDICAL EXCUSE

- *Excuse notes from home are accepted for MEDICAL REASONS only.*
- *Students are still expected to be in their complete and proper uniform.*
- *Students must bring a note EACH DAY only for 3 consecutive days. A DOCTOR's note is required on the 4th day.*
- *Excuse notes must be WRITTEN, DATED, SIGNED by a parent/guardian (with contact information) and must state the NATURE OF ILLNESS/INJURY.*
- *Students will be issued a MEDICAL Vest in PE and will continue to participate in a modified PE activity.*

RECOGNITION/AWARDING

- *Every time a student makes progress in each testing event, a star will be pressed in the students' lanyard.*
- *If a student accumulated a total of 40 points of the next testing level strand, the student will be awarded with the next level color lanyard to recognize the students' fitness milestone.*
- *There will be NO re-STARing of the lanyard in case of loss.*

PHYSICAL EDUCATION PROGRAM

7th - 8th Grade

All junior high students will participate in a motivational PE program designed to condition and strengthen so that students are prepared to participate in sports and to promote general fitness for life.

*The PE course is based on a model from Prescott Junior High in Modesto, California. If you are interested in learning more about the philosophy and science behind it, we can give you some resources. An easy way to gain a better understanding about the program is to watch the documentary, *Motivation Factor*, on Amazon Prime which features Prescott Junior High's program. We have one copy of the movie here in the office if you would like to borrow it.*

Although we will continue to follow the New Mexico PE standards, the program is based on personal fitness development. Each student will participate in a series of activities designed to establish their strength and develop skill levels, and encourage them to improve, even a little bit, each day. As students make progress, they will be rewarded with stars that will be added to their ID lanyards.

Students may also earn an opportunity to test in certain events. When students earn points on these tests they will earn different trunk and lanyard colors which will designate them as having achieved a certain level of fitness and strength. The colors for the lanyards are gray to start, then progress to white, red, blue and the highest level is gold. Students earning gold level trunks will have their name and number permanently placed on the gym wall Hall of Fame board.

Some of the activities in which students will perform tests and achieve different levels are: running various distances under certain times; sit-ups, pull ups, cable walk, etc...

Students will be allowed the use of heart monitors (watches) during physical activity so that effort can be determined and visually demonstrated to the students so that they can learn what it feels like to be at their optimal heart rate while exercising.

Prior to the start of school and after school, students will be given the opportunity to run or walk the cross-country trails beside the school. Each student will be given a barcode on the back of their ID card which will be scanned prior to heading on the trail. When returning, students will re-scan their card and their miles will be tracked. Students will be recognized for the number of times they collect 26 miles (a marathon).

Expectations for Junior High PE

- *All students will participate. If students have a medical excuse, they must still come to PE and wear a medical vest indicating excuse via a doctor's note.*
- *No walking! Students must jog out and jog in when on the PE court or field.*
- *This year, we will not require students to fully change out to participate in PE. Students will wear trunks for PE class which they may wear under their athletic pants. They will remove their pants prior to PE and may change out of their shorts after PE and back into their athletic pants prior to going back to academic classes. If students would prefer to change shirts, a PE shirt will be designated but not required for this year. Students will be given 5 minutes to arrive and change and be on their designated spot ready to participate. Once our locker rooms are set up and we have established our systems and procedures, we will look into utilizing the locker room for changing in and out of PE gear.*
- *Shirts must be tucked in.*
- *Students are expected to give their best effort: no talking, loafing, goofing around.*
- *Students are expected to have positive attitudes and show respect to themselves, staff and other students. Students should encourage and cheer on classmates. Any teasing, laughing or belittling will not be tolerated.*
- *Teachers and staff will follow strict guidelines for testing achievement and for new trunk colors.*
- *Teachers are expected to model and enforce an enthusiastic and encouraging class environment.*
- *Parents are expected to reinforce the ideas behind developing a healthy lifestyle and to encourage their children to do their best.*

TRUNK LEVELS

LEVELS	GIRLS GOAL	BOYS GOAL
GREY	Jumpstart level for all	
WHITE	All standards must be met for promotion	
TURQUOISE	51 points	60 points
RED	54 points	60 points
BLUE	57 points	60 points
GOLD	57 points	63 points

PLEASE RETURN THIS PAGE TO YOUR CHILD'S TEACHER or SCAN CODE WITH YOUR CAMERA FOR E- SUBMISSION. THANK YOU.



COMMITMENT PAGE

I, _____ parent/ guardian of
(Name)

Student/s name & Grade level/s

Supports and acknowledges the Hozho Academy's goal to develop the total wellness of my child/ren through the ARETE Wellness program.

I commit myself and my entire family to strive to maintain a healthy lifestyle by :

Eating a balanced diet everyday.

Having a good sleeping habits

Being active

Staying hydrated

Signature

Date