



HA! HEALTH AND AGILITY TRAINER WELCOME GUIDE

**TEACHING NUTRITION, SAFETY, AND
RESILIENCE IN YOUR CLASSROOM**

**Giving you and your students the advantage of
learning adaptable skills that can be used in the
classroom and everyday!**

 **THE EVOLUTION INSTITUTE**

Funded by:



**Children's Board
HILLSBOROUGH COUNTY**

www.ChildrensBoard.org

WELCOME TO A TRAINING UNLIKE ANY OTHER!

TEACHING CHILDREN TO TAKE THE LEAD

Welcome! Thank you for signing up to be a classroom trainer for HA! We are so excited that you have come to join us and that you are willing to be part of this amazing experience. You and your feedback are essential to our growth.

OVER THIS COURSE YOU WILL:

- Learn to teach age appropriate safety and nutritional information.
- Learn how to collect data on whether or not your class is retaining the information taught.
- Become Certified in HA! Safety and Nutritional Training.
- Learn skills that, research shows, creates calmer classrooms overall.
- Learn how to conduct performance based classwork.
- How to become a master trainer and teach others your skillset!

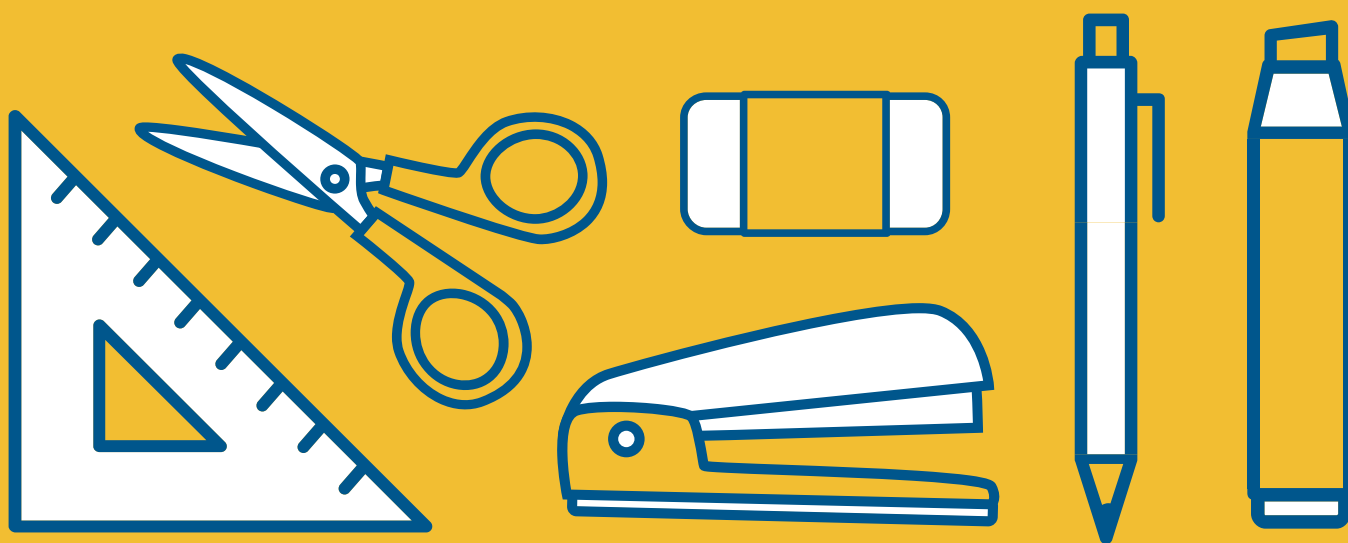
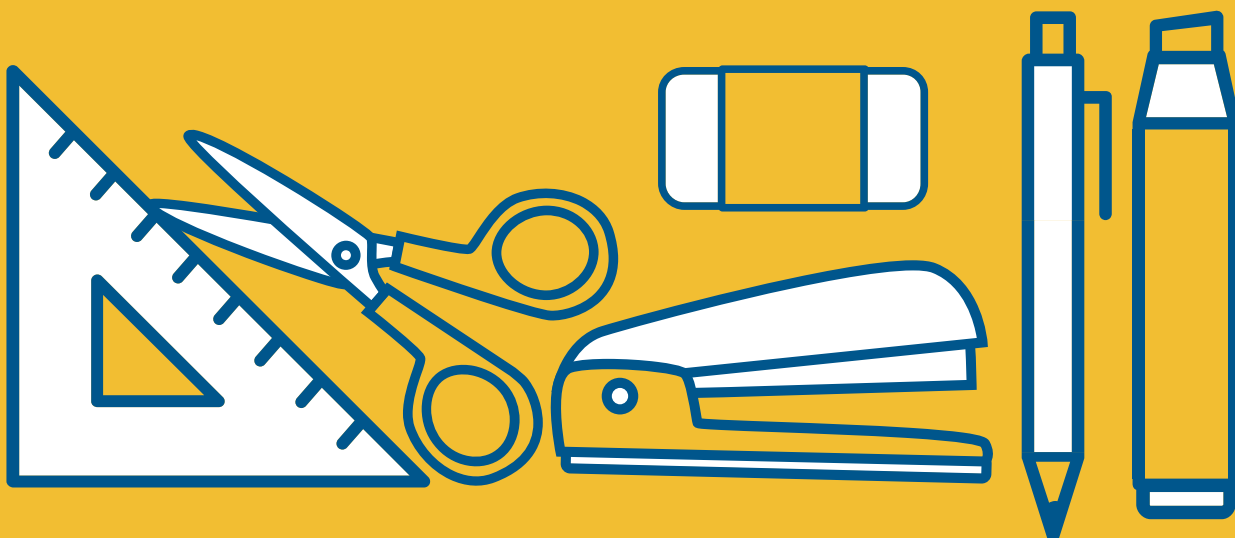


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*These are just overviews: for full information, please see the Appendix.



Course Calendar

STEPS:

1. INTRODUCTION TO THE COURSE AND THE INSTRUCTORS

2. HA! INSTRUCTORS HELP TEACHERS WITH PRE-ASSESSMENT

3. TEACHERS HELP HA! INSTRUCTORS FILL OUT STUDENT ASSESSMENT FORMS

4. TEACHERS COURSE WITH HA! INSTRUCTORS

5. HA! INSTRUCTORS COME TO MEET YOUR STUDENTS

6. HA! INSTRUCTORS CO-TEACH A COURSE (THIS COULD BE MORE THAN ONE TIME; DEPENDING ON YOUR CENTER)

7. HA! INSTRUCTORS WILL COME IN TO WATCH YOU TEACH A CLASS (CO-TEACH AND ASSIST YOU AS NEEDED)

8. COLLECT DATA ABOUT STUDENTS FROM TEACHERS

9. MEETING WITH HA! INSTRUCTORS TO DISCUSS THE COURSE AND GIVE SUGGESTIONS FOR FUTURE CONSIDERATION.

Knowing You and Your Classroom's Rights

The HA! Program and Evolution Institute are so excited to work with you and your classroom in the next coming weeks. Not only will we be aiding you in learning skills that can help many generations to come, but *you will be assisting us* in helping children in our very own community!

Because we care deeply about you and your class's privacy: we want you to be aware that all of the data gathered during this training will be used explicitly to see the effectiveness of the program itself.

However, with that being said, it is important to note that any data collected both in and outside of the classroom will remain completely anonymous and untraceable to either you or your students.

Within our partnership with the Hillsborough Children's Board, every participant is assigned a number within Children's Board Analytical Tracking System (CATS), and in turn: all the data given will be provided via this assigned number. No name, or any other demographic information, will be passed along; only these specific numbers will be used.

If you have any questions about this system, please feel more than welcome to let any of your HA!instructors know.

Thank you, again, for being part of this!

Sincerely,
The HA! Staff

Training Pre-Assessment*

CHILDREN'S BOARD OF HILLSBOROUGH COUNTY 2019 List of Required Demographic Data

For Practitioners/Professionals as participants served:	Specification
First Name	
Last Name	
Children's Board ID (PERMID)	Automatically generated by data system
Participant Type	Adult; Minor Child; Teen Parent; Professional
Date of Birth	
Gender	Female; Male; Refused; Not Available
Ethnicity	Hispanic or Latino; Not Hispanic or Latino; Refused; Not Available
Race	White; Black or African American; American Indian or Alaska Native; Asian; Native Hawaiian or Other Pacific Islander; Two or More Races; Refused; Not Available
Program Start Date	
Program End Date	
Closure Reason	Completed service; No longer eligible; Voluntary withdrawal; Moved; Child removed from home; Incarceration; Death
If Re-Enrolled, Program Start Date	
If Re-Enrolled, Program End Date	
If Re-Enrolled, Closure Reason	Completed service; No longer eligible; Voluntary withdrawal; Moved; Child removed from home; Incarceration; Death
Employer Address	
Employer City	
Employer State	
Employer Zip Code	
Highest Education Level Attained	Some or no high school; High school graduate or GED; Technical Certificate; Some college; Associates Degree; Bachelor's Degree; Advanced Degree; Refused; Not Available
Practitioner/Professional Type	Early Childhood Educators (Center-based); Early Childhood Educators (Family-based); Educators; Administrative; Healthcare; Case Manager; Legal; Other
Employer Agency Name	
Employer Program Name (if	
Agency name	Automatically generated by data system
Program name	Automatically generated by data system

*For the convenience of all parties, this will be filled out online.

Teaching Nutrition

1

What is Nutrition?

Nutrition is the process of providing or obtaining the food necessary for health and growth.

2

Why am I learning about this...again?

For many of us, this may seem like black and white [we've been learning what is healthy since we were kids!], but as time goes by, the more research is available. The more research available to all of us means that some of the things we learned when we were younger have changed over time, i.e, juice is *not a healthy beverage to drink in mass quantities*.

3

Why is it so important for my students to learn healthy eating habits?

Nutrition effects literally almost every part of a child's life: from how much their brain grows, to whether or not they have energy to retain information in your class, their attitude in class, and pretty much everything in between.

Teaching Nutrition Continued

4

What makes HA! the right program for me to learn about nutrition for my students?

Excellent question! HA! has compiled research from around the globe, and with the help of medical professionals, has compiled a program to share the most up to date findings on good nutritional practices.

5

So, what will we be learning about in this nutrition course?

Here at HA!, we try to focus on project based learning. This will be discussed in detail later on, but the idea is: you will learn how to make a framework for facilitating questions with young children by conducting an in-depth investigation that they will take the lead on.

6

How will the HA! instructors be teaching us about nutrition?

This program is a combination of in class work, shadowing, and is intended to be fun for all ages! Yes, there will be various pedagogies and wheels in motion, but we hope this class is as fun for you as it will be for your students!

Teaching Safety

ACCORDING TO THE CENTER FOR DISEASE CONTROL:

- 33 children die everyday from unintentional injuries. That is *more than one every hour*.
- An additional 720 are brought to the emergency room everyday for unintentional falls and injuries. That is *one child every two minutes*.

1

Here at HA!, we want to be part of the solution...

And we think you can be too! By teaching children safe practices, we will hopefully be able to reduce these statistics.

2

The HA! safety difference

Studies show that many children are injured because no one explains *why an* activity is dangerous. Through project based learning, similar to how we will learn to teach nutrition, students will be able to discover how an action is safe versus not unsafe.

Project Based Learning: The Basics

AS THIS CLASS PROGRESSES, WE WILL LEARN MORE ABOUT WHAT PROJECT BASED LEARNING IS, BUT HERE ARE SOME HIGHLIGHTS:

- THE PROJECT APPROACH ALLOWS CHILDREN TO POSE THE QUESTIONS AND TO ANSWER THEIR OWN QUESTIONS.
- PROJECT BASED LEARNING IS NOTHING NEW; IN FACT, DEWEY (1938) ADVOCATED FOR THIS TYPE OF WORK IN THE CLASSROOM EARLY IN THE 20TH CENTURY.
- THE PROJECT APPROACH IS FOR CHILDREN TO UNDERSTAND THEIR EVERYDAY ENVIRONMENTS MORE FULLY.
- CHILDREN ASKING QUESTIONS AND ENGAGING IN INQUIRY PROVIDES A PERFECT OPPORTUNITY FOR THE TEACHERS TO ENGAGE IN INQUIRY AS WELL.
- THE PROJECT APPROACH PROVIDES A FRAMEWORK FOR TEACHERS AND STUDENTS TO ENGAGE IN QUALITY LEARNING EXPERIENCES (KATZ & CHARD, 1996).
- DURING PHASE TWO, CHILDREN ENGAGE IN INVESTIGATION TO FIND OUT ANSWERS TO THE QUESTIONS POSED IN PHASE ONE.
- THE PURPOSE OF THESE FIRST-HAND ACTIVITIES IS FOR CHILDREN TO DIRECTLY RESEARCH AND SEEK ANSWERS TO THEIR QUESTIONS. THIS INVOLVES PREPARATION BEFOREHAND BY BOTH STUDENTS AND TEACHERS.

Knowing How to Assess Your Class: WE ARE HERE TO HELP!

ASSESSING NUTRITION:

Previous research has determined that children as young as 3 years of age can benefit from nutrition education (Zinn, 1179). They primarily do this through skills relating to sight and memorization. I.e, know the difference between what fried food versus grilled food looks like. The HA! Program has come up with visuals to obtain a pre and post test on what they have learned. The post assessment will happen after their project based learning, and will test them on their abilities to know how to spot whether or not a food is healthy.

ASSESSING SAFETY:

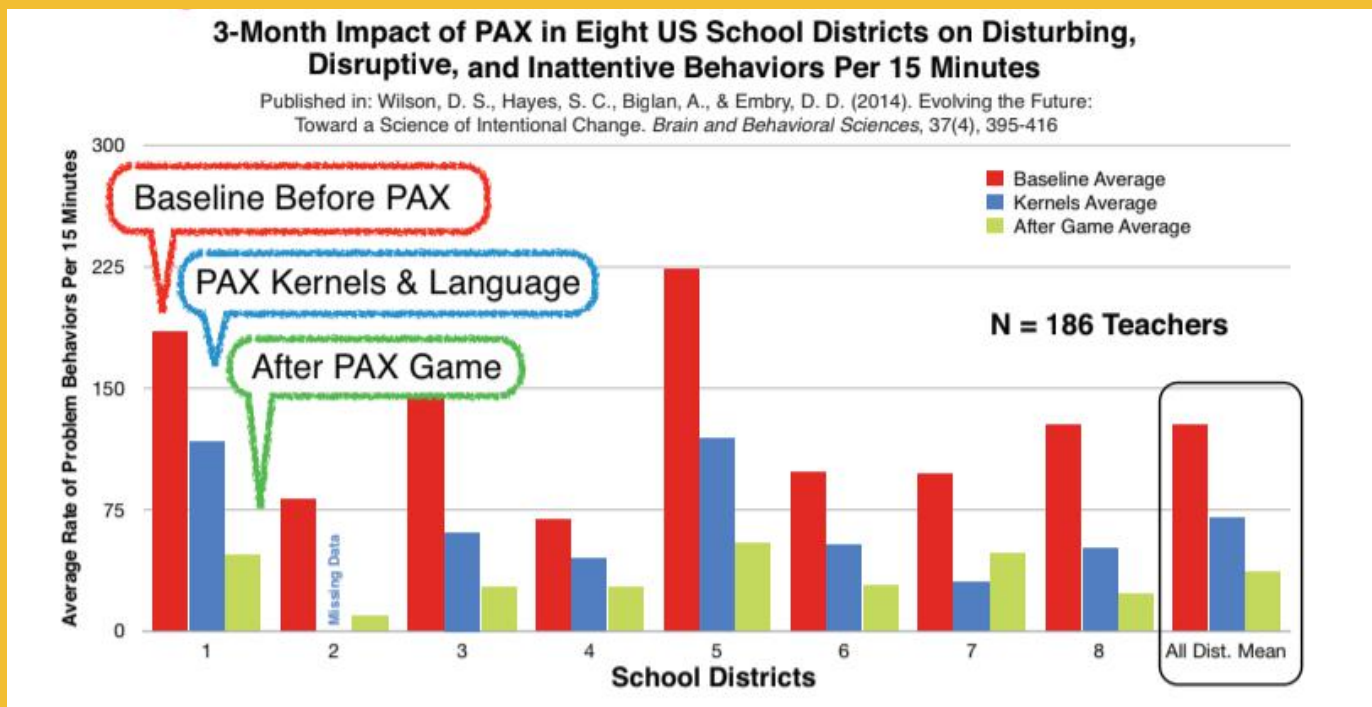
As research has pointed out, children often have a poor comprehension of what is safe versus not safe because it is rare in the adult-child relationship to explain to children why something is dangerous. Much like the nutrition assessment, the HA! Program has come up with visuals to obtain a pre and post test on what they have learned pertaining to safety. The post assessment will happen after their project based learning, and will test them on their abilities to know not only what is and is not safe, but *why it is or is not safe.*



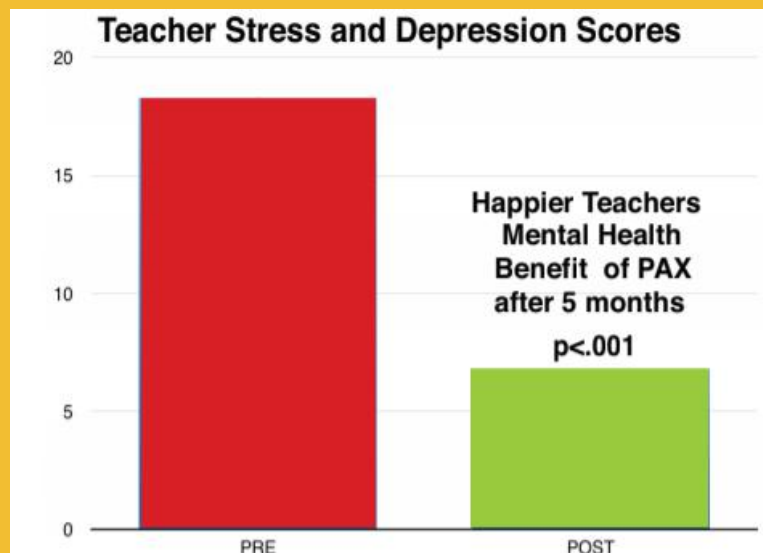
The Good Behavior Game: The Basics

AS THIS CLASS PROGRESSES, WE WILL LEARN MORE ABOUT THE GOOD BEHAVIOR GAME, BUT HERE ARE SOME HIGHLIGHTS:

- GOOD BEHAVIOR GAME® TEACHES STUDENTS SELF-CONTROL INDIVIDUALLY AND AS A GROUP.
- STUDENTS' BEHAVIOR PROBLEMS DROPPED 75% IN THREE MONTHS WITH PAX GOOD BEHAVIOR GAME.
- STUDENTS GET BETTER GRADES AND GET INTO LESS TROUBLE. OFFICE REFERRALS DECLINE SHARPLY. ATTENDANCE IMPROVES. FAMILIES SAY THEIR CHILDREN ARE HAPPIER. BULLYING DROPS AND LASTING FRIENDSHIPS DEVELOP.



TEACHERS ARE HAPPIER AND HEALTHIER AS A RESULT OF THE GAME.



Nutrition Assessment Sample

HERE IS A SAMPLE OF WHAT THE NUTRITION ASSESSMENT LOOKS LIKE. A FULL COPY AND ANSWER KEY IS PROVIDED IN YOUR APPENDIX.

CIRCLE YOUR ANSWER

Which food should you eat a little of? Fresh Fruit the cereal with lots of sugar



CIRCLE YOUR ANSWER

Which food should you eat a little of? Hot Dog Fresh Nuts



CIRCLE YOUR ANSWER

Which food should you eat a little of? Candy Bar Salad



Safety Assessment Sample

HERE IS A SAMPLE OF WHAT THE SAFETY ASSESSMENT LOOKS LIKE. A FULL COPY AND ANSWER KEY IS PROVIDED IN YOUR APPENDIX.

Which children are walking safely?



1



2

Which child is playing safely?



1



2

Which child is bicycling safely?



1



2

TIPP Teacher Survey

HERE IS A SAMPLE OF WHAT THE TIPP TEACHER SURVEY LOOKS LIKE. A FULL COPY IS PROVIDED IN YOUR APPENDIX.



FROM5TO 9 YEARS

Teacher Safety Survey

Name _____ Date _____

Directions: Please X through one answer for each question.

1. Does your institution have a plan in place for fires?	Yes	Don't Know	No
2. How often do you and your students practice fire drills?	Frequently	Rarely	Never
3. Does your institution have a plan in place for active shooters?	Yes	Don't Know	No
4. How often do you and your students practice active shooter drills?	Frequently	Rarely	Never
5. Does your institution have a plan in place for emergency weather? i.e., hurricanes, tornadoes, floods	Yes	Don't Know	No
6. How often do you and your students practice emergency weather drills?	Frequently	Rarely	Never
7. Does your institution/classroom have smoke detectors?	Yes	Don't Know	No
8. Does your institution/classroom have carbon monoxide	Yes	Don't Know	No

This survey is modified from the American Pediatric Associations Safety Survey to fit the state of Florida's needs.

"FROM 5 TO 9 YEARS Framingham Safety Survey." Healthy Children, American Academy of Pediatrics, 21 Mar. 2017, www.healthychildren.org/Documents/tips-tools/Framingham/framingham-5to9.pdf.

TIPP Parent Survey

HERE IS A SAMPLE OF WHAT THE TIPP PARENT SURVEY LOOKS LIKE. A FULL COPY IS PROVIDED IN YOUR APPENDIX.



FROM 5 TO 9 YEARS

Parent Safety Survey

Name _____ Date _____

Please X through one answer for each question.

- | | | | |
|--------------------------------------------------------------------------------------------------------|-----------------------------|----------------------|-----------------|
| 1. Is there a gun in your home or the home where your child plays or is cared for? | Yes | Don't know | No |
| 2. Do you and your child know how to get out of your home safely in the event of a flood? | Yes | No | |
| 3. Have any of your children ever had any injuries requiring a visit to the doctor or hospital? | Yes. How many visits? _____ | Don't remember | No |
| 4. How often do you and your family check and resupply your hurricane preparedness kits? | Never | At least once a year | Every few years |
| 5. Do you and your children know how to get out of your home safely in the event of a fire? | Yes | No | |
| 6. Does anyone in your home ever smoke? | Frequently | Occasionally | Never |
| 7. Does your child play with matches or lighters? | Frequently | Occasionally | Never |
| 8. Do you have working fire extinguishers in your home? | Yes | Don't know | No |
| 9. Does your child play with firecrackers or sparklers? | Frequently | Occasionally | Never |
| 10. Do you have working smoke alarms in your home? | Yes | No | |
| 11. Does your child know how to swim? | Yes | No | |
| 12. Does your child know the rules of water and diving safety? | Yes | Don't know | No |
| 13. Does your child wear a life jacket in the water? | Always | Sometimes | Never |
| 14. Does your child use a booster seat or seat belt when riding in the car on every trip at all times? | Yes | No | |
| 15. Does your car have a passenger air bag? | Yes | No | |
| 16. Do your children cross the street by themselves? | Yes | Don't know | No |
| 17. Has your child learned about bicycle safety? | Yes | Don't know | No |
| 18. Does your child wear a helmet every time he or she rides a bike? | Yes | Don't know | No |
| 19. Does your child know about stranger safety? | Yes | No | |
| 20. How often does your child wear sunscreen? | Frequently | Occasionally | Never |

End of Course Survey

Educator Assessment Survey

Directions: On a scale of 1-5, with 1 being the "STRONGLY DISAGREE" and 5 being the "STRONGLY AGREE", please circle one answer for each of the following questions.

Questions:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The directions for the assessment were clear and concise.	1	2	3	4	5
The assessment will be easy for me to teach.	1	2	3	4	5
The assessment will be easy for my students to understand.	1	2	3	4	5
The questions on the safety survey were applicable to my school/institution.	1	2	3	4	5
The questions on the safety survey made me more aware of safety precautions in my school/institutions.	1	2	3	4	5
The handouts I was given to help discuss safety concerns are useful to me.	1	2	3	4	5
I would recommend this assessment training to colleagues and friends in my field.	1	2	3	4	5

Any additional comments, questions, or concerns:
