

Appendix

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EAT SMART. PLAY HARD.

BODY WALK

Participation Report

Please complete and give to the Body Walk Manager on the day Body Walk visits your school.

This information will be used to complete KSDE reporting forms. In addition, the number of participating students listed on this form will be used to prepare your invoice.

School Name _____

Names of Additional Schools Attending (Include their USD Number and Town Name)

Date of Body Walk Visit _____

School Coordinator's Name _____

School Coordinator's Phone Number _____

Number of Participating Students _____

Number of Volunteers Present for Set-up _____

Number of Volunteers Present for Presentations _____

Number of Volunteers Present for Takedown _____

Number of Participating Teachers _____
(Teachers going through with a group of students- Include Para-professionals)

Number of Additional Parents and Community Volunteers Participating _____

Comments:

(Over)

BODY WALK

Participation Report
Page 2

Comments, Continued

Thank You!

BODY WALK

Evaluation

To be completed by the Body Walk School Coordinator

School Name _____

USD Number / Name _____

Your Name _____

Date of Body Walk visit _____

A. Tell us about your teachers:

1. _____ Number of teachers whose students participated in the Body Walk Program
2. Did all teachers receive a copy of the classroom activities and resources from the Body Walk School Manual? ____ yes ____no
3. _____ Number of teachers using the classroom activities in the School Manual
4. _____ Number of teachers using the list of additional resources in the School Manual

B. Tell us your opinion of Body Walk:

1. Is the exhibit educational, informative and appealing to students?
____ yes ____no ____not sure

Why or why not?

2. Was the Body Walk School Manual helpful to you?
____ yes ____no ____not sure

How could it be improved?

3. Did the Body Walk Student Activity Book appeal to students?
____ yes ____no ____not sure

How could it be improved?

4. Was the Body Walk Manager friendly, helpful and informative?
____ yes ____no ____not sure

The Body Walk Manager on duty today was:

____Kathy ____Judi ____ Katy ____not sure

BODY WALK

5. In the space below, please write other comments or suggestions about the Body Walk exhibit and specific comments made by students about Body Walk

C. Tell us about the Safe Kids Kansas bike helmets and resource packet:

1. How did you distribute the bicycle helmets?
 random selection contest (poster, fundraiser, etc.) other (please specify)

2. Did you receive the Safe Kids packet?
 yes no

If so, please list the resources you utilized/found to be useful.

3. Would your school/community be interested in hosting a Safe Kids safety event (i.e. safety fair, bicycle rodeo, car seat check lane, etc.)?
 yes no

If so, please provide Safe Kids Kansas with the name and phone number/email address of your school's contact person.

4. In the space below, please write any suggestions to improve the program or resources from Safe Kids Kansas?

**Please send your completed evaluation to: Kathy Childress
Body Walk Coordinator
KSDE, Child Nutrition & Wellness
120 SE 10th Ave
Topeka, KS 66612**

Thanks for participating in Body Walk and for your help in completing this form!

Set-Up and Take Down Tips for Body Walk Volunteers

Thank you for agreeing to helping with the set-up and/or take down of Body Walk! Body Walk is a 35 x 40 foot exhibit that covers approximately half of a full sized gym. You will be directed by the Body Walk Manager to help assemble metal framework, attach vinyl coverings and help with placement of large, felt covered panels.

To make the Body Walk set-up/take down more enjoyable, here are a few tips:

- Clothing should be casual and comfortable.
- Socks or indoor house slippers must be worn during set-up/take down. **No shoes or bare feet!!**
- **Children should not be present** in the room where Body Walk is assembled to ensure a safe set-up/take down environment.
- Body Walk takes approximately **2-2 ½ hours to set-up.** **Take down time is approximately 1½ hours.**



BODY WALK

Set-Up Crew

(Set-up takes approximately 2-2½ hours with 10-15 adult volunteers.)

Body Walk School Coordinator _____ Phone _____

Set-Up Date _____ Time _____

Name _____ Phone _____

BODY WALK

Take Down Crew

(Take down takes approximately 1½ hours with 10-15 adult volunteers.)

Body Walk School Coordinator _____ Phone _____

Take Down Date _____ Time _____

Name _____ Phone _____



Information for Station Presenters

The information presented in each station will help students learn the key concepts and outcomes for that station. You are an integral part of the learning experience because you will present all of the information and lead the activities.

The paper script that you have been given to review will NOT be used on the day of Body Walk. You will use a large flipbook. The flipbook pages will have pictures on the front for students to look at, and the script will be on the back of the page.

Students tour the human body exhibit with Power Panther graphics as a guide. Power Panther is the USDA Food and Nutrition Service mascot. Throughout the exhibit, they will learn how to apply Power Panther's slogan, **EAT SMART. PLAY HARD.**

To make the Body Walk experience more fun for everyone, here are a few tips:

- Familiarize yourself with the script prior to Body Walk. This will ensure you are more relaxed and confident with the information you are presenting.
- Have fun yourself! The more animated and engaging you are, the more the students will learn and remember.
- Dress the part! A few suggestions are included in your script packet.
- Maintain eye contact with the students.
- Encourage everyone to participate.
- Instruct students to sit down when they first enter the station. Explain that they are not to touch or lean against the walls of the exhibit.
- Ask students to WALK to the next station.
- Please ensure students handle the exhibit props carefully. No kicking or punching of exhibit walls.
- All presenters will be responsible for maintaining an atmosphere of learning rather than running or playing.
- The exhibit is enclosed. It could be stuffy or hot inside your assigned station. Dress comfortably so that you can move freely with the students as you do activities together.
- Bring a bottle of water to keep your voice working! No gum, food or drink (except water) allowed inside the exhibit.

BODY WALK

★ Socks must be worn by presenters. No shoes or bare feet allowed in exhibit! ★

Station Presenters Morning Shift

Shift Time _____

Station	Volunteer Name	Phone Number
Brain Station		
Body Walk Lunch Room Station		
Mouth Station		
Stomach Station		
Small Intestine Station		
Heart Station		
Lungs Station		
Bones Station		
Muscles Station		
Skin Station		
Pathway to Life		
Station Assistant and Back-up Person		
Classroom Escort		

BODY WALK

★ Socks must be worn by presenters. No shoes or bare feet allowed in exhibit! ★

Station Presenters Afternoon Shift

Shift Time _____

Station	Volunteer Name	Phone Number
Brain Station		
Body Walk Lunch Room Station		
Mouth Station		
Stomach Station		
Small Intestine Station		
Heart Station		
Lungs Station		
Bones Station		
Muscles Station		
Skin Station		
Pathway to Life		
Station Assistant and Back-up Person		
Classroom Escort		

BODY WALK

Teacher Memo 1

To: All Teachers

From: (BW School Coordinator)

RE: Body Walk (day, date, month, year)

Date:

Body Walk, a traveling exhibit from the Kansas State Department of Education, Child Nutrition & Wellness, will visit our school on (day, date, month, year). Body Walk is a unique educational program designed to involve kindergarten through fifth grade students in learning the skills and choices for a healthy lifestyle.

Body Walk consists of:

- a 35-foot by 40-foot walk-through exhibit representing the human body,
- classroom activities for use prior to and following Body Walk,
- a take-home activity book for students to read with their families, and
- a list of additional nutrition education resources.

You and your students will be going through the Body Walk exhibit in groups of 8-10. It will take approximately one hour for each group of students to go through Body Walk. Groups will start through every 5 minutes. For more information on the Body Walk experience, please see the back of this letter or log on to www.bodywalk.org.

Body Walk has provided our school with several resources to help students get the most out of the Body Walk experience. Please see me if you would like to utilize any of these resources in your classroom:

- Classroom activities to introduce students to Body Walk's healthy messages.
- Follow-up classroom activities to extend and reinforce the learning experience.
- A comprehensive list of nutrition and health websites.

If you have any questions, please do not hesitate to contact me.

BODY WALK

(Teacher Memo 1, Continued)

The Body Walk Experience

Students tour the human body with Power Panther graphics as a guide. Power Panther is the USDA Food and Nutrition Service mascot. Throughout the exhibit, they will learn how to apply Power Panther's slogan, **EAT SMART. PLAY HARD.**

At each of Body Walk's eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices. The tour begins when students, in groups of eight to ten, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a tag designating them as a food, such as a carrot, steak or piece of cheese. The "foods" step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lungs, bones, muscles and skin stations. Students leave the body through a cut in the skin and proceed through Power Panther's Pathway to Life. This final station recaps key health concepts from each of the ten previous stations.



Find out more about Power Panther at www.fns.usda.gov/fns/
Click on the image of Power Panther

BODY WALK

Teacher Memo 2

To: All Teachers

From: (BW School Coordinator)

RE: Body Walk (day, date, month, year)

Date:

Tomorrow you and your students will be a part of the Body Walk experience! Body Walk is a walk-through exhibit for students K-5. It will take approximately an hour for each group of students to go through Body Walk. A schedule for the day is attached. Please check the times for your class. We ask that you and your students report to the (Body Walk location) **five minutes before your scheduled time.**

Please help keep the exhibit clean and in good condition by observing the following:

- **Students, teachers and presenters must wear socks inside the exhibit. NO SHOES OR BARE FEET ALLOWED!** Shoes can be left in the classroom or removed in the hall outside the exhibit.
- Students may touch props when invited by the presenter. Please ask students not to hit, push or touch the exhibit covers and panels.
- Students should not touch the artwork inside the exhibit unless asked to do so.

If you have any questions, please do not hesitate to contact me. Thanks for your cooperation in making Body Walk day a success!

Teacher Memo 3

To: All Teachers

From: (BW School Coordinator)

RE: Body Walk (day, date, month, year)

Date:

Thank you for your cooperation in making Body Walk happen! I appreciate your part in making the day a success!

Remember that you have copies of additional Body Walk activities that can be implemented in your classroom---one for each of these Body Walk stations:

- Brain
- Mouth
- Stomach
- Small Intestine
- Heart
- Lungs
- Bones
- Muscles
- Skin

You are encouraged to complete some of these follow-up activities in your classroom. Thanks again for your participation!

BODY WALK

Volunteer Recruitment Letter

To: Parents

From: (BW School Coordinator)

RE: Body Walk (day, month, date, year)

Date:

Your expertise is needed at (Name) Elementary School! Body Walk, a traveling exhibit from the Kansas State Department of Education, Child Nutrition & Wellness, will visit our school on (day, date, month, year). Body Walk is a unique educational program designed to involve kindergarten through fifth grade students in learning the skills and choices for a healthy lifestyle. Body Walk consists of a 35-foot by 40-foot walk-through exhibit representing the human body,

Please consider one of the following ways you can get involved:

- **Set-up Body Walk Exhibit:** Set-up will be (day, month, date, time).
10 - 15 adults are needed. Set-up takes approximately 2 – 2½ hours.
- **Take down Body Walk Exhibit:** Take down will be (day, month, date, time).
10 - 15 adults are needed. Taking down the exhibit takes approximately 1½ hours.
- **Station Presenters:** The exhibit has 11 different stations. A volunteer presenter is needed for the (morning session and/or the afternoon session) for each body station. A script will be provided. The only requirement is enthusiasm for working with children!!

If you have questions, please feel free to contact me at (phone). Please complete the form below and return to your child's teacher:

YES!!! I can help with Body Walk. I will:

_____ Set-Up _____ Take down

_____ Be a morning station presenter

_____ Be an afternoon station presenter

Name _____

Phone _____

Volunteer Thank You Letter

To: (Name of volunteer)

From: (BW School Coordinator)

RE: Body Walk (day, month, date, year)

Date:

Thank you for being part of the Body Walk experience! The students had fun and learned about healthy behaviors and choices. We appreciate all you did to make it happen!

BODY WALK

BODY WALK

School Name

Date

Body Walk is coming.....

An exciting exhibit is coming to our school on (day, date). Body Walk is a unique educational program designed to involve students in learning the skills and choices for a healthy lifestyle. Children learn about the importance of good nutrition choices by walking through a 35-foot by 40-foot exhibit representing the human body. The exhibit was designed and created by the Kansas State Department of Education, Child Nutrition & Wellness.

Students tour the human body with Power Panther graphics as a guide. Power Panther is the USDA Food and Nutrition Service mascot. Throughout the exhibit, they will learn how to apply Power Panther's slogan, **EAT SMART. PLAY HARD.**

The tour begins when students, in groups of 8 to 10, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, they receive a food tag designating them as different food items like a carrot, steak or piece of cheese. They enter the larger-than-life mouth, then proceed through the esophagus tunnel to the stomach dome, are "absorbed" in the small intestine tunnel and follow the path of nutrients through the blood vessel tunnel to the heart, lungs, bones, muscles and skin stations. At each of the eleven Body Walk stations, a volunteer presenter engages the students in a five-minute activity.



Volunteers Needed!

Here's a great opportunity to be of service to our school!

Volunteers are needed to assist with Body Walk. The following people are needed:

- ◆ 10 to 15 adults to help unload and set-up the exhibit on (date) from (time) to (time p.m.)
- ◆ 10 to 15 adults to help load the exhibit on (date) from (time) to (time p.m.)
- ◆ Up to 24 adults to interact with students at each of the Body Walk stations. (See left hand column.)

The Body Walk Manager, traveling with the exhibit, will provide all needed information (including a script) for volunteers who interact with students, as well as provide direction for setting up and taking down the exhibit.

If you can't volunteer, please plan to stop by during the day to observe Body Walk in action!

To volunteer, please call:
(Body Walk School Coordinator
Name, Phone Number, E-Mail)

BODY WALK

BODY WALK Newsletter, Continued



Power Panther says,
EAT SMART. PLAY HARD.

What I like best about Power Panther: