



American Heart Association.

**KIDS
HEART
CHALLENGE™** | **AMERICAN
HEART
CHALLENGE™**

2021-2022 CLAY COUNTY SCHOOL YEAR IN REVIEW



THE NEED

Our vision is that all children, regardless of gender, race, location or economic status, should be able to grow to their full potential.



More than half of all children are getting the physical activity that they need. Obesity impacts children as young as two and is increasingly common as they get older. In recent years, e-cigarette use has more than doubled among middle school students.

1 in 100 infants are born with a congenital heart defect each year in the United States. 1 in 10 high school students are struggling with mental health issues during the pandemic. **Now more than ever, your continued partnership and support is needed to make a lasting impact not only in our community, but also, in the lives of our next generation.**



THE IMPACT

Thank you for you making a difference in the health and well-being of your school community.

2021 - 2022 HIGHLIGHTS

- 20,000 families received heart healthy information
- 28 schools participating
- 1,700 students took a heart healthy challenge
- 207 students learned the lifesaving skill of Hands-Only CPR and recognizing a stroke through Finn's Mission
- \$160,417 raised to fuel the American Heart Association's mission
- \$11,410 in give backs to schools via P.E./wellness equipment / direct contributions awarded to participating



THANK YOU TO ALL PARTICIPATING SCHOOLS:

Argyle Elementary School
Charles E Bennett Elementary School
Clay Hill Elementary School
Coppergate Elementary School
Discovery Oaks Elementary School
Doctors Inlet Elementary School
Fleming Island Elementary School
Keystone Heights Elementary School
Lake Asbury Elementary School

Lake Asbury Junior High School
Lakeside Elementary School
McRae Elementary School
Middleburg Elementary School
Montclair Elementary School
Oakleaf Junior High School
Oakleaf Village Elementary School
Orange Park Elementary School
Plantation Oaks Elementary School
R. M. Paterson Elementary School

RideOut Elementary School
Ridgeview Elementary School
S Bryan Jennings Elementary School
Shadowlawn Elementary School
Swimming Pen Creek Elementary School
Thunderbolt Elementary School
Tynes Elementary School
Wilkinson Elementary School
Wilkinson Junior High School

TOP DISTRICTS - STATE

DISTRICT	CITY	REVENUE
01 BROWARD COUNTY SCHOOL DISTRICT	FORT LAUDERDALE	\$479,450
02 ORANGE COUNTY PUBLIC SCHOOL DISTRICT	ORLANDO	\$464,851
03 HILLSBOROUGH COUNTY PUBLIC SCHOOLS	TAMPA	\$381,223
04 SCHOOL DISTRICT OF PALM BEACH COUNTY	WEST PALM BEACH	\$359,016
05 SCHOOL DISTRICT OF LEE COUNTY	FORT MYERS	\$214,672
06 CLAY COUNTY SCHOOL DISTRICT	GREEN COVE SPRINGS	\$160,417
07 ST JOHNS COUNTY SCHOOL DISTRICT	ST AUGUSTINE	\$154,545
08 MIAMI-DADE COUNTY SCHOOL DISTRICT	MIAMI	\$148,294
09 SEMINOLE COUNTY PUBLIC SCHOOL DISTRICT	SANFORD	\$112,643
10 DUVAL COUNTY PUBLIC SCHOOL DISTRICT	JACKSONVILLE	\$109,459

EDUCATIONAL RESOURCES

WHAT IS STEM?

SCIENCE
biology, ecology, astronomy, physics, chemistry, computer science

TECHNOLOGY
digital modeling, 3D printing, mobile technology, computer programming, web development, game development

ENGINEERING
civil engineering, electronics, electrical engineering, mechanical engineering, chemical engineering, robotics

STEM

TEACHER'S GUIDE
ENERGIZE YOUR CLASS WITH THESE **FUN AND EDUCATIONAL BRAIN BOOSTERS**

Get students stretching, jumping, moving, laughing, and learning all about healthy habits. Here's what you'll find in this Brain Booster kit:

- 20 brain booster activities
- Fun add-ons
- Colorful facts to share
- Fascinating facts to post outside your classroom door

Ready to get started? Here's what to do:

- Learn to use the Brain Booster kit. Each activity in this kit requires no special materials so you won't need to purchase more supplies.
- Glance over the sample directions, then lead students in doing the activity. Spend just a few minutes doing it learning and doing.
- Put the badge for the activity, post it next to the Brain Booster kit, and add or write them on the board, or on a digital display, to encourage about physical activity, interests, and competencies the most activities work best for your students. Encourage work, competition, powering through.

For you've done all of the brain booster activities, place them in a bag, throw it in your backpack, and bring it to school. Put the Brain Booster for the day.

Strike Out Stress

ABOUT STRESS
Stress can be beneficial and even harmful. By implementing just a few things into your daily routine, you can significantly decrease your levels of stress.

OVERVIEW
This worksheet will guide you through a conversation with your students about stress and how it can affect their lives. Students will be asked to come up with ways to reduce stress and are encouraged to put it into a daily practice.

Healthy habits, including regular physical activity, can help reduce or prevent some of the harmful effects of stress.

15 WAYS TO COMMUNICATE

There are lots of ways to show what you think and feel. The more you practice communicating, the better you will get.

- Write down your feelings in a journal or notebook.
- Draw a picture about your feelings.
- Share your feelings in a song.
- Call loved ones and tell them they are doing well.
- Thank someone for all they do.
- Play ball. It makes a heart skip a beat.
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On the Move!

Exercise makes a heart stronger!

- Jump. It makes a heart skip a beat.
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Learn About Your Brain

HEALTHY BRAIN - HEALTHY HEART
Having a healthy brain means having a healthy heart. They work together to keep you strong and healthy.

BRAINS IN TROUBLE - ACT FAST!
A stroke is a medical emergency. If you see someone who is having a stroke, call 911 and get to the hospital as fast as you can.

SMART PROTECTION!
There are many ways to protect your brain and heart. Eat a healthy diet, exercise regularly, and don't smoke or drink too much alcohol.

Fun Fact!
The brain is the most powerful muscle in the body. It can weigh up to 3 pounds and use up to 20% of the body's energy.

Fun Fact!
The heart is a muscle that never stops. It beats about 100,000 times a day and pumps about 2 gallons of blood around the body.

Thirsty?

Did you know that soda has sugar in it? That's why it's so sweet. But too much sugar can be bad for your health. It can lead to obesity, diabetes, and heart disease.

Fun Fact!
A single can of soda has about 100 grams of sugar. That's about 20 teaspoons of sugar!

Fun Fact!
Water is the best drink to keep you hydrated. It's free and it's healthy.

Fun Fact!
Your body is made up of about 60% water. That's why it's so important to drink enough water every day.

BE A HEART HERO
Join the Kids Heart Challenge Club today!

Join Kelly and Finn
And be one of the first members of our **KIDS HEART CHALLENGE CLUB!**

KIDS HEART CHALLENGE CLUB

When you join, you get:

- Limited edition heroess
- Invitations to the American Heart Association
- Monthly digital Delicious and healthy recipes
- Year-round exciting wellness events

KIDS HEART CHALLENGE CLUB

Kindness Club BINGO

Give someone a high five!	Sit by a new student at lunch.	Play with someone new at recess.	Write a nice note to someone.
Tell a friend why they are super!	Smile at everyone in the hallway!	Help someone before they ask!	Help the teacher or friend clean up.
Read a book to someone's friend.	Hold a door open for someone.	Ask someone if they need help.	Say "hi" to someone new!
Tell someone why they're awesome!	Push in someone's chair for them.	Thank an adult in the building for something they do!	Make a card for your favorite teacher!

KINDNESS CLUB

CHALLENGES

Be Kind

Move More

MOTIVATIONAL POSTERS

BELIEVE IN YOURSELF

THINK LIKE THERE IS NO BOX

EVERYTHING STARTS WITH A DREAM

MENTAL WELLBEING

Classroom Activities & Lesson Plans



The Kindness Project

Encourage, recognize, and promote caring and compassionate behavior

OVERVIEW
The goal of the Kindness Project is to encourage, recognize and promote caring and compassionate behavior in your classroom. This project can be adapted virtually. This project is designed to be run by student leaders.

Prior to introducing this, have a discussion with students about the purpose of creating a kinder classroom/school by being kinder people. Lead them in a discussion about the overall intention of spreading positivity and kindness at your school.

1. Choose a large wall in your school that will be the designated kindness wall.
2. Student leaders will visit each classroom to explain and lead the activity, giving examples of kindness they've seen recently, or an inspiring message.
3. Staff and student leaders are advised to monitor the wall for appropriate messages.

VIRTUAL OPTION

As a class activity, ask students to write on a sticky note how someone has been kind to them or an act of kindness they've seen, and share with the class. This can be repeated daily or weekly.

OPENING QUESTIONS

- What do you think of kindness? Why do you think it's important?
- What does it mean to be kind? How can we be kinder to others? (i.e. think of ways to help someone who is sad or are in need.)
- What was a kind act you experienced? How did it make you feel? How can you be kinder to others? How can you help someone who is sad or are in need? How can you help someone who is in a difficult situation with kindness?



I'm Grateful For...

Recognizing what you're grateful for can have a big impact on your health and happiness.

OVERVIEW
This worksheet will guide you through creating a gratitude journal with your students. You'll find sample prompts and a journal to make the activity a weekly practice.

SAMPLE PROMPTS

- What makes you happy?
- Who do you appreciate in your life?
- Where is your favorite place to be?
- What cheers you up on a tough day?
- What was something you had been putting off that you are happy you finally did?
- What are some recent wins that you've had?
- Write about a happy memory.
- What is something you are really looking forward to?

OPENING QUESTIONS TO ASK

What is gratitude? What does it mean to be grateful? Why is it important to practice gratitude?

ACTIVITY

1. At the beginning of the week students are given a prompt to journal about that day or week.
2. Students come back together to discuss the question in a group setting or pairs.

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YOU GOT THIS

SAMPLE AFFIRMATIONS

- I am healthy and strong.
- I am brilliant and can do anything I set my mind to.
- I can do big, scary things.
- I am brimming with happiness and gratitude.
- I consistently attract success.
- I am an awesome friend.



Affirmations

Affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts.

OVERVIEW

This worksheet will guide you through creating affirmations with your students and how they can put them into practice. You'll find guidelines on how to create effective affirmations, as well as examples.

Students will be asked to create their own affirmations and are encouraged to put it into a daily practice.

OPENING QUESTIONS TO ASK

- Why do you think affirmations can be helpful?
- What is an affirmation?
- What is an example of a positive affirmation? How would you remind yourself of your affirmations daily?

ACTIVITY

1. Review the guidelines and sample affirmations.
2. Ask students to create affirmations following the guidelines.
3. Optional: Ask students to share their favorite.
4. Discuss the goal of repeating daily.

What's the Verdict on Vaping?

A Game for Two Players
Think you're in the know about smoking e-cigarettes, and vaping? Test out what you know by playing this game.

1. Choose a shuffled statement. Is whether the statement is true or false.
2. Your opponent checks the answer key. If you are correct, you win a point. If you are incorrect, you lose a point.
3. The player whose initials are written in more words after all the statements have been read is the winner.

1. E-cigarettes have been shown to be less harmful than traditional cigarettes.	<input type="radio"/>
2. The number of e-cigarettes sold in the U.S. has increased by 1,000% in the last five years.	<input type="radio"/>
3. E-cigarettes are safe for children and young adults.	<input type="radio"/>
4. E-cigarettes are safe for pregnant women.	<input type="radio"/>
5. E-cigarettes can cause lung disease and other health problems.	<input type="radio"/>
6. E-cigarettes are safe for people with heart disease.	<input type="radio"/>
7. E-cigarettes are safe for people with asthma.	<input type="radio"/>
8. E-cigarettes are safe for people with diabetes.	<input type="radio"/>
9. E-cigarettes are safe for people with high blood pressure.	<input type="radio"/>
10. E-cigarettes are safe for people with chronic kidney disease.	<input type="radio"/>
11. E-cigarettes are safe for people with chronic liver disease.	<input type="radio"/>
12. E-cigarettes are safe for people with chronic pancreatitis.	<input type="radio"/>
13. E-cigarettes are safe for people with chronic sinusitis.	<input type="radio"/>
14. E-cigarettes are safe for people with chronic rhinitis.	<input type="radio"/>
15. E-cigarettes are safe for people with chronic urticaria.	<input type="radio"/>
16. E-cigarettes are safe for people with chronic hives.	<input type="radio"/>
17. E-cigarettes are safe for people with chronic eczema.	<input type="radio"/>
18. E-cigarettes are safe for people with chronic psoriasis.	<input type="radio"/>
19. E-cigarettes are safe for people with chronic alopecia areata.	<input type="radio"/>
20. E-cigarettes are safe for people with chronic vitiligo.	<input type="radio"/>
21. E-cigarettes are safe for people with chronic tinea.	<input type="radio"/>
22. E-cigarettes are safe for people with chronic candidiasis.	<input type="radio"/>
23. E-cigarettes are safe for people with chronic bacterial vaginosis.	<input type="radio"/>
24. E-cigarettes are safe for people with chronic vulvovaginitis.	<input type="radio"/>
25. E-cigarettes are safe for people with chronic cervicitis.	<input type="radio"/>
26. E-cigarettes are safe for people with chronic proctitis.	<input type="radio"/>
27. E-cigarettes are safe for people with chronic colitis.	<input type="radio"/>
28. E-cigarettes are safe for people with chronic ulcerative colitis.	<input type="radio"/>
29. E-cigarettes are safe for people with chronic Crohn's disease.	<input type="radio"/>
30. E-cigarettes are safe for people with chronic diverticulitis.	<input type="radio"/>
31. E-cigarettes are safe for people with chronic pancreatitis.	<input type="radio"/>
32. E-cigarettes are safe for people with chronic hepatitis.	<input type="radio"/>
33. E-cigarettes are safe for people with chronic cirrhosis.	<input type="radio"/>
34. E-cigarettes are safe for people with chronic liver failure.	<input type="radio"/>
35. E-cigarettes are safe for people with chronic kidney failure.	<input type="radio"/>
36. E-cigarettes are safe for people with chronic heart failure.	<input type="radio"/>
37. E-cigarettes are safe for people with chronic stroke.	<input type="radio"/>
38. E-cigarettes are safe for people with chronic heart attack.	<input type="radio"/>
39. E-cigarettes are safe for people with chronic angina.	<input type="radio"/>
40. E-cigarettes are safe for people with chronic hypertension.	<input type="radio"/>
41. E-cigarettes are safe for people with chronic diabetes.	<input type="radio"/>
42. E-cigarettes are safe for people with chronic obesity.	<input type="radio"/>
43. E-cigarettes are safe for people with chronic depression.	<input type="radio"/>
44. E-cigarettes are safe for people with chronic anxiety.	<input type="radio"/>
45. E-cigarettes are safe for people with chronic bipolar disorder.	<input type="radio"/>
46. E-cigarettes are safe for people with chronic schizophrenia.	<input type="radio"/>
47. E-cigarettes are safe for people with chronic personality disorder.	<input type="radio"/>
48. E-cigarettes are safe for people with chronic eating disorder.	<input type="radio"/>
49. E-cigarettes are safe for people with chronic substance use disorder.	<input type="radio"/>
50. E-cigarettes are safe for people with chronic self-harm.	<input type="radio"/>
51. E-cigarettes are safe for people with chronic suicidal thoughts.	<input type="radio"/>
52. E-cigarettes are safe for people with chronic suicidal behavior.	<input type="radio"/>
53. E-cigarettes are safe for people with chronic suicide.	<input type="radio"/>
54. E-cigarettes are safe for people with chronic death.	<input type="radio"/>
55. E-cigarettes are safe for people with chronic hell.	<input type="radio"/>
56. E-cigarettes are safe for people with chronic heaven.	<input type="radio"/>
57. E-cigarettes are safe for people with chronic paradise.	<input type="radio"/>
58. E-cigarettes are safe for people with chronic nirvana.	<input type="radio"/>
59. E-cigarettes are safe for people with chronic enlightenment.	<input type="radio"/>
60. E-cigarettes are safe for people with chronic enlightenment.	<input type="radio"/>

SLEEP WELL
Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.

MOVE IT.
Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

DIMIT.
Do not use your phone or use a red filter app at night. The bright blue light of your device interferes with your circadian rhythm and melatonin production.

SET IT.
Set your phone to "Do Not Disturb" at night.

AMERICAN HEART ASSOCIATION. AMERICAN HEART CHALLENGE™

BREAK UP WITH YOUR VAPE. AT YOUR PACE. ON YOUR TERMS.

88709
24/7 support
QUITTING.

THIS IS QUITTING.

KIDS HEART CHALLENGE

BUILDING A HEART MODEL

STEM Lesson Plan

The American Heart Association recognizes the importance of building healthy bodies and minds. This lesson is an introduction into combined concepts of science, technology, engineering, and math, better known as STEAM.

Objective:
Students will learn how the heart works, pumping blood throughout the entire body. Students will learn about the heart's electrical system and how it works. Students will learn why a healthy heart is important to overall health.

Materials Needed:
1. 2 pieces of paper (8 1/2 x 11 inches)
2. Scissors
3. Glue
4. String or yarn
5. Cotton balls
6. Paper plates

Activity:
1. Students will learn about the heart and the blood flow cycle.
2. Students will create a model heart.
3. After the prototype is built, host a class discussion.

Discussion Questions:
• What are some interesting facts about the human heart that you learned today?
• What is the difference between the right and left ventricle?
• How does the heart pump blood?
• How does the heart connect with heart disease? (A structural problem with the heart that's present at birth.)

QR Code:
Scan the QR code to learn more about the heart and the blood flow cycle.

HONEST Talk with Your Child

Let them lead the conversation and talk about what interests them the most. Listen without interrupting to ensure they feel comfortable and heard.

H **O** **N** **E** **S** **T**

HEAR YOUR CHILD.
Let them lead the conversation and talk about what interests them the most. Listen without interrupting to ensure they feel comfortable and heard.

OPEN DIALOGUE AND OPEN-ENDED QUESTIONS ARE KEY.
Encourage your child to talk about how they feel about what you're discussing and try to avoid yes/no questions.

NEVER DISMISS YOUR CHILD'S FEELINGS.
Remember with the most sensitive pressures they might be experiencing from their peers or themselves.

ENSURE YOU REGULATE YOUR OWN EMOTIONS.
Take a breath and remember you want to continue the discussion.

SHARE REASONS TO NOT USE TOBACCO PRODUCTS.
It's normal and okay to not want your child to smoke or use any tobacco products.

TRUST AND RESPECT THEIR PERSPECTIVE.
Avoid lecturing them and make sure you're communicating with your child.

Help your child identify tobacco products.
Help them understand what tobacco products are and how they can be used. Encourage them to understand why they are using them in the first place. Encourage them to understand why they are using them in the first place. Encourage them to understand why they are using them in the first place.

VAPING. TOXIC. ADDICTIVE. UNSAFE.

AMERICAN HEART ASSOCIATION. AMERICAN HEART CHALLENGE™



REGISTERED SCHOOLS FOR NEXT YEAR:

Argyle Elementary School
Charles E Bennett Elementary School
Clay Hill Elementary School
Coppergate Elementary School
Discovery Oaks Elementary School
Doctors Inlet Elementary School
Fleming Island Elementary School
Green Cove Springs Junior High School
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RideOut Elementary School
Ridgeview Elementary School
S Bryan Jennings Elementary School
Shadowlawn Elementary School
Swimming Pen Creek Elementary School
Thunderbolt Elementary School
Tynes Elementary School
Wilkinson Elementary School

CELEBRATING SUCCESS



TOP IMPACT SCHOOLS



Thunderbolt Elementary School —\$23,537
Amy Vann, Principal
Annette Gray & Chrystal Zaragosa, Event Coordinators



Oakleaf Village Elementary School —\$22,630
Jason Martin, Principal
Rose Woolwine, Event Coordinator



Orange Park Elementary School—\$21,325
Tyler Wood, Principal
Bonita Lawrence, Event Coordinator



THANK YOU FOR YOUR SUPPORT



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