

## Family Events





# Get Movin' Night

Location

West Central Elementary School  
West Central School Corporation  
Francesville  
[www.wcsc.k12.in.us](http://www.wcsc.k12.in.us)  
219.567.9741



Family Event

## Icons Present:



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## What we did:

Families arrived at the school and were greeted by high school students dressed up in fruit and vegetable costumes. Families were able to sample foods such as baked chips, fresh apples, bananas, oranges, whole grain granola bars, and water. While they were eating, two Family Nutrition Program Assistants from the Pulaski County Extension Service shared a short video clip on the importance of physical activity. This led to a discussion about eating healthy and staying physically active.

Following the presentation everyone moved to the school gym for some movin' fun. A disc jockey played music to encourage movement and to help with some of the games. Activities such as relays, balloon popping with a partner, and a sack race were offered. Parents and grandparents were encouraged to participate with the youth. Throughout the evening drawings were held for small prizes donated by the PTO. The evening concluded with a cool down stretch.

## Celebrate success:

A 'Keep Movin' Challenge' was introduced during the Get Movin' Night. The challenge was presented to all K-5<sup>th</sup> graders and their family members. Each student received nine tracker cards (one for each week of the challenge). The goal was to participate in a minimum of 30 minutes of physical activity a day for adults and 60 minutes a day for youth. Each family member was asked to write down their minutes for a whole week and turn the tracker card in on the following Monday. Each week every person who met that goal received an entry ticket to put into the drawing for physical activity prizes. If you met the goal all nine weeks you received an extra entry ticket.

In April, West Central Elementary held a recognition celebration with prizes, dairy snacks, and drinks. Swimming was open to everyone as well. Upon arrival at the event, each child that participated in the challenge received a playground ball personalized with their name. Prizes were awarded and everyone enjoyed celebrating the steps they had taken over the last nine weeks to become healthier.

## Best practice tip:

Planning a date to host an evening family event can be difficult. To attract the highest participation, check to see what other events in the community might be occurring on the date you are considering. If there are major activities you might consider another date.

Benjamin Franklin Middle School (Valparaiso) expressed the challenge of finding a date/time that would work for families while the high school facilities were available. One of the varsity football coaches instructed students and parents on the proper techniques of weightlifting and helped participants use the weightlifting equipment. Securing space for 3-on-3 basketball, volleyball, and dodge ball was another challenge. The swimming pool opened for diving, laps, and general recreation. A suggestion was to possibly offer this event on a Sunday afternoon.



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

# Family Fitness Night

Location

Indian Trail Elementary School  
La Porte Community School Corporation  
La Porte  
[www.lpcsc.k12.in.us](http://www.lpcsc.k12.in.us)  
219.369.9016



Family Event

Icons Present:



## What we did:

One evening a family fun night was held and adults and students were invited for kickboxing and hip-hop dance routine lessons in 30 minute sessions. Both were led by a trained instructor. Throughout the evening, 50's and 60's music was played and students, parents, and staff dressed according to the 'sock hop' theme. Hula hoop and basketball free-throw contests were announced.

Trays of vegetables with pea pods, broccoli, cauliflower, celery, red peppers and yellow peppers were available for all to enjoy throughout the 2 1/2 hour event. A low fat ranch dip was also available. Students and adults were encouraged to try the different vegetables. The entire night was filled with the love of exercise.

## Best practice tip:

Theme activities add a different twist to family fun nights. Families enjoyed dressing up for the Indian Trail sock hop.

Jefferson Intermediate Traditional School (South Bend) offered a "Families at Play" event in which the gym was opened to students and parents to spend quality time together engaged in physical activity.



# Family Fun Carnival Taste Testing

Location

Rockville Elementary School  
Rockville School Corporation  
Rockville  
[www.rockville.k12.in.us](http://www.rockville.k12.in.us)  
765.569.5363



Family Event

Icons Present:



## What we did:

Healthy food samplings from the various food groups were the focus of this event. The cafeteria turned into a healthy food carnival with decorations of balloons and table cloths. Healthy food posters were placed on the walls and students and staff dressed up like clowns. Items available for sampling included trail mix, a variety of low-fat cheeses, 100% juice, apple slices, grapes, carrots, and celery. Educational information about healthy eating habits and recipes were given to parents. Parents, student wellness ambassadors, teachers, staff, and Purdue Extension collaborated to host this event.

## Best practice tip:

Students love to dress up which made this event especially appealing.



Indiana Department of Education  
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# Supercharge Your Saturday... Get Fit For Free (Spring)

Location

Shelbyville Middle School  
Shelbyville Central Schools  
Shelbyville  
www.shelbycs.org  
317.392.2551



Family Event

Icons Present:



## What we did:

This event was planned for a Saturday and offered a variety of activities to families between 10:30 am and 12:30 pm. ZUMBA<sup>®</sup> routines (fitness involving Latin inspired dance) were held in the cafetorium. An obstacle course was set up in the gym. The high school track was available for walking. Local firefighters set up activity stations including black out maze and hose drag, get in and out of a fire suit, and drag a real firefighter. A local restaurant provided a meal for all families and volunteers that participated.

## Best practice tip:

When asking local organization for assistance with health fairs or family fun nights, ask if the organization is willing to host an actual activity versus just an information booth. The fitness activities offered by the firefighters were a huge hit!

Offering a variety of activities will help attendees find a least one activity they want to try during your event. Thomas Jefferson Elementary (Jeffersonville) held a fitness extravaganza which offered classes on: basic tumbling; ZUMBA<sup>®</sup>; yoga; jazzercise; sports training; karate; Wii gaming; turbo kicking; “body pump”; and a nutrition station. Participants were exposed to many activities they had never tried before.



# Free Family Swim Night

Location

West Central Elementary School  
West Central School Corporation  
Francesville  
[www.wcsc.k12.in.us](http://www.wcsc.k12.in.us)  
219.567.9741



Family Event

Icons Present:



## What we did:

On the third Thursday of every month, West Central Elementary opened the school's pool to the public for a free night of swimming and activities. They held relays using kayaks, canoes, and other swimming items. Approximately 30 to 40 participated each month. Lifeguards and junior lifeguards donated their services. This was a great event for families since they were able to enjoy a family activity at no cost.

## Best practice tip:

Making use of existing facilities at the school (e.g. pool or track) can provide your school a way to offer low-cost or no-cost activities to families.



Indiana Department of Education  
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## Icons Present:



### What we did:

The PTO helped plan an event for parents allowing them to attend different mini courses taught by area experts; fitness and nutrition being one option. The course was taught by two YMCA staff members along with the physical education teacher. Volunteers participated in physical activities with students and childcare was provided. In addition to the mini courses, participants could sample healthy foods at the event including hummus with crackers and pita, vegetables with cucumber dip, and a strawberry granola parfait.

### Best practice tip:

If you want parents to attend an activity it is advisable to have free child care available.

