

CARVER COUNTY SHIP SCHOOLS: 2021-2022

Carver County Public Health's Statewide Health Improvement Partnership (SHIP) supports school wellness efforts to expand opportunities for active living, healthy eating, well-being and commercial tobacco-free living for students and staff.

FOUNDATIONS

Partner with SHIP staff to get the school wellness foundations in place.

Activities include updating the School Wellness Policy, establishing a School/District Wellness Council and completing a school health assessment.

WELL-BEING

Well-being activities create equitable, healthy and positive conditions that promote positive mental health and resiliency.

This year's focus is [MoveMindfully](#): integrating science into practice with mindfulness, movement and social-emotional learning.

Funding is available for training, materials and other resources to support incorporating mindful movement into the school day.

ACTIVE SCHOOLS

Active school activities increase physical activity opportunities to assist students in meeting the national guidelines of 60+ minutes each day.

Examples include creating active classrooms, promoting active recess and enhancing PE options.

HEALTHY EATING

Healthy eating activities increase intake of fruits and vegetables and decrease intake of sodium, saturated fat or added sugar in foods and beverages.

Examples include building or enhancing school gardens, adding Farm to School practices, hydration stations and more.

COMMERCIAL TOBACCO-FREE

Tobacco activities reduce commercial tobacco and e-cigarette use.

Examples include adopting an updated comprehensive model policy and implementing a new tobacco prevention curriculum.

HOW TO PARTNER WITH SHIP

- Contact Caitlin at chuiras@co.carver.mn.us or 952-361-1371 to learn more.
- [Learn more about SHIP Schools](#) and see more ideas for school wellness.
- [Submit an application](#) for funding and support.



Healthy Carver for a Lifetime



Public Health
Prevent. Promote. Protect.

Carver County Public Health

600 Fourth Street East

Chaska, MN 55318-2102

Phone (952) 361-1329

