

# What's Your Why?

## health. moves. minds. Benefit Minute

Why do I need to participate in a health. moves. minds. school fundraiser (Team Champion registration)?

1

**I need my students to achieve better health and well-being by empowering them to learn skills in physical activity, emotional management and stewardship.**

The health. moves. minds. program curriculum and event teach positive health behavior skills - being physically active, how to ask for something and show gratitude, how to manage stress and other emotions, teamwork, achieving confidence and feeling pride in helping others.

2

**I need to validate the value of my profession in our school community.**

The health. moves. minds. resources I provide to classroom teachers to utilize, how I am inspiring students to become a steward in being a part of earning equipment for our school (as well as supporting a local charity) and the wellness focus in the resources I share with our District Wellness Director will show my contribution to educating and developing students minds and bodies.

3

**I need MORE funds to purchase new PE equipment**

My superintendent and principal appreciate the fact that I am making a focused effort to provide SEL resources to all classes and help assist in the budget to provide new PE equipment for our school.