

## Discussion 4: Creating a positive teaching and learning environment that support all students in health education April 8-15 - last module group 1

1. Describe strategies you use or would consider using that create a safe and positive teaching/learning environment. Consider students as individuals and the diversity they bring to the classroom as well as the skills and content you need to teach.

### Smith, Laurie

Apr 4, 2017Local: Apr 4 at 11:58am<br>Course: Apr 4 at 9:58am

Hi Kim,

I love your coat of arms idea and may try that with my students next year. I agree that it can be tough to get to know students as specials teachers because our time with kids is so limited.

One thing that has been enormously helpful to me is volunteering for lunch duty. I know this sounds a little crazy and every school has a different duty schedule, but I find that relationship-building is at its best when I speak with students informally. I try to make sure that I am striking up conversations and not just managing behavior. I also love to see what kids eat! While there are a concerning number of fluff sandwiches on white bread, I also see many kids choosing veggies from the salad bar. I walk around and point out the food groups in kids' lunches and celebrate their healthy choices. After doing this all year, students now approach me to show off their nutritious foods. Just a few minutes ago, a kindergartner walked up to me, stuck out her tongue to reveal a hunk of beef, and said, "Look, Mrs. Smith, protein!" As I have grown in relationship with students, I am able to be more honest ("no, fluff is not good for you") and had increasing success encouraging my students to drink water and choose their veggies, fruit, whole grains, and protein. It is sometimes loud and wild, but I'd recommend lunch duty to all health teachers!

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### Melissa

• Apr 4, 2017Local: Apr 4 at 8:06pm<br>Course: Apr 4 at 6:06pm

- I love that you are in the lunch room. I think that building relationships with the kids is the best way to insure that class time runs smoothly. I like getting to know my students when they are young...not through teaching health but by teaching them outdoor education. Of course I do incorporate health topics into the program, but by just making relationships with them I think that by the time they get to middle school they will feel comfortable with me.
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## Judith

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- Apr 4, 2017Local: Apr 4 at 8:54pm<br>Course: Apr 4 at 6:54pm
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- I love both lunch and recess duty - it provides a real opportunity to connect with kids in a more informal setting and these relationships and connections then transfer to the classroom.
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## Sandra

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- Apr 6, 2017Local: Apr 6 at 8:33pm<br>Course: Apr 6 at 6:33pm
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- OK Laurie- wait a minute, did you say you VOLUNTEER for lunch duty?! At my school it is the most detested job in the building! We of course are trying to eat our lunches in a packed cafeteria while also trying to manage behavior. It is nothing anyone would ever volunteer for but you are right on about relationship building. That is one of the best promoters of social emotional safety we can do for our kids. It is what I am doing my last reflection on.
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