


RAMSEY COUNTY

Statewide Health Improvement Partnership (SHIP) in Ramsey County Schools

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Safe Routes to School



- White Bear Lake Area Schools, Saint Paul Public Schools and Roseville Area Schools have buildings participating in National Walk and Bike to School Day.
- Walk Bike Fun Curriculum is used to train staff across districts to promote bike safety and make them eligible for the use of Bike fleets.

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Increased Physical Activity

- North St. Paul-Maplewood-Oakdale schools took part in active recess and active classroom trainings to help promote and show staff how to better implement physical activity in the classroom.
- White Bear Lake Area Schools and Saint Paul Public Schools have taken part in Yoga Calm training to promote physical activity and self regulation in the classroom for students and staff.

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Increased Physical Activity



- Roseville ABE students participating in Yoga
- Mounds View Public Schools is in the process of revamping their physical education curriculum to allow for more physical activity during and after school for secondary students.

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Healthy Eating

- White Bear Lake Area Schools, Roseville Area Schools, Saint Paul Public Schools and North St. Paul-Maplewood-Oakdale have taken part in Smarter Lunchroom activities.
- Highland Park HS is taking part in taste testing with the help of U of M extension to help find better vending options.

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Healthy Eating

- Roseville Area Schools do Minnesota Local once a month to highlight locally grown foods.
- North St. Paul-Maplewood-Oakdale piloted a program that serves healthy lunch boxes at the end of school for athletes and those who participate in activities.

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School Yard Gardens

- Saint Paul Public Schools, Roseville Area Schools, White Bear Lake Area Schools, and North St. Paul-Maplewood-Oakdale are either beginning or have active school yard gardens in use in the districts.
- Saint Paul Public Schools in collaboration with SHIP and U of M extension have used gardens to teach math, science and healthy eating in some schools as well as taste tests.

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School Yard Gardens

- Saint Paul Public Schools with help from SPRCPH SHIP employees created a School Yard Garden curriculum with plans for a "Grow our Own" district farm.
- Central Park Elementary with use of a SHIP mini grant has built, maintained and used School Yard Gardens to teach healthy eating and nutrition.

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Increased Water Consumption



- SHIP is responsible for outfitting several schools in WBLAS, SPPS, and ISD 622 with new water bottle filling stations to increase water consumption.
- Rethink Your Drink campaign has been utilized by the districts along with SHIP for further promotion.

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