



powerup

# PARTNERSHIP GUIDE

Supporting School Wellness

Elementary-focused programs designed for your school



# PROMOTING STUDENT, STAFF AND COMMUNITY WELLNESS

HealthPartners works with schools to promote student, staff and community wellness in ways that are fun, free and easy to use. Whether you're looking for classroom-ready tools, family engagement ideas or support with school-wide efforts, we're here to partner with you.

## PowerUp Press

This fun, kid-friendly newsletter is delivered to schools three times per year (fall, winter, spring). Each issue includes engaging activities and wellness-focused themes for use at school or at home. Distribute it schoolwide in student take-home folders or use it to help facilitate activities and discussion in the classroom.

See past issues and learn more at [powerup4kids.org/poweruppress](https://powerup4kids.org/poweruppress).



## Open Gyms

These free, drop-in events offer unstructured movement time for kids and their grown-ups. Often hosted at local schools, Open Gyms create a welcoming space for child-led play, encourage active time and connection for families, and help strengthen the school's role as a hub for community well-being.

Learn more at [powerup4kids.org/opengym](https://powerup4kids.org/opengym).



## School Challenge

Teachers guide students through three well-being activities over the course of a month. PowerUp School Challenge can be schoolwide or an individual classroom experience – choose the way that works best for you. Teachers who participate:

- Choose and implement any three activities related to wellness
- Get weekly support emails and implementation tips
- Receive a special edition of the PowerUp Press for all students
- Earn classroom incentives\* to support student well-being

A sign-up form and survey are required. Learn more at [powerup4kids.org/schoolchallenge](https://powerup4kids.org/schoolchallenge).

\*Available to qualifying Minnesota and Wisconsin schools



## School Assessment Survey

This short survey gives schools a chance to reflect on wellness priorities, challenges and goals. The survey:

- Is completed by a principal, school leaders or wellness committees (may include input from counselors, psychologists, nurses and teachers)
- Helps identify and prioritize your school's well-being needs and informs future PowerUp programs, tools and support
- Qualifies eligible schools to receive PowerUp Wellness Dollars for sustainable improvements, like gardens, PE equipment and wellness curriculum

Learn more or get started by emailing [info@powerup4kids.org](mailto:info@powerup4kids.org).



## School and community events

If your school is hosting a family or community event, we'd love to be considered for a PowerUp activity table or resource booth. Depending on the event, our superhero mascot Chomp may also be available to join the fun! Even if we can't attend in person, we're happy to provide materials, resources or prizes to support your event.

Learn more at [powerup4kids.org/requests](https://powerup4kids.org/requests).



## Free, open-access resources

Visit [powerup4kids.org](https://powerup4kids.org) for a wide variety of free resources, videos, activities, games and ideas to support student wellness. Many are perfect for classroom use or easy to adapt.



## School wellness consultations

Our team is available to collaborate with school staff on a variety of wellness-related efforts. Whether you're starting something new or enhancing what's already in place, we're here to collaborate and share ideas. Partnership opportunities include:

- Healthy school celebrations, events and fundraisers
- Active hallway ideas and calming spaces
- School wellness policy updates and implementation
- Other school-wide efforts that support student well-being

Learn more or request a consultation by emailing [info@powerup4kids.org](mailto:info@powerup4kids.org).



## COMING SOON

### Continuing education

We're working to add continuing education to support the adults who support youth. These evidence-informed sessions will focus on topics related to student well-being and practical ways to foster inclusive, supportive environments and conversations in schools.



## PowerUp school partnerships

Here's an overview of all the ways PowerUp partners with schools and communities.

| Offering                     | Teachers | School leaders | Whole school | Families | Community | Level of partnership |
|------------------------------|----------|----------------|--------------|----------|-----------|----------------------|
| PowerUp Press                | ✓        | ✓              | ✓            | ✓        |           | Ready-to-go          |
| Open Gyms                    |          | ✓              | ✓            | ✓        | ✓         | Collaborative        |
| School Challenge             | ✓        |                | ✓            |          |           | Collaborative        |
| School Assessment Survey     | ✓        | ✓              |              |          |           | Custom support       |
| School wellness consultation | ✓        | ✓              | ✓            |          |           | Custom support       |
| School and community events  | ✓        | ✓              | ✓            | ✓        | ✓         | Collaborative        |
| Free, open-access resources  | ✓        |                | ✓            | ✓        | ✓         | Ready-to-go          |
| Continuing education         | ✓        | ✓              | ✓            |          |           | Collaborative        |



## Let's partner to support school wellness

Have questions or ready get started? Email us at [info@powerup4kids.org](mailto:info@powerup4kids.org) or reach out to your local PowerUp program contact.

Follow us on Instagram and Facebook:



[powerup4kids.org](http://powerup4kids.org)