

Healthy Bodies Healthy Minds Institute

The Healthy Bodies Healthy Minds Institute (“HBHMI”) is an annual conference designed to nurture the interdisciplinary roles of educators, administrators, and researchers in fostering school environments that promote wellness as a core component of school culture, student achievement, and student, staff, and community well-being. The event takes place each August and its theme, tracks, and sessions are developed by area school wellness leadership during periodic meetings throughout the school year.

History

The Institute was founded in 2011 by Boyertown Area School District as a Summer Health and PE Conference. The Pottstown Area Health & Wellness Foundation became the lead sponsor of the event in 2013, and we are excited to partner with area schools to identify the themes, focus areas, and content each year in order to address the specific needs of the communities we serve.

Goals of HBHMI

- To infuse wellness into the school culture by studying research of industry best practices.
- To provide educators with the skills and knowledge to implement brain-based learning with their students.
- To develop a multidisciplinary school-based team that will implement exercise and learning initiatives in their schools.
- To provide a forum for discussion and collaboration among like-minded educators.
- To assist in the development of action plans for health and wellness programming at the school building level.

Focus Areas for HBHMI

As the annual conference to infuse wellness into classroom culture, HBHMI is an opportunity to share best practices in school wellness. Over the years, track offerings have included:

- Diversity and Equity
- Applications of Kinesthetic Learning at Home and at School
- Lifelong Activities for Fitness and Well-Being
- Health and Safety Precautions—Advice from School Nurses and School Resource Officers
- Social and Emotional Learning, Coping with Trauma, Remote Learning
- Staff Wellness—Personal Safety and Self Care
- Student Voice in Wellness Programming—Return to School
- Family Engagement/Nutrition at Home and at School
- Wellness Action Team Planning

About the Sponsor

HBHMI is sponsored by the Pottstown Area Health & Wellness Foundation ('The Foundation'). The Foundation is a community nonprofit organization whose mission is to enhance the health and wellness of area residents, providing education, funding, and programs that provide equitable access and inclusive opportunities for all residents to adopt healthy lifestyles.

The Pottstown Area Health & Wellness Foundation's purpose is to help residents improve their health and well-being every day. One of the primary ways we aim to achieve our purpose and, ultimately, our mission is to partner with organizations in our service area by providing funding of solutions aimed at long-term improvement in healthy behaviors.



Since 2004, The Foundation's School Wellness Initiative has awarded more than \$11 million to the public and private schools within the Foundation's service area. In short, the Foundation's role is to help area residents improve their health and well-being every day. By doing so, we are creating a more dynamic and more vibrant community in which to live now... and into the future.

Professional Development

Historically, PA Registered teachers that need continuing education credit have received Act 48 credit through consulting partners, such as Fizika Group, LLC.

Questions and Contact Information

Visit the Healthy Bodies Healthy Minds Institute webpage at:

<https://pottstownfoundation.org/in-the-neighborhood/healthy-bodies-healthy-minds-institute>

If you have any questions, please contact the HBHMI team via phone: 610-323-2006 or email:

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