



Do Your Part for Healthy School Environment

- 1. Be an active role model ~ set a great example for kids.**
 - **Start a morning walking club:** Walking around the school can be a fun path to fitness for kids, families, and staff - especially with some peppy background music.
 - **Take a fitness break in the classroom:** Smart teachers know that just 5 to 10 minutes of physical activity can improve fitness levels and academic performance.

- 2. Be smart eater ~ show kids how to enjoy tasty brain food.**
 - **Walk the talk of good nutrition:** Eat more fruits, vegetables, and whole grains – in front of the kids, so they can see how much eating right means to you.
 - **Switch to smart snacks:** Bring smart snacks for yourself; encourage kids to bring smart snacks from home; replace sugary items with nuts, fruit, or string cheese.

- 3. Drink with your health in mind ~ refresh yourself well.**
 - **Steer clear of empty calorie, highly sweetened beverages:** Smart brains and fit bodies do best with plenty of cold water – plain and perfectly refreshing.
 - **For intelligent nutrition, drink low-fat milk or 100% fruit juice:** Your body will thank you for daily dose of calcium, vitamin C, and other nutrients.

- 4. Support an effective Local Wellness Policy.**
 - **By Federal mandate, all schools are required to have a Local Wellness Policy:** Read your school's policy carefully!
 - **Approving a policy is just the first, small step:** The key to healthy kids and healthy schools is to effectively implement a strong policy – based on local needs.

- 5. Become a leader on your School Health Council.**
 - **Mississippi schools are required to have a Health Council:** These groups work to provide guidance and leadership on all aspects of the school health program.
 - **Participate rather than pointing fingers:** School health councils are the ideal place to plan, and implement improvements – from the cafeteria to the classroom.

- 6. Utilize resources from Office of Healthy Schools.**
 - **Need resources, support or technical assistance?** You don't have to reinvent any wheels or go it alone: there is help online for all aspects of school health.
 - **Dig deep into at www.healthyschoolsms.org resources and school wellness resources from other states and organizations.**