



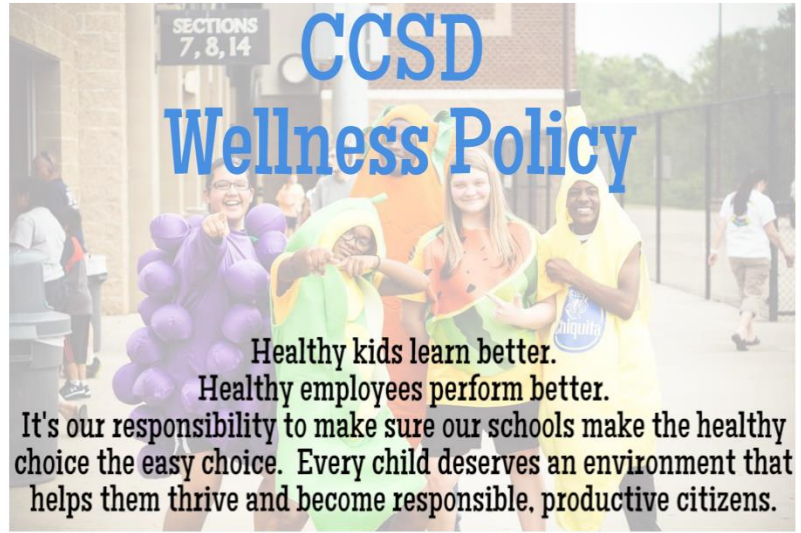
Join and support your School Wellness Committee! Show some love to your School Wellness Coordinator. This position requires a lot of extra time and effort. Support student ideas to make your school and community a better place.



School Day definition—midnight day before to 30 min past end of instructional time



Help your School Wellness Coordinator complete the Healthy Schools Program assessment and action plan. Reach out to partners when resources are needed.



DAILY TIME MATTERS: At least...
10 min. seat time for breakfast,
20 min. seat time for lunch,
20 min. active recess (outdoor or indoor).



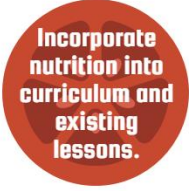
Make water available all day and allow water bottles in classrooms. Need fountains serviced? Let maintenance know!



ALL snacks sold must be Smart Snack approved, including fundraisers.



Stick with non-food or healthy celebrations for birthdays and holidays.



Incorporate nutrition into curriculum and existing lessons.



Have your cafeteria manager assess and implement Smarter Lunchroom Techniques. Go for the gold! Post menus online.



Recess, physical activity breaks, and PE cannot be withheld as punishment.

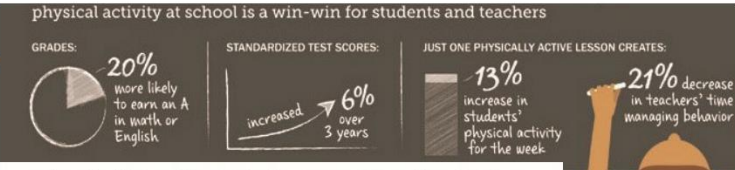


Teach health education!

Physical activity breaks: throughout day, 3-5 min. at least 3 days/week



Incorporate physical activity into learning and make that content stick!



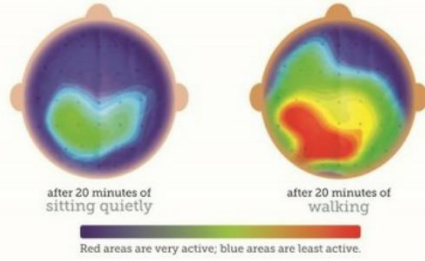
Reach out to our community partners for support!



Promote staff and student wellness during the school day.

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



KNOW(2)

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