

How School Principals can promote a healthy school environment

- Getting involved in wellness policy implementation and evaluation
- Modeling healthy eating and an active lifestyle
- Assisting staff to coordinate classroom and cafeteria wellness activities
- Providing students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Scheduling Recess before lunch to improve student appetites for healthier food, improved behavior at lunch, and less food waste
- Encouraging nonfood incentives or rewards
- Discouraging the use of physical activity as a punishment or withholding participation in recess or physical education class as a punishment
- Encouraging students, parents, school staff, and community members to provide healthful foods and beverages for snacks, school events, and parties
- Providing a list of recommended food and beverage options to parents and staff
- Promoting and consistently enforcing fundraising guidelines that enhance health, and eliminate the sale of less nutritious foods
- Allowing students and community groups access to the school's physical activity facilities outside of the normal school day
- Encouraging and supporting safe walking and biking to school
- Providing opportunities for staff to attend nutrition and physical activity continuing education