

How Teachers and School staff can promote a healthy school environment

- Be a role model, show your students that you are committed to health
- Eat more fruits, vegetables, and whole grains
- Bring healthy snacks for yourself and encourage kids to do the same
- Send a list of “Smart snacks” home with your students with snack ideas such as low sugar whole grain cereal, fruits, fresh vegetables, cheese, and whole grain crackers
- Drink more water, and allow students water breaks to refresh themselves, especially after active play and in hot weather
- Start an activity club and encourage active recess
- Go outside with your students to walk, or join them in an active game as a reward
- Let parents know that they, too, can walk and play on school grounds after school hours for family activity
- Take a stretch or classroom exercise break (just 5-10 minutes physical activity in the classroom can improve academic performance and fitness)
- Teach students about healthy behaviors throughout the year
- Apply health-related behaviors to classroom activities
- Coordinate nutrition education with cafeteria staff and connect the curriculum to nutrition and fitness
- Eliminate candy and junk food from the classroom, including reward jars.
- Use non-food rewards such as activity and wellness promoting rewards
- Send home with parents a “healthy celebrations” list for birthdays and holidays
- Create interactive homework assignments regarding health and fitness that involve parents in students’ learning
- Support your district’s wellness policy and participate in wellness activities
- Work with parents for healthy fundraising