



Host a 100th Day of School Healthy Celebration

The 100th day of school is a great accomplishment for students and teachers. Students are 100 days smarter and the school year is more than halfway over — that's cause for celebration! Use the 100th day of school as an opportunity to promote healthy habits by creating excitement around nutritious choices and physical activity at school. Make your 100th Day of School Celebration a healthy and active one!

GAME ON ACTION FOR HEALTHY KIDS TIP SHEET

Eat Better on the 100th Day of School

Whenever possible, focus on fun rather than food. However, if you plan to incorporate food into your school's 100th Day of School Celebration, consider trying one of these delicious and healthy snack ideas.

100th Day Healthy Snack Mix Provide your students with a healthy snack list and have them sign up for the healthy snack they would like to bring into class. Have students count out 100 pieces of each snack and mix them in one large bowl. Enjoy your 100th Day Healthy Snack Mix as a class!

100th Day Fruit Art Cut an assortment of fresh fruit and serve it to students. Before indulging, have students arrange their fruit into the shape of a one hundred on a plate. For added fun, students may spread a layer of low-fat yogurt on the plate before sticking on their fruit (it works like glue!).

Count out your Sticks Use celery and carrot sticks to count out 100 tally marks. When done, there should be 20 groups of tally marks (five sticks in each group). Enjoy with hummus or low-fat ranch!

Bling with a Crunch Use yarn and 100 pieces of low-sugar, whole grain cereal to create fun necklaces and bracelets!



Nutrition Education & Promotion Tips

- Work with your school's administration to create a school-wide healthy celebrations snack list. Share this list with parents during holidays and school celebrations.
- The 100th Day of School is a successful milestone and a great time to engage families in healthy habits. Consider providing nutrition classes for the family from community partners like your university's cooperative extension service.

Importance of Healthy Eating at Home

Healthy eating is important for children's growth and helps them perform better in school. Better eating habits are formed when healthy eating takes place at home.

Extend Better Eating to Home

Try these healthy snack ideas:

100th Day Fruit Art On a large platter, assemble fresh fruit into the number 100. Make the platter available for healthy snacking throughout the day. Try to assemble your 100th Day Fruit Art using 100 pieces of fruit!

Calorie Count Off Take a family trip to the grocery store. Challenge each other to put together a healthy snack worth 100 calories.



Every kid healthy, active and ready to learn

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Move More at School on the 100th Day of School

Classroom

100 Healthy Steps

- As a class, take 100 steps around the school. See where it takes you!
- For younger students, tape 100 footsteps around the classroom and have them count out each step they take.

10 Sets of 10

- Have students do one of these activities 100 times (10 sets of 10): jumping jacks, toe touches, high knees, hop on one foot and then the other, arm circles or another exercise of your choosing!

Gym/Playground

100 Meter Dash

- Measure out 100 meters on the gym floor or playground. If you have access to a track, 100 meters is one straightaway on a track.
- Mark the start and finish lines.
- Divide students into teams and have fun doing 100 meter relay races.

Active Stations

- Set up 10 physical activity stations in the gym such as jump rope, free throw or scooter relays.
- Have students go to each station and do it 10 times.
- For example, students may choose a 'Free Throw' station where they have to do 10 free throws.

At Home

100-Second Dance Off

- Create a family dance video that is 100 seconds long.
- Share your dance video with family and friends.
- Challenge others to create their own 100-second dance video.



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Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.

