Healthy Celebrations are more FUN!
Wellness Wednesday Webinar Series
October 11, 2017

Today's Presenters

Carol Muller
State Director, Colorado
Action for Healthy Kids

April Walden
Parent Champion
Laurel Elementary School
of Arts & Technology
Fort Collins, Colorado

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call

Who Are We?

Our vision is a world in which every kid is healthy, active and ready to learn.

We work to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.
Get Your Game On

Game On supports America’s schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

ActionforHealthyKids.org/Game-On

Get Nationally Recognized!

Apply for the HealthierUS School Challenge: Smarter Lunchrooms Initiative

- Voluntary four-year certification initiative recognizing excellence in school nutrition and physical activity
- Four Award Levels: Bronze, Silver, Gold, Gold Award of Distinction
- Benefits include: Building school spirit, supporting the Learning Connection, and enhancing the sustainability of your initiatives!

Visit Game On – Step 6 to learn more: ActionforHealthyKids.org/Game-On/receive-recognition

Game On – Step 4: Find Activities

- Healthy & Active Classroom Parties
- Food Art
- Host a Taste Test
- Songs and Stories with Movement
- Get Your Groove On
- Celebrate Heart Health Month
- Celebrate National Nutrition Month
- Celebrate Every Kid Healthy Week

ActionforHealthyKids.org/Game-On
Healthy Classroom Celebrations: The Impact

► The American Heart Association recommends that children ages 2-18 consume less than 6 teaspoons of added sugars daily.1
► On average, U.S. children consume 19 teaspoons of added sugar daily, largely from soda, fruit-flavored drinks, sports drinks, cakes and cookies.2
► A study in the Journal of Nutrition Education and Behavior shows that kids can easily consume as many as one quarter to one third of all the calories they need per day at a typical classroom birthday party.3

1. Review your district’s wellness policy.
2. Take inventory – what does your school currently celebrate?
3. Make your case to school leaders and get their support.
4. Meet with staff, your school parent group and students.
5. Commit to it in writing!

Healthy Kids
Learn Better
Good Food + Active Bodies =
Kids Equipped for Success

10 Tips: Making the Switch To Healthy Celebrations

1. Review your district’s wellness policy.
2. Take inventory – what does your school currently celebrate?
3. Make your case to school leaders and get their support.
4. Meet with staff, your school parent group and students.
5. Commit to it in writing!
6. Ask school staff to pledge to have healthy celebrations.
7. Send a letter home to families.
8. Plan a healthy food taste test to kick off the initiative.
9. Share ideas for celebrations with staff and families.
10. Sustainable change takes time – start slowly if you get pushback!

3. ActionforHealthyKids.org/game-on/find-challenges/classroom-challenges/1249-healthy-and-active-classroom-parties
Healthy Birthday Celebrations

The birthday child can...

► Be the teacher’s helper.
► Wear a special crown, sash or badge.
► Donate or read a book to the class.
► Receive a personalized birthday card from the teacher.
► Choose the game, activity or music.
► Have special time for a game or activity with the teacher, principal or another adult.

Healthy & Active Party Ideas

Game On has tip sheets for specific celebrations:

► Election Day
► Halloween
► Thanksgiving
► Winter Holidays
► Martin Luther King Jr. Day
► 100th Day of School
► Valentine’s Day
► End of Year Celebrations

Healthy & Active Party Ideas

Halloween party tips from Game On

Halloween Charades
Fill orange balloons with Halloween-themed physical activities: walk like Frankenstein, flap your arms like a bat, pretend to walk through a stick spider web. Be creative!

Have students pop the balloon one at a time and act out the activity on the paper on the class without saying any words.

More Halloween Activities: Its Alive, More Fun with Bob, Bob Tag, Gord Slius Challenge, Apple Eating Contest

Healthy Halloween Treats: Veggie Skeleton, Boo-nana Pops, Nature’s Candy, Fruity Spider
Healthy & Active Party Ideas

When food is part of the celebration:
► Offer a variety of healthy options including fruits, vegetables, whole grains, low fat/fat-free dairy products and water.
► Arrange fruits and vegetables in a visually-appealing way.
► Offer sweets and treats in small portion sizes.
► Create sign-up sheets that list healthy items.
► Pay attention to food allergies and special diet needs.

Tips for Success
► Focus on fun rather than food!
► Engage students! Get them involved in party planning and preparation.
► Add movement whenever possible!
► Create a healthy party idea book with recipes and activities from parents, students and staff.
► Be prepared to navigate challenges from families who want to bring in unhealthy treats. Mention the benefits – healthy celebrations provide consistent positive nutrition messages, promote a healthy school environment and create excitement about nutrition.

Healthy Celebrations

Laurel Wellness Committee
► Collaborative parent and staff team of eight
► Walk-a-thon fundraiser funds wellness committee
► Objective: promote health and fitness
  ▪ Water bottles for every student
  ▪ Pick-a-Better Snack Program
  ▪ Grants to fund wellness initiatives
  ▪ Annual Family Wellness Fair
  ▪ Healthy celebrations

April Walden:
- Laurel parent for 10 years | PTO President for 7 years
- Linked wellness at school to PTO her first year as president
- Started school Walk-a-thon Fundraiser in 2008
- Currently serves on the Wellness Committee and PTO

Laurel Elementary

School of Arts & Technology

Through the infusion of arts and technology, we educate the WHOLE child.
Go Crazy & Celebrate

► Applied for and received kit from Action for Healthy Kids
► Kit contains fun games, music and karaoke machine
► Targeting use for celebrations
  - Birthdays
  - Positive Behavior Rewards
  - Class Celebrations
  - Indoor Recess
  - Wellness Fair

Implementing Healthy Celebrations

► Held a “mock” celebration
► Developed a check-out form and idea sheet
► Introduced to teachers at staff meeting
► Forms sent home to inform parents
► Station at Wellness Fair

Go Crazy & Celebrate Kit
Check-Out Form

April Walden
april@wubbards.com

Questions?

Action for Healthy Kids
Gameon@actionforhealthykid.org
ParentsforHealthyKids.org

For Parents, by Parents: Free Tools and Tips, Success Stories, Local Trainings, Connect with Other Parents, Apply for a Grant

Follow Us for More Resources

Stay up to date on success stories, health tips, physical activity games, fun recipes, volunteer opportunities and ideas for action!