





Today's Presenters



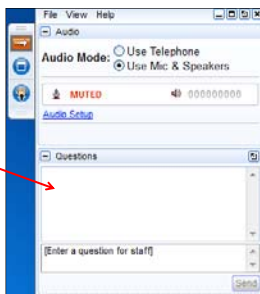
Carol Muller
State Director, Colorado
Action for Healthy Kids



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



The screenshot shows a web browser window with a menu (File, View, Help) and a sidebar with icons for Audio, Questions, and a Muted status. The main area displays 'Audio Mode' with radio buttons for 'Use Telephone' and 'Use Mic & Speakers'. Below this is a 'MUTED' status bar and a 'Questions' section with a text input field labeled '(Enter a question for staff)' and a 'Send' button. A red arrow points from the 'Submit a question' bullet point to the question input field.

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



Step 4: Find Activities



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

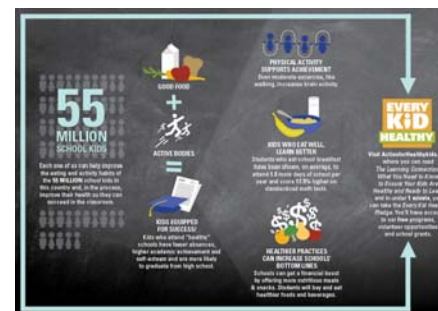


¹<http://www.aappublications.org/news/2016/08/23/Sugar082316>

²<https://www.webmd.com/children/news/20111118/sweets-ban-at-school-parties-may-cut-calorie-overload#1>



Healthy Classroom Celebrations: The Impact



Healthy Kids Learn Better

Good Food + Active Bodies =
Kids Equipped for Success

ActionforHealthyKids.org/Learning-Connection



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!



Actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1249-healthy-and-active-classroom-parties



10 Tips: Making the Switch To Healthy Celebrations

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!

Actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1249-healthy-and-active-classroom-parties



Healthy Birthday Celebrations



Colorado Parent Champion Alli Howe led a project at Sherman Early Childhood Center to provide each classroom with a Birthday Box, including special markers, a seat cover, party hats, a birthday badge and more.

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



- ▶ Give children extra recess time instead of a party.
- ▶ Arrange a treasure hunt around the classroom.
- ▶ Have a dance party.
- ▶ Have a special show and tell.
- ▶ Organize a community service project instead of a party.
- ▶ Invite a local artist to come in and do a demonstration.
- ▶ Set up an obstacle course, have a hula hoop contest or play other active games such as tug of war, freeze tag, crack the whip, hopscotch, Simon Says, pass the "Hot Potato."
- ▶ Make use of school and community resources – celebrate at a pool, climbing wall or bowling alley.



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



12 Days of Fitness



Flag Fun



Melon Pops



Love Potion Smoothies



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 balloons one at a time and act out the activity on the paper for the class without using any words.

More Halloween Activities: It's Alive, Move that Bone, Blob Tag, Gourd Spoon Challenge, Apple Eating Contest

Healthy Halloween Treats: Veggie Skeleton, Boo-nana Pops, Nature's Candy, Fruity Spider



Healthy & Active Party Ideas

www.letsogo.org

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.



Healthy & Active Party Ideas

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.



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

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



Healthy Celebrations

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



Healthy Celebrations

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

Go CRAZY & CELEBRATE

Laurel received a grant from Action For Healthy Kids and the Colorado PTA in the form of a "Party in a Box" kit. It contains lots of ways to have fun and get active! The idea is that a celebration is a whole lot more fun if you play games and listen to music with your friends. The Laurel Wellness Team invites students and staff to check-out up to three of the following items to be used to celebrate a birthday, reward achieving a class PAW target, getting through indoor recess or just to have a little fun with your classmates.

Please check up to 3 items you would like to check-out*:

<input type="checkbox"/> Karaoke Machine	<input type="checkbox"/> Get Knotted Game
<input type="checkbox"/> Giant Foam Dice	<input type="checkbox"/> Egg & Spoon Game
<input type="checkbox"/> Bean Bag Toss	<input type="checkbox"/> Bean Bag Toss
<input type="checkbox"/> Velcro Mitt and Balls	<input type="checkbox"/> Hopscotch Rug
<input type="checkbox"/> Bluetooth Speaker	

*Check out our Ideas Guide on ways to use the items.

Name: _____ Date Needed: _____

Reason you are checking out the kit:

<input type="checkbox"/> Birthday Celebration
<input type="checkbox"/> PAWS Reward
<input type="checkbox"/> Class Celebration
<input type="checkbox"/> Other: _____

Items selected will be delivered to your room the day prior to the date you requested the kit. Enjoy your celebration and let us know if you have any suggestions.

Contact: Emily Anderson at emilya@pedschools.org

Return this form to Emily Anderson or place it in her mailbox in the teacher's lounge.

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



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