



Today's Presenters





Denise Marques, RD
Program Coordinator
Action for Healthy Kids, Colorado



Lara Fahnestock
Parent Champion
Charles Hay World
School Englewood, CO




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.



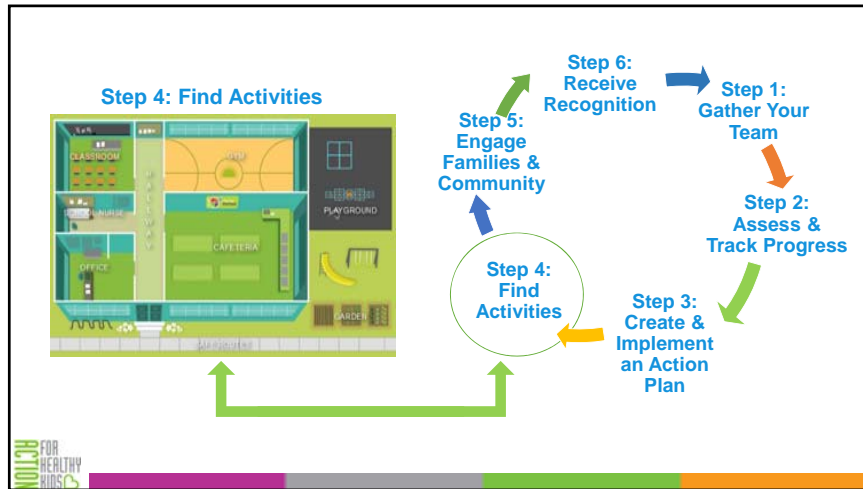
Get Your Game On



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

GAME ON ACTION FOR HEALTHY KIDS

- ▶ Healthy Carnival
- ▶ Health and Wellness Fair
- ▶ Family Fitness Night
- ▶ PE for Parents
- ▶ Share Healthy Messages with Parents
- ▶ Host a Taste Test

ActionforHealthyKids.org/Game-On

Game On – Step 4: Find Activities

GAME ON ACTION FOR HEALTHY KIDS

- ▶ Walk/Bike to School Day – Oct/May
- ▶ Heart Health Month – Feb
- ▶ National Nutrition Month – March
- ▶ Celebrate Every Kid Healthy Week – April
- ▶ National Physical Fitness and Sports Month – May

ActionforHealthyKids.org/Game-On

Healthy Family Events: Why?

“Parent involvement in schools has a significant benefit for the students, including improved quality of schools and academic achievement among students.”

Engaging Parents and Stakeholders in School Wellness
Formative Research Report
California Project LEAN, April 2008



www.cdc.gov/healthyyouth/wssc/

Healthy Family Events: The Impact



Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

ActionforHealthyKids.org/Learning-Connection

Check Your School Calendar

- ▶ Meet & Greet
- ▶ Back to School Night
- ▶ Parent Teacher Conferences
- ▶ Choir or Band Concerts
- ▶ Science Fair
- ▶ PT/PTO events
- ▶ Math or Literacy Night



Watermelon Welcome
Elk Creek Elementary, Pine, CO

Host a Fun & Fitness Family Event

1. Involve your P.E. teacher
2. Collaborate with nutrition services staff
3. Invite local businesses
4. Involve local athletes
5. Communicate!
6. Provide incentives/prizes



ActionforHealthyKids.org/storage/documents/game-on/Family_Fitness_Fun_Events.pdf

Host a Fun & Fitness Family Event



- ✓ Seek support from administration
- ✓ Coordinate with parent group
- ✓ Involve students
- ✓ Encourage faculty and staff to attend
- ✓ Provide healthy meal or snacks



Game On Activity: Healthy Carnival

Fun Activities:

- ▶ Tug-of-War
- ▶ Water Balloon Toss
- ▶ Sack Races
- ▶ Face Painting
- ▶ Corn Hole
- ▶ Bike Riding Course



ActionforHealthyKids.org/tools-for-schools/find-challenges/gymnasium-challenges/650-family-fun-days



Game On Activity: Health and Wellness Fair



- ▶ Information Booths
- ▶ Health Screenings
- ▶ Hands-On Activities & Games
- ▶ Taste Tests
- ▶ Physical Activity Demonstrations

ActionforHealthyKids.org/game-on/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair



Game On Activity: Family Fitness Night

- ▶ Video Game Dance Mat
- ▶ Obstacle Course
- ▶ Putt Putt Golf
- ▶ Balance Beam
- ▶ Active Indoor Recess
- ▶ Five Pin Bowling
- ▶ Hula Hoop Roll

Balloon Basketball

Blow up several balloons. Divide players into two equal teams and place the balloons between them. When indicated, teams are to run to the balloons, pick up one, and attempt to get it through the basketball hoop. Once the balloon is near the basket, it can be repeatedly hit to make a basket. Balloons can also be "rebounded" by the other team. Each basket is worth two points and the team with the highest score after the designated time is the winner. Tip: The more balloons you have, the more fun the game is.

Gym Scooter Bobsledding

Divide nine students into three equal teams. For each team, place three gym scooters in a vertical line and place a gym mat on top. Have two students sit on the front two scooters on top of the mat. The third student pushes the scooter bobsled from the last scooter. Set up cones that each team must navigate through. The first team to complete the course wins.

ActionforHealthyKids.org/game-on/find-challenges/gymnasium-challenges/1799-family-fitness-night



MORE Healthy Family Event Ideas

- ▶ Cooking or nutrition classes
- ▶ "Iron Chef" competition
- ▶ Student led Farmer's Market
- ▶ School garden work days
- ▶ Walk-to-school month
- ▶ Gather school team for local run or walk
- ▶ Parents & teachers vs. kids sports competitions
- ▶ 30-day challenges
- ▶ Movie screenings that promote healthy living



Take Your Parent to PE Week
September 25-29, 2017
Stedman Elementary, Denver, CO

www.activeschoolsus.org/take-your-parent-to-pe-week



Family Dance Night

Freeze Dance Game

All participants stand on the dance floor. When the music begins, players dance. When the music is stopped at random times, the participants must freeze. Anyone still moving is out. The last participant standing wins.

- ▶ Hang a disco ball
- ▶ Find volunteer DJ
- ▶ Ask PE teacher to teach line dances
- ▶ Serve healthy snacks



Charles Hay World School, Englewood, CO



Charles Hay World School, Englewood, CO

- School Based Community Garden
Established 2011
- Healthy Food and Physical Activity
- Outdoor classroom
- Garden days
- Goal = Every student plant



Charles Hay Harvest Festival

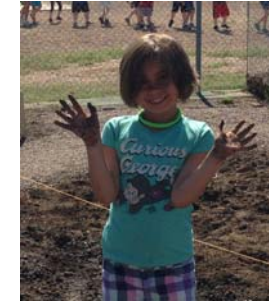


Goal = Every student cooks
Parents bring soup, salad, or bread
Fun and family focused

"Share healthy food with families and community"



Charles Hay Harvest Festival



Charles Hay Harvest Festival

- Scheduling
Communication
ABCD - Asset Based Community Development
- ❖ Parents
 - ❖ Teachers and Administration
 - ❖ PTA, PTO
 - ❖ Community partners
 - ❖ School Nutrition Staff

- Plan ahead
Garden produce
Recipes
Cooking Kit
Volunteers - be creative
Extension cords/power strips
Serving utensils

Pumpkin Picking * Pumpkin Decorating * Great Pumpkin Raffle
All You Can Eat Homemade Soups, Salads and Breads
Caramel Apples * Class-Prepared Garden Dishes

Suggested donation: \$5 per family
Pumpkins, Bartlett pears, Jonathan, Gala and Golden Supreme apples available for purchase. Please BRING YOUR OWN bowl, cup, and utensils in order to reduce our waste!



Charles Hay Harvest Festival



- Suggested Donation
- Pumpkin decorating
- Apples/ peaches
- Cookbook
- Music
- Face painting
- Dishes and utensils- bring your own



Every Kid Healthy Week

Every Kid Healthy Week
April 23-27, 2018



EveryKidHealthyWeek.org



Questions?



Action for Healthy Kids
GameOn@ActionforHealthyKids.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!

