

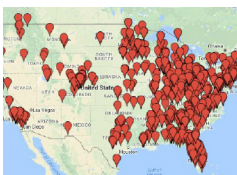
Take Action During Every Kid Healthy Week

Launched by Action for Healthy Kids (AFHK) in 2013, Every Kid Healthy Week is an annual observance on the calendar of National Health Observances that celebrates school wellness achievements. Every Kid Healthy Week is celebrated in schools across the nation every year in April. It helps communities learn more about how being healthy can help students do better in school and helping schools do a great job supporting healthy kids. We can all work together to make healthy choices, like cooking healthy foods and doing fun activities. Let's make sure all kids have a bright and healthy future!

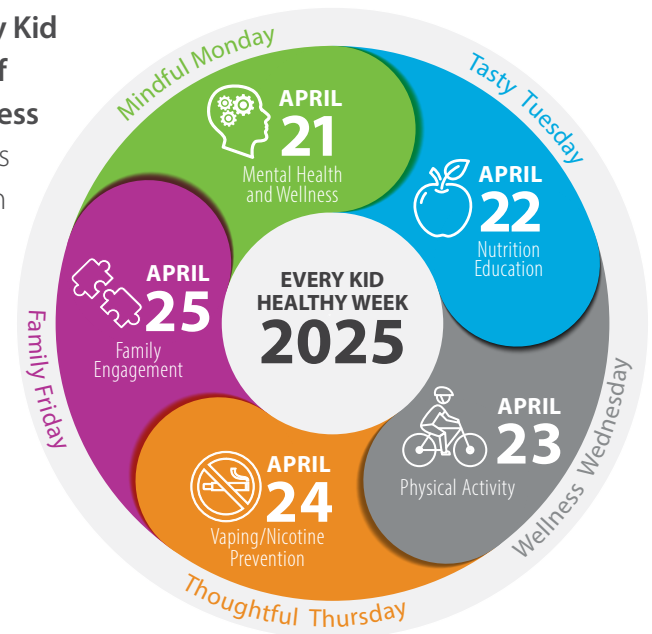
How Can My School Take Action to Join the Celebration?

Every Kid Healthy Week is all about celebrating your school's wellness initiatives and inspiring new ideas to promote healthy eating, physical activity, and mental health and wellness. Parents and schools can show their commitment to wellness by hosting an in-person or virtual event that focuses on healthy kids and families. Parents and family members can volunteer to help their kids' schools host an event, then keep the celebration going at home. Check out some event ideas below and visit everykidhealthyweek.org to get started. There, you'll find our planning toolkit and checklist and tons more resources to help you plan the best Every Kid Healthy Week event yet — all free!

Put Your School on the Map



Demonstrate your commitment to healthy kids and healthy families! Join the national movement for school wellness by registering your event at everykidhealthyweek.org.



Every Kid Healthy Week Event Ideas

- » **Host an exciting new taste test** featuring fruits, vegetables, whole grains or low-fat dairy products.
- » **Invite a local fitness instructor to volunteer** to lead a virtual family Zumba or yoga class.
- » **Create a school garden** or refresh an existing one, and invite parent volunteers to help.
- » **Plan a school-wide Field Day, Walk-a-Thon or Fun Run** and engage parent volunteers to help with organization.
- » **Energize the classroom** with fun brain break activities led by parent volunteers.
- » **Combine these ideas** and work with community partners for a full health and wellness fair.

Still not sure how to get started?

Visit actionforhealthykids.org for more activity ideas, resources and tips — including ways to engage volunteers to support your needs.

ACTION FOR HEALTHY KIDS