

HEALTH & WELLNESS NEWSLETTER

South Carolina
PTA
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LiveWell!
greenville
LiveWellGreenville.org

December 2017

Healthy Classroom

Celebrations

The holiday season is here and so are the classroom parties. Get your children involved service and healthful behavior this holiday season. Have your students make holiday cards for a local nursing home or collect personal care products to wrap and deliver to a local homeless shelter. Provide your students with veggies trays in shape of holiday trees or snowmen for a fun snack while they work.

Or, forgo the food and have a kickball tournament!



Grant Opportunity

Is your school focusing on healthy eating programs for students or environmental sustainability that positively affects the local community. This is a great grant to assist with identified goals in the Healthy Schools Program.

Recipients of the grant can be awarded anywhere from \$250 to \$2,500 to get programs started or to help programs move in the right direction. The deadline to apply is **December 31, 2017**

[Click here](#) to learn more.

Winter break begins next week. Here are some "HEALing" (Healthy Eating Active Living) ideas to help us get into or keep the holiday spirit.



[35 Healthy Holiday Snacks](#) that you and your child(ren) prepare snacks in the kitchen. Remember the more children participate in making their food, the more likely they will eat it!

Enjoy ice skating with your child(ren), there are two options to explore: [Ice on Main](#) and [The Pavilion](#).

If ice skating doesn't work, look at all the parks, community centers Greenville has to offer using the [IonGreenville app](#).



PARTNERS IN HEALTHY SCHOOLS

GREENVILLE COUNTY
SCHOOLS
Where Enlightening Strikes!

LiveWell!
at school

ALLIANCE FOR A
**HEALTHIER
GENERATION**

Is your school one of the 33 schools participating in the Alliance for a Healthier Generation, Healthy Schools Program? **February 12th** is the next training opportunity to learn more.

Recipe from: euphoria's Healthy Lunchtime Throwdown

Wyatt Hampton, a 9 year old student at East North St. Academy was one of the four contestants.

Cheesy Chicken Broccoli Bake



[Click here](#) for the recipe to make at home.

For more information, contact Erica McCleskey, D1 Health and Wellness Chair and LiveWell Greenville Partnership Coordinator. emccleskey@livewellgreenville.org or 864-354-4706.