

WHAT IS A HEALTHY SCHOOL?

Healthy schools support and promote nutritious eating, regular physical activity, and overall wellness.

Staff and PTA members model healthy habits for students and families

Students are physically active throughout the school day

Nutritious foods are sold in the cafeteria and elsewhere on campus

PE class engages students in constant moderate to vigorous physical activity

Kids are physically active and eat nutritious snacks during after school programs

Students walk or bike to school instead of riding in vehicles.

The neighborhood supports safe walking and biking with sidewalks, lighting and safe driving

Making the Healthy Choice

In Our Schools!

Why do we need to focus on healthier school environments for students and staff?

- More than 2/3 of adults in Greenville are considered overweight or obese
- 41% of our youth are overweight or obese (even higher among African American -50% and Hispanic youth-44%)
- Obesity contributes to chronic health conditions like high blood pressure, high cholesterol and diabetes, all of which are seen at younger and younger ages
- Healthier students learn better and perform better academically



**LiveWell is here to help!
We want to help schools
make the healthy choice
the easy choice.**

School Wellness Teams

Having an active and enthusiastic wellness team can be a key factor to making sustainable changes at your school.

- Committee members should include: administration, nutrition/cafeteria manager, classroom teacher, physical education teacher, school nurse, parent leaders from PTA and SIC, students, school support staff, and community members
- Greenville County School District recommends meeting once every six weeks
- Assess the health of your school environment and, based on results, set goals for the year. Make sure they are measurable and attainable within the school year.
- Evaluate and celebrate your success annually

https://schools.healthiergeneration.org/6_step_process/build_support/about_building_support/

<http://www.actionforhealthykids.org/resources/wellness-policy-tool>

www.CATCHTexas.org

Fundraising

Consistency is crucial when creating a healthy environment for your school. Consider adding healthy eating options and involving physical activity in your school's fundraisers. Check out the resources below for ideas.

<http://healthymeals.nal.usda.gov/healthyfundraising>

<http://www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf>

<http://www.cdc.gov/healthyyouth/shi/>

Bike and Pedestrian Safety

Bike and pedestrian education encourages students to actively and safely use active forms of transportation. Safe Kids Upstate, part of Children's Advocacy of Greenville Health System, offers a variety of resources, including Pedville, an interactive model safety town for k5-2nd grade and a Bike Skills Clinic for 4th and 5th graders.

<http://www.safekids.org/coalition/safe-kids-south-carolina/?gclid=CNeF4fOtsMUCFcEkgQodX4AAhg>

<http://www.ghschildrens.org/childrens-advocacy.php>

Safe Routes to School

Encourage walking and biking by implementing a Safe Routes to School program. Awareness and education activities, improved engineering and connectivity, and enforcement of safety practices can boost active transit at your school.

<http://www.scsaferoutes.org/>

Smart Snacks in Schools

As part of the Healthy Hunger-free Kids Act of 2010, the USDA revamped the school snack standards. The Smart Snacks in School rules affect "competitive foods," which are snacks sold in vending machines, a la carte lunch lines, fundraisers and in student stores. Check out the resources below for assistance.

Alliance for a Healthier Generation:

healthiergeneration.org. This website has interactive tools that you can use to review food and determine if the food meets this Smart Snacks in School guidelines.

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Alliance for a Healthier Generation's Smart Snack Calculator is an interactive on-line tool that determines if a product meets the guidelines.

Alliance for a Healthier Generation's Smart Snacks Navigator is an extensive on-line list of products that meet the Smart Snack guidelines.

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

United States Department of Agriculture:

<http://healthymeals.nal.usda.gov/smartsnacks>

Eat Smart Move More of SC:

<http://eatsmartmovemore.org/toolbox/resources/school/>



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