

HEALTH & WELLNESS NEWSLETTER

South Carolina
PTA
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LiveWell!
greenville

LiveWellGreenville.org

September 2017

September is National Childhood Obesity Prevention Month

Greenville County Schools are working to decrease and prevent childhood obesity by encouraging children to be physically active and to eat healthier. Many schools joined the [Alliance for a Healthier Generation](#) to receive additional assistance on improving health and wellness policies. Ask your principal or PTA President how you can join the Schools Health and Wellness Committee to support your schools efforts in preventing childhood obesity.

Attention: All Grade Levels



We all need brain breaks.

Encourage your students to get their recommended 60 minutes of physical activity a day with NFL players. These short 3-5 minute videos are appropriate for the classroom or at home.

[Enjoy](#) a video today!

Apple Season is here!



Peanut butter and apples make a healthy snack that is full of protein!

Funding Opportunity

Up to \$4,000 per year is available to qualified K-12 schools enrolled in Fuel Up to Play 60 to jumpstart healthy changes.

Application Deadline is November 1.

Click [here](#) to get started!



Healthy Eating News

Do you eat school lunch? GCS Food and Nutrition Services team re-invented school food serving fresh fruit, high quality seafood, salad bars and removed highly processed chicken products. [Read more](#) about their earned national recognition.

Euphoria announces the Healthy Lunchtime Throwdown finalists! Congratulations to Wyatt Hampton at East North St. Academy, Caleb Smith at Eastside High, Joshua Davis at Southside and Nayha Hussain at Riverside High. For more information on competition and to compete next year, go to euphoriagreenville.com

For more information, contact LiveWell Greenville Partnership Coordinator

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