

# HEALTH & WELLNESS NEWSLETTER



LiveWellGreenville.org

## October 2017

### Red Ribbon Week starts October 22nd

In addition to eating well and moving your body, being tobacco and drug free are important to living a healthy life. Greenville Family Partnership (GFP) is the leading effort to support tobacco free schools: ribbons, videos, and more. Support the cause & [Register today](#) for a 5K Run fundraiser at Trailblazer Park on Sun., Oct 22nd.

### October is National Walk to School Month

Children deserve to safely walk and bike to school. By starting with children's daily commute to school, communities become safe places for everyone to walk and bike. Creating safe places to walk and bike allows communities to take a major step toward meeting the national goal of ending traffic deaths on the road. [Learn More!](#)

### Healthy Schools

Is your school one of the healthiest in America? Get started now to make your school one of the healthiest in America. Contact your school's PE Teacher and offer assistance to complete the [Healthy Schools Award](#) through the Alliance for a Healthier Generation (AHG). Remember, the LiveWell schools award transitioned to the AHG for schools to receive national recognition. Below is a photo of 18 PE Teachers who have already begun to apply for the Healthy Schools award, **has yours?**



### Funding Opportunity

Up to \$4,000 per year is available to support your school's physical activity goals. Application deadline is **November 1**.

[Apply today!](#)



### Healthy Halloween Treats

Consider these fun, easy, and healthy treats as you are organizing a party at school or home, or passing out treats to the neighborhood children.



Banana Ghost with 3 chocolate chip morsels.



Jack-o-Lantern Orange snack.

### Active Living: Power Hour

Many **high schools** are implementing Power Hour during lunch. Students are able to play intramurals, receive additional assistance from teachers, eat lunch, walk/run. Many **elementary and middle schools** have running/walking clubs before school. See how you can get involved!

### Healthy Eating

The Partnership to Improve Community Health (PICH) grant awarded to LiveWell Greenville from the Centers for Disease Control and Prevention supported the Culinary Creations initiative: now ALL 85 Greenville County Schools' cafeterias- elementary, middle and high- serve scratch-made food instead of heat and serve processed meals. Funding from the PICH grant ended in September of 2017

For more information, contact LiveWell Greenville Partnership Coordinator

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