

***HEATLHY SCHOOL TEAM***

***NEWS LETTER***

**January**

**Coordinated School Health Team**

The purpose of a healthy school team is to utilize faculty and staff in each school building who are considered experts in each component so that we are able to capture a more comprehensive look at the school. After assessing the needs of your school, as a team, the school will develop a plan to not only address the weaknesses, but also highlight its strengths. We want to promote healthy schools and encourage healthy behaviors, for students, faculty and families.

**Coordinated School Health Mini – Grant Award Winners**

Angela Martin – Dogwood – The grant will help improve physical fitness equipment.

Lanie Wood – Farmington – The grant will help increase technology, health, and nutrition education implementation.

Betsy Spurlock – Houston MS – The grant will provided equipment to maximize use of Polar Heart monitoring.

Rebecca Pendleton – Houston HS - The grant will purchase Polar Heart Rate Monitors to be warn during PE classes.

Bill Hoffman – Riverdale K-8 – The grant will provide fitness equipment for students and staff.

Congratulations to all the winners and thank you for your dedication to decrease childhood obesity!

## Increase Fruits and Vegetables

Only 20% of high school students in our country report eating five servings of fruits and vegetables every day. You might be like many families who don’t have easy access to stores that carry the produce your family needs. And even if you do have access to fresh produce, it’s another challenge to get your family to eat enough fruits and vegetables to feel as full as they would from eating a meal from a fast food restaurant. It takes planning and trial and error to increase the fresh fruits and veggies your family eats, but you will see many benefits over time…[read more](https://www.healthiergeneration.org/live_healthier/eat_healthier/).

**Healthy School Team Improtant Dates:**

Febuary 28 – All Student Heatlh Screening Data Needs To Be Imputed Into Power School

March 13 – PA/PE 3 Due

October 3 – CDC School Health Index Scorecard Due

March 13 – Healthy School Team Meeting Minutes #3

**Get-Up & Move!!**

This month’s “Get- Up and Move” announcements are to inform GMSD employees, students, & families about how to create and maintain New Year Resolutions. The following will give advice and suggestions for success:

**New Day's Resolutions**

**Achieve a Little Health Every Day**

In 2015, you don't need to commit to just one healthy resolution for the entire year; you can [achieve simple goals for health every day!](https://www.healthiergeneration.org/live_healthier/everyday_health/new_days_resolutions/?utm_source=2015+January+Byte&utm_campaign=2015+January++Byte&utm_medium=email) Are you hoping to be more active? Resolve to cut down on screen time, take the stairs, or find local active spaces. Would you like to eat healthier? Take a day to de-salt, learn a new recipe, or get your family involved in the kitchen.

**Get Your Needed Hours of Sleep**

Sleep is like food for the brain. And our brains are hungry for an adequate amount of rest that replenishes our mental and physical energy. During sleep our bodies grow and recover from the day’s activities…[read more](https://www.healthiergeneration.org/live_healthier/everyday_health/get_more_sleep/).

## Increase Physical Activity

## Being active is essential to living a healthier life. Youth need at least 60 minutes of physical activity every day and adults need at least 30 minutes of activity every day. But it’s hard to make time to move and right now only one in three kids is actually getting their daily physical activity. And this is not something we simply might change but something we must change. And we can. There are affordable and efficient solutions to get your family moving more that can fit into your busy schedule…[read more](https://www.healthiergeneration.org/live_healthier/get_moving/).

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