

GATHER YOUR SCHOOL HEALTH TEAM

School health teams come in many different shapes and sizes, but they have one common goal: to rally forces to make schools healthier! Anyone with an interest in health — parents, teachers, staff, and community members — can take part!

Team Member	Health Promotion Ideas	Involvement with Game On
Administrators <ul style="list-style-type: none"> • Principal • Assistant Principal • School Nutrition Director • School Board members • PTA/PTO Leaders • District Superintendent • District Staff • Counselor • School Nurse 	<ul style="list-style-type: none"> • Hang posters around the school building. • Make health-related announcements to the entire school. • Ensure all school nutrition staff are aware of the current food standards. • Insert teacher mailbox flyers promoting health in the classroom. • Include a blurb about Game On in staff newsletters, at staff meetings, or on the school website or social media. 	<ul style="list-style-type: none"> • Set an energetic and enthusiastic tone for students. • Participate in special events, such as taste tests, walk-to-school events, after-school activities, etc. • Volunteer at events and/or in overall program development. • Support school health team in implementing Game On activities. • Help apply for grants to support the Game On program. • Serve as a healthy role model for students and staff.
Teachers <ul style="list-style-type: none"> • All classroom teachers and staff, especially nutrition, health and physical education • Homeroom teachers • Teachers' aides • Student teachers • School librarian 	<ul style="list-style-type: none"> • Hang health-related posters in the classroom. • Make health-related announcements in the classroom. • Message families about healthy eating and physical activity programs at school. • Model good behavior for students in the classroom. • Create a healthy classroom corner for nutrition and physical activity promotion. 	<ul style="list-style-type: none"> • Participate/Implement classroom activities. • Volunteer at before- and after-school events. • Offer non-food rewards and healthy classroom parties to students. • Participate on the school health team. • Help apply for grants to support the Game On program.



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."
 - Margaret Mead

ACTION FOR HEALTHY KIDS 

Team Member	Health Promotion Ideas	Involvement with Game On
<p>Parents and Other Caring Adults</p> <ul style="list-style-type: none"> • Parents • Grandparents • Retirees and other older adults • Childcare providers • Foster parents • Older siblings • Aunts and uncles 	<ul style="list-style-type: none"> • Send home flyers, information, recipes, and activities for the family. • Help craft additional health-related messages for school announcements. • Write short blurbs for the school newsletter, website, social media, and PTA/PTO meetings. • Write articles to your local paper about the school's health program. • Help hang posters/flyers around the school campus. • Communicate with community members. 	<ul style="list-style-type: none"> • Participate on the school health team. • Participate in events such as taste tests, walk-to-school events, before/after events, etc. • Volunteer to monitor the playground at recess or implement brain breaks in the classroom. • Volunteer to slice food for a taste test or to care for a school garden. • Encourage school staff and administrators to focus on student health as a priority. • Create a healthy home environment. • Model healthy behaviors.
<p>Community Members</p> <ul style="list-style-type: none"> • Local university and college students • Members of civic organizations • Members of health- and activity-related organizations or non-profits • Owners of local businesses, grocery stores and restaurants • Local health departments or healthcare organizations 	<ul style="list-style-type: none"> • Send home flyers, information, recipes, and activities that promote health. • Help craft additional health-related messages for school announcements. • Write short blurbs for the school newsletter, website, social media and PTA/PTO meetings. • Write articles to the local paper. • Help hang posters around the school campus. • Present on local radio or television stations. • Seek or give health-related promotional materials to the school. • Deliver presentations at school meetings or in classrooms. • Outreach to civic organizations and volunteer networks for their support. • Schedule individual meetings with local business owners to seek their support (financial or human). 	<ul style="list-style-type: none"> • Participate in public events (walk-to-school events or an after-school health fair). • Volunteer at school events. • Promote healthy foods and moving more in local venues. • Help with fundraising, food donations, equipment and support for incentives. • Volunteer at taste tests, before- or after-school activities, classroom energizers, or recess. • Lead educational classes around health and nutrition with students and staff. • Offer trainings to school staff for quick and easy ways to add health into the curriculum.

