



Healthy Ideas for Schools with Little or No Funding

- Form a School Wellness Committee at your school- Teachers, staff, parents, students, community members, etc.
- Complete the CDC's School Health Index (SHI) or ASCD's Healthy School Report Card (HSRC)- school assessments
- Form a 3 year plan from the results of your SHI or HSRC
- In addition to your School District's Wellness Policy, write a Wellness Policy for your school
- Designate a staff member as the School Wellness Coordinator- Pick someone that is a health and wellness champion
- Begin a school walking club- before school or during recess
- Implement Recess before Lunch- Students are better behaved, take more time to eat, and eat more of their lunch
- Organize Supervised Recess- Play Fit, Dr. Curt Hinson- Learn more at www.playfiteducation.com
- Get rid of all cafeteria fryers and begin to purchase ovens
- Serve more baked foods, whole wheat breads, less sugar, and more fruits and veggies
- Eliminate soda and fill machines with 100% juice, water, and low-fat milk products (EVSC and Batesville did and made more money the first 3 months than the entire year previously)
- Allow only healthy birthday treats and snacks- Lists of suggested healthy foods are available on the Welborn Baptist Foundation's (WBF) and EVSC's websites.
- No food or healthy food rewards for students- Give students "non-food" rewards. A list of suggested items is available on the WBF website.
- "Fear Factor" healthy food tastings- Hold the food tasting in the cafeteria during lunches. Kids receive a sticker to wear all day if they try the healthy food.
- Healthy Non-Food Fund Raisers- Walk-a-Thon, arm bands, candles, etc. A list of healthy non-food items is available on the WBF website.
- Implement SPARK (Sports, Play, and Active Recreation for Kids) into your PE curriculum. Send PE teachers to a regional SPARK training or hold a training for area PE teachers and bring the regional trainer to your school. For more information go to www.sparkpe.org

- Organize school Staff and Community/Family Fairs
- Organize Student Health Assessments- Assess Height/Weight/BMI and blood pressure of all students in the fall and in the spring of each year.
- Have students complete the SHAQ- Student Health Assessment Questionnaire- available through the WBF HEROES Initiative
- Designate a School Wellness Bulletin Board- Fill it with wellness articles, healthy information, and feature a Healthy Student of the Month
- Incorporate "Healthy Minute" during the morning announcements or a healthy message on the cafeteria message board. These are excellent ways to give staff and students healthy information and keep them thinking about their health.
- Create a Monthly Healthy Newsletter to go home to parents- include all the healthy activities going on at school, healthy articles and healthy information.
- Begin using "green" cleaning products throughout the school
- Team up with community partners- invite them to join your School Wellness Committee (hospital, YMCA, area businesses, etc.)
- Form an after school Running Club- set a goal to train for a 5K race or the inaugural Southern Indiana Classic half marathon or full marathon being held in April of 2010.
- Map out a Walking Trail on your school grounds
- Organize weekly or daily Staff Fitness Classes- walking, yoga, fitness DVDs, stress management, or massage therapy
- Begin searching for and writing grants geared toward school health, nutrition, and fitness

****Begin to look at all that you do through a "lens" of health.**

****Answer to "Why do we have to do this?"- "Because we are a healthy school!"**