**What is a Healthy School?**

Monthly Campaign Announcements:

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| Day 1 | School Name is a healthy school (you can include APPLE, HSHF, etc)! What does this mean? It means here at School Name we try to always make the “healthy choice the easy choice”. Do you have any suggestions or thoughts about what this might mean for our school? Tell Name of champion teacher or admin. He/She would love to hear your suggestions! |
| Day 2 | Did you know that every student should get at least 60 minutes of physical activity every single day? By walking to and from school every day you’re a whole lot closer to reaching that goal. |
| Day 3 | Yesterday we learned that every student should be getting at least 60 minutes of physical activity every single day. What are some ways that you get physical activity every day. Write some ideas of how you stay healthy and Name of champion teacher or monthly class could post them on the bulletin board. |
| Day 4 | Part of being a healthy school means that we try our best to eat healthy foods from Canada’s Food Guide. Do you know what the Canada’s Food Guide is? Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you. |

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| Day 5 | Healthy Schools think that it is important to be active and eat healthy foods! Let’s get active together while we learn about the types of healthy foods we should eat! Stand up and push in your chair, are you ready?**Canada’s Food Guide says that kids aged 9-13-**Should eat 6 Vegetables and Fruit servings every day- Let’s do 6 Twist jumps (Count slowly aloud… 1, 2, 3, 4, 5, 6)**Canada’s Food Guide says that kids aged 9-13-**Should eat 6 Grain Products every day- Let’s do 6 Toe Touches(Count slowly aloud… 1, 2, 3, 4, 5, 6)**Canada’s Food Guide says that kids aged 9-13-**Should eat or drink 3-4 Milk and Alternatives every day- Let’s do 4 Desk Push Ups(Count slowly aloud… 1, 2, 3, 4)**Canada’s Food Guide says that kids aged 9-13-**Should eat or drink 1-2 Meat and Alternatives every day- Let’s do 2 BIG Star Jump(Count slowly aloud… 1, 2) |
| Day 6 | How do you stay healthy? Many students at School Name have shared their ideas and we’ve displayed them on the Healthy School bulletin board insert bulletin board location here. Be sure to check it out and see how everyone here works to stay healthy! |
| Day 7 | When you’re active you might get thirsty. Gatorade, Powerade and other sport drinks contain as much sugar in them as pop! If you’re thirsty the BEST option for your body is water! Let’s see what other healthy choices we can make at School Name. |
| Day 8 | When students and staff in a school are getting active and eating healthy food there are not just benefits for our bodies. It can help us help us do better in school and make us feel better about ourselves. Being a healthy school is good for our body and our minds! |
| Day 9 | Asking for drinks that say “100% juice” on them is a healthy choice. If it says “drink”, “beverage”, “punch”, or “cocktail”, it means it’s full of sugar and very little real juice. You can bring a 100% juice box (250ml) for lunch and it will count as two servings of fruit for the day. |

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| Day 10 | Did you know that there are a few different ways to get our 60 minutes of physical activity? One way is getting **moderate activity.** Moderate activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing. Examples of moderate-intensity physical activity include walking quickly, skating, bike riding and skateboarding. What is your favourite way to get moderate activity? |
| Day 11 | A nutritious snack should have at least two food groups in it. Ask for some of these: fruit and yogurt, unsalted crackers and low fat cheese or vegetables with a dip like hummus. |
| Day 12 | Another type of physical activity is **vigorous activity.** With vigorous activity, your breath will get huffy puffy, you will not be able to say more than a few words without catching a breath and you will be sweating. Examples of vigorous activity include running, playing basketball, soccer or cross-country skiing. In a healthy school we try our best to get vigorous activity in our physical education classes and outside at recess. How will you get some vigorous activity today? |
| Day 13 | Cake snacks like bear-claws and cakesters might be tasty, but they’ve got so much fat and sugar in them, they are not nutritious. You will feel much better choosing foods that are nutritious like, fresh fruit and vegetables or a whole-wheat sandwich. What other healthy snacks do you enjoy? Be sure to tell all of the teachers at School Name! |
| Day 14 | Moderate and vigorous physical activity makes your lungs and heart really strong! But don’t forget about some bone and muscle-strengthening activities. Muscle-strengthening activities build up your muscles. With bone-strengthening activities, muscles push and pull against bones helping make them stronger. It’s really easy to strengthen muscles and bones at recess time- climbing and swinging on playground will strengthen your muscles and running, walking, and jumping rope will strengthen your bones. Why not try some strengthening activities today at recess? |
| Day 15 | If you’re craving something sweet, ask for a piece of fruit. Berries and melons are a great source of natural sugar and they come with lots of other stuff too, such as fibre, vitamins and minerals that your body needs every day! |

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| Day 16 | We’ve been working on being a healthy school- Let’s get active together while we review the types of healthy foods we should eat! Stand up and push in your chair, are you ready?**How many servings of fruit and vegetables does Canada’s Food Guide say that kids aged 9-13 should eat?** (give classes a few seconds to guess) If you guessed 6 Vegetables and Fruit servings every day- you’re right! Let’s do 6 Twist jumps (Count slowly aloud… 1, 2, 3, 4, 5, 6)**How many servings of Grain Products does Canada’s Food Guide say that kids aged 9-13 should eat?** (give classes a few seconds to guess) If you guessed 6 grain products servings every day- you’re right! Let’s do 6 Toe Touches (Count slowly aloud… 1, 2, 3, 4, 5, 6)**How many servings of Milk and alternatives does Canada’s Food Guide say that kids aged 9-13 should eat?** (give classes a few seconds to guess) If you guessed 3-4 Milk and Alternatives servings every day- you’re right! Let’s do 4 Desk Push Ups (Count slowly aloud… 1, 2, 3, 4)**How many servings of Meat and alternatives does Canada’s Food Guide say that kids aged 9-13 should eat?** (give classes a few seconds to guess) If you guessed 1-2 Meat and Alternatives servings every day- you’re right! Let’s do 2 BIG Star Jump (Count slowly aloud… 1, 2) |
| Day 17 | Did you know that green veggies are good for you because they have folates. Folates help to keep your cells healthy and your energy high. What’s your favorite vegetable? Be sure to show Name of champion teacher if you bring it to school. |
| Day 18 | It’s almost the end of the month. Check out the bulletin board insert bulletin board location here to see if School Name has come up with all the things you do to stay healthy? If not, don’t forget to add your ideas to the bulletin board! |
| Day 19  | Have you tried a sandwich with whole grain bread? If you don’t love the taste of brown bread have your parents make a sandwich with 1 white slice and 1 brown slice. Whole grains have a lot of fibre which helps to keep you from getting an upset tummy and help with a healthy heart. 1 slice of brown bread is 1 serving of whole grains. |
| Day 20 | Being a healthy school is not just about the students- its also about the bigger community. That means that being a healthy school can impact the way our teachers and principals act, as well as the parents and others in the community. If we all work together, it will be a breeze to become a healthy school. Here is a challenge: tell someone outside of school about one way we can are trying to be a healthy school. |

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| Day 21 | Fruits and vegetables are important because they give your body important nutrients that keep your body working in tiptop shape. Did you know a serving of vegetables is about the size a computer mouse? |
| Day 22 | This month we have been focusing on what it takes to be a healthy school. But just because the month is over, it doesn’t mean we stop being a healthy school. Let’s do our best to eat healthy food, and be active every day! Being a healthy school will help everyone to keep their body and mind happy! |
| Day 23 | It’s the last day of the month! Time for a joke…How do you turn a pumpkin into another vegetable?Answer: Drop it and it becomes squash! |