

Join the Quest for Healthy Schools!

Improve your school's performance with healthier foods and more physical activity.

Research shows kids who have healthy eating habits and get regular physical activity are more likely to perform better academically. These healthy habits also may play a role in helping kids have:

- Greater concentration
- Better attendance
- Better classroom behavior
- Better self-esteem
- Lower obesity rates

Making healthy food choices and physical activity opportunities priorities at school is critical. This sends a message to students, teachers and staff that their well-being is important.



Together, we are better.

In schools where healthy changes have been made successfully, a school-wide, coordinated effort worked best. Alabama SNAP-Ed at Auburn University is reaching out to not only school administrators, but to teachers, school staff, parents and community members. Working together builds a school spirit, cooperation and a stronger sense of community.

No need to go it alone.

Alabama SNAP-Ed at Auburn University is here to help. A local SNAP-Ed educator is available to support the School Wellness Champion and School Wellness Committee in accomplishing a step-by-step process to make schools healthier places to learn. See the back of this flyer for more detail on steps for success and the local SNAP-Ed educator's contact information.



Steps for Success

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Engage

- Identify a diverse group of school administration, teachers and staff.
- Recruit a small group of parents and community members.
- Assemble the School Wellness Committee.



Assess

- Schedule two School Wellness Committee meetings.
- Complete the Alliance for a Healthy Generation Healthy Schools Program School Wellness Assessment.



Plan

- Identify strengths and areas for improvement.
- Set three achievable goals.
- Develop a School Wellness Action Plan.



Implement

- Involve all school stakeholders.
- Take action.



Evaluate

- Document progress.
- Address challenges.
- Repeat the Alliance for a Healthy Generation Healthy Schools Program School Wellness Assessment.



Celebrate

- Highlight progress and successes.
- Reward stakeholders for successes.
- Encourage continued progress.



Sustain

- Identify new or ongoing strengths and areas for improvement.
- Update School Wellness Action Plan.
- Keep moving forward!



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