



New School Year Resolutions

The beginning of the school year is a good time to get your class off to a healthy start! Encourage healthy habits in the classroom, and supply children with the tools they need to bring healthy habits home.

Keep Classrooms Celebrations Healthy

- Provide recipes and suggestions for classroom celebrations that help parents and children try new foods.
- Allow children to have extra recess for special occasions.
- Take seasonal themed walks during different times of the year. Allow children to collect fall colored leaves and to identify the trees they came from. Or make winter decorations based on the scenery outside.
- Make a craft that focuses on healthy eating such as allowing students to make their own MyPlate collages with grocery store ads.

Encourage Physical Activity Inside and Outside of the Classroom

- Introduce new games that can be done at home with family members.
- Suggest a dance party to get students up and moving!
- Have children assign an activity (such as jumping jacks or crawling like a crab) to each letter of the alphabet and play "What's your Name" by having them spell out their names with the actions.
- Encourage children to think of a new game of their own or suggest an existing game to share with the class.

Encourage Healthy Eating

- Set a good example with your eating habits. Pack healthy snacks to eat during lunch periods and throughout the day and with your students.
- Discuss the benefits of eating healthy foods – for example, eating foods with vitamins and minerals may help them to stay healthy during cold and flu season.
- Feature a fruit or vegetable each week and let children talk about if they have had this fruit or veggie, how it tastes and how they enjoy having it as a part of family meals. Include information about its taste and appearance, as well as, fun trivia facts and health benefits.

