



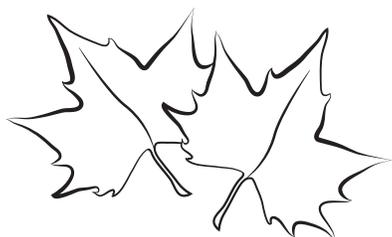
WEEKLY WAYS SCHOOL STAFF CAN BE HEALTHY ROLE MODELS

Support and Promote the *Michigan Nutrition Standards*

Kids watch and pay attention to more than just their parents. Research shows that parents **and** schools both play an important role in children's lives and eating habits. School staff members including teachers, aides, administrators, coaches, and volunteers can be role models for health. When adult role models practice healthy eating behaviors such as eating fruits and vegetables, choosing healthy snacks, and drinking healthy beverages, children are more likely to do that too. Even if you are not the school health champion there are plenty of ways school staff members can support and promote the *Michigan Nutrition Standards* and be role models for health by doing something small each week during the school year. Try these suggestions.

SEPTEMBER

1. Decorate your classroom and hallway with posters, signs, and other reminders to eat healthy. Check out the Team Nutrition resources at: www.teamnutrition.usda.gov.
2. Read more about Fuel Up to Play 60. Choose one activity you can do each week this month.
3. Join your school's Coordinated School Health Team or Nutrition Action Team. Even if you can't go to every meeting help with one initiative.



OCTOBER

1. Come up with an idea for a healthy **non-food fundraiser** and bring it to your school principal, PTA/PTO, or athletic boosters.
2. Eat school lunch with students during National School Lunch Week. Make sure there are plenty of fruits and vegetables on your tray. Talk to students about healthy vs. non-healthy lunch choices.
3. Read a book, a newspaper article, or tell a story to students, about someone healthy you admire. Tell them why you admire this person.
4. Volunteer to do a short presentation on the *Michigan Nutrition Standards* for community members. Piggy-back on something else that is already going on such as a fall banquet or parent/teacher conferences.

NOVEMBER

1. Start planning for healthy parties and celebrations that take the focus off of food. Send out a note and ask parents to be on your healthy party planning team.
2. Send home a **Healthy Party Letter** that explains to parents what the guidelines are for sending food and beverages in for parties this year and give them ideas for less expensive party foods they could provide.
3. Attend a high school sporting event such as a football or volleyball game and make sure students see you there. Let them know you think physical activity is important. Volunteer to help coach if you have time.
4. Set the homepage on your computer to a healthy page such as <http://www.letsmove.gov/schools>, or <http://www.fueluptoplay60.com/>.



DECEMBER

1. Talk with students about all the ways you enjoy getting outside in the winter. Make a display or bulletin board that focuses on ways you can be healthy in the winter.
2. Plan and participate in student physical activity breaks during the school day.
3. Role model healthy eating at your school or classroom holiday party. Be sure to fill $\frac{1}{2}$ your plate with fruits and veggies.
4. Take two weeks off for holiday break. Enjoy and take care of yourself.

JANUARY

1. Make a healthy New Year's resolution as a school or classroom and post it where everyone can see it.
2. Put a piece of fruit on your desk every day for a whole month. Eat it when you get hungry. Remember, it takes 30 days to form a new healthy habit.
3. Put magazines that depict healthy kids of all shapes and sizes in your classroom, in the library, in the office or anywhere where students hang out and read.
4. Start a **Twitter** page that talks about how your school is implementing the *Michigan Nutrition Standards*. Make a resolution to post something each week.

FEBRUARY

1. Buddy up with another staff member and walk outside or through the school hallways even if it's just for 10 minutes.
2. Write a short article or blurb about the *Michigan Nutrition Standards* for a local newspaper, your school web site or school newsletter. See the **Cheering for Your Success** section of this toolkit for ideas.
3. Drink white or flavored milk at lunch.
4. Bring a fruit or vegetable e.g. carrots and dip, apples, kiwi fruit, to a staff meeting when it's your turn.

MARCH

1. Put up reminders for students that encourage them to eat breakfast every day. Invite parents to eat school breakfast with their child during National School Breakfast week.
2. Drink water in front of students. If you are a teacher explain your water bottle policy to students.
3. Share a favorite healthy recipe with students or co-workers.
4. Eat only healthy snacks in the teacher's lounge or break room. If there aren't any there, bring your own.
5. Wear green on St. Patrick's Day and talk about all the healthy "green" foods you can eat.

APRIL

1. Relax and re-energize over spring break. Try new and healthy recipes, take a new exercise class, practice ways to reduce stress and more.
2. Don't wear t-shirts that advertise unhealthy, or less healthy food and drinks such as soda, or chips.
3. Exercise over spring break, eat right, and take good care of yourself.
4. Start a walking club for school staff or students.

MAY

1. Take part in ACES (All Children Exercising Simultaneously) Day. Find out more at: www.michiganfitness.org.
2. Let students see you trying a new sport or activity you are not good at. Tell them you are doing it for fun.
3. Host a diversity day or week in your school or classroom. Work with the foodservice director to offer foods from several different cultures that meet the *Michigan Nutrition Standards*.
4. Wash your hands before you eat and let students see you washing them.

JUNE

1. Talk about where foods come from. Take students to a farmer's market or farm.
2. Show students how much sugar is in soda using sugar cubes or teaspoons. Explain that too much sugar is bad for your teeth and weight. See the handout—**Where's the Sugar?** for more information.
3. Wear comfortable shoes that you can be active in. Talk to students about how you enjoy being active.
4. Plan a healthy end-of-year picnic for students or staff or bring something healthy to the picnic such as watermelon, a case of water, or air-popped popcorn.

