

School Events

Opportunities to Promote Health and Wellness!

Kids
CanDo
it!



Checklist for School Events

- Water is served.
- Fruits and/or vegetables are offered.
- Physical activity breaks are given if people are sitting for more than one hour.
- A physically active game or activity is offered during the event.
- Cookies, cakes, and candy are not offered or are served in small portions (cut them in half!).
- Light condiments such as low-fat cream cheese, salad dressing, and mayonnaise are available.
- Candy bowls and dessert trays are not placed in front of people during the entire meeting or event.
- If unhealthy foods are offered, they are served in small portions and with other foods that help balance out the meal (i.e. serve pizza with a tossed salad, vinaigrette dressing, and water or milk instead of with cookies and pop).

Back to School Night & Open Houses

- Talk to parents about the importance of keeping their kids healthy and active, and how this contributes to children's success in school. Remind parents about key health habits for kids such as getting **60 minutes of daily physical activity**, eating a healthy breakfast and lunch, getting a good night's sleep, and limiting TV time for kids. Use the handouts in the "At Home" section of the CanDo School Wellness Resource Kit to help educate parents.
- Talk to parents about classroom party tips and guidelines. Give them the "Healthy School Parties" handout found in the "School Environment" section of the CanDo School Wellness Resource Kit.
- Offer healthy snacks and be a good role model for wellness.
- Invite parents to eat lunch with their kids at school.
- Discuss the school wellness policy with parents.
- Invite parents to join your school wellness team.

School Health Fair

Each year, the 9Health Fair invites schools in Colorado to participate in the "In the Classroom" program. This program is designed to help schools put on student health fairs that are planned by, given for, and conducted by the students. With guidance and support from 9Health Fair and a school staff advisor, students coordinate health screenings and educational learning centers for their peers. For more information, call 1-800-332-3078 or go to www.9healthfair.org.

Dunn IB World School hosted a 9Health Fair at school in 2005. A team of 5th and 6th grade students organized the fair and put together great educational booths.

Tavelli Elementary organizes their own community health fair at their school.

Organizations from throughout the community participate in the fair and educate families on fruits & vegetables, physical activity, fast food, portion sizes, and much more. Students put together their own booths as well and teach their parents how to make healthy choices!

"The health fair was a great success! Kids loved it. Adults loved it. The information was both educational and FUN!"

Dottie Mark, School Counselor, Dunn IB World School

What's to Eat?

Food Ideas for School Events

Chili Supper: Chili with beans, tossed green salad, and mixed fruit.

Taco Bar: Whole wheat tortillas, grilled chicken or lean ground beef, black or pinto beans, cheese, lite sour cream, and salsa; serve with fruit, low-fat milk, and water.

Pizza Pockets: Whole wheat pitas with turkey pepperoni, pizza sauce, tomatoes, mushrooms, green peppers, and part-skim mozzarella cheese. Toast in oven or serve cold.

Sandwich Bar: Whole wheat bread, lean deli meats, light mayo, mustard, tomatoes, cucumbers, and other veggie toppers. Serve with a fruit bowl and light yogurt.

Fruit & Yogurt Parfaits: Light vanilla yogurt layered with fresh or frozen fruit and a granola-type cereal.

Pancake Supper: Whole wheat pancakes topped with fruit and light syrup. Serve with low-fat milk and water.

Ice Cream Social Makeover: Try low-fat frozen yogurt or ice cream with fresh fruit toppings.

Snacks: Fruit bowl, veggie tray with dip, popcorn, granola bars, baked chips and salsa, yogurt, fruit popsicles, fruit leather.



Family Fun Night

Host a Family Fun Night and show parents how they can be active and have fun with their kids! Do a healthy potluck or provide nutritious snacks for families. Check out "What's to Eat?" for some fun and tasty ideas! Bring in a community wellness expert to talk about family wellness topics (see the Resources section in the CanDo School Wellness Resource Kit). Play active games like soccer, kickball, basketball, or frisbee. Do scavenger hunts, play relay games, or have a cooking demonstration.

Need EASY IDEAS?

Check out the Game On! Ultimate Wellness Challenge. This free event toolkit provides fun, interactive, non-competitive games designed to teach families about nutrition, physical activity, and wellness. This is a great resource to guide you through putting on a fun family wellness night. www.actionforhealthykids.org/special_GameOn.php

Success Stories

Family Wellness Night – Dunn IB World School

Dunn IB World School wanted to help educate families about childhood obesity prevention. They partnered with CanDo and Healthy Kids Club to offer an evening of fun with parents and students. CanDo and Healthy Kids Club used the 7 Steps to a Healthier You poster series to educate parents and students about how to establish healthy habits for the entire family.

Family Fun Race – Olander Elementary

Olander kicks off their year with a 4K Family Fun Race. This race started in 2000 and has been going strong ever since! About 200 parents, students and community members participate in this family friendly event. Proceeds have benefited a variety of great causes, including Cystic Fibrosis, Inspiration Playground, and Olander's PE program. This event is organized by Olander staff members and Runners Roost, a local running store.

Family Duathlon – Tavelli Elementary

Tavelli starts the year off on an active note with its annual family duathlon. Kids and parents run a 1/2 mile, bike 2 miles, and run another 1/2 mile. It's a fun event for all!

Annual Chili Supper – Bennett Elementary

For years, Bennett has hosted a Chili Supper for students and parents. Last year, Bennett decided to make some simple changes to demonstrate the school's commitment to supporting healthy eating and physical activity. With the help of Healthy Kids Club, they added a healthy salad bar to the annual Chili Supper. The salad bar included fresh veggies, fruit, and light dressings. Both parents and students LOVED the new addition to the Chili Supper!

Need to Cater?

Spoons – ask for their healthy soup of the day and Farmer's Market salad

Jason's Deli – try their heart healthy wraps and lunch boxes

Pita Pit – ask for an assortment of pitas with lean meats, hummus, and veggies

Subway – go for lean meats, lots of veggies, low-fat mayo, and light dressings

Pizza – choose whole wheat thin or original crust with veggies, Canadian bacon, or grilled chicken; serve with a tossed green salad and light dressing

These are resources only and do not imply endorsement of any restaurant or product.

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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