



Encourage students to identify their own healthy behavior and set personal goals for improvement.

Encourage students to play during recess and lunch and provide fun equipments, such as jump ropes and balls

Have teachers do some stretching activities in between lessons.

Physical Health

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Incorporate Harvest of the Month to introduce new fruits and vegetables to the student's diets

Incorporate fitness and physical activity as part of lesson plans.

Schools collaborate with parents and local community members to promote the health and well being of students.

Take trips to the water fountain to secure every student is staying hydrated

Teachers check in regularly with their students on what they are eating, as well as giving them ideas of what a healthy meal or snack is.

