

Healthy Schools = Healthy Students



School Time = Practice Time For Health

School plays an important role in your child's health. The hours spent at school are often equal to or greater than those hours spent awake at home.

School is the place for kids to practice making decisions. For example, children can choose what they want to eat for breakfast and lunch. They can choose if they want to be active at recess or get involved in physical activity opportunities after school.

The Key Is For Schools To Support Healthy Choices.

Schools can:

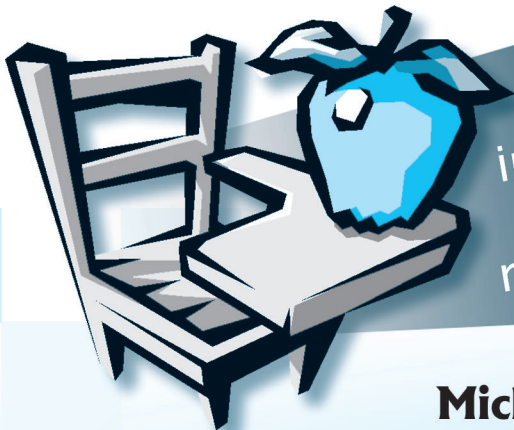
- Offer recess before lunch every day.
- Have healthy choices available on the à la carte line.
- Sell fundraising items that support health.
- Not use physical activity to discipline (i.e. running laps or doing pushups).
- Use items other than food for classroom rewards such as extra recess time.
- Not take physical education class or recess away as a punishment.



You Can Lead Your School To Health

Schools have an obligation to provide all kids with an environment that supports their health. In Michigan, we have our own resource called *The Role of Michigan Schools In Promoting Healthy Weight*. Introduce teachers and school administration to this valuable document (www.emc.cmich.edu/healthyweight).

One way to help your school make changes to support health is to encourage them to complete an assessment such as the Healthy School Action Tool (www.mihealthtools.org/schools). You can lead the charge for health at your school!



What can you do to improve your school's physical activity and nutrition environment?

Concerned community members and state leaders are working to make Michigan schools healthier!

You can become involved in the Michigan Action For Healthy Kids Coalition.

go to www.actionforhealthykids.com and click on state teams. Go to Michigan's homepage and get added to the mailing list.

Michigan Department
of Community Health



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Family Independence Agency
Michigan Academy of Family Physicians
Michigan Action For Healthy Kids
Michigan Association of Pediatric Nurse Practitioners
Michigan Association of School Nurses
Michigan Chapter, American Academy of Pediatrics
Michigan Dietetic Association
Michigan Nurses Association
Michigan Osteopathic Association
Michigan State Medical Society
Michigan State University Extension
Michigan State University, Department of Pediatrics and Human Development
Michigan Team Nutrition
United Dairy Industry of Michigan

MDCH Contact Information

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