



Healthy Kids, Healthy Schools

 **Posted: 05/11/09 8:43 AM**

Here are the main themes identified from Visions of the Future!

Equalizing the Field: Creating access for nutrition and fitness for every student



Healthy Kids, Healthy Schools

 **Posted: 05/11/09 8:45 AM**

Creating Access Prototype Report-Out

Creating Access for Nutrition and Physical Activity for Every Student

Skit: It's test time and every teacher throughout every school in every district has "focus fitness" time. The class takes a breathing break, then students (and teacher) do chair push-ups. Those who can't do the exact activity being offered have alternative physical activity options available. We can do squats, super stretching, and lots of other activities that provide physical activity access to all. In addition there are healthy snacks available.

These practices become standard for every teacher, every child, every school, every day.

Standards for Creating Access:

- Healthy and culturally diverse snacks
- Implement a walking bus option
- Recess/fitness breaks become standard each day
- Wellness education becomes core (part of PE and Health)
- Integrate wellness objectives into core subjects
- After school nutrition and physical activity options for every campus



All times are displayed in your local time (Eastern)