



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Dear Fitness for Kids Challenge Teacher,

Thank you for your continued participation in this year's Fitness for Kids Challenge and Play 60 Challenge. The Challenge for December and January is to create a healthy policy/change for your classroom, or for your school. This policy/change can include anything that incorporates a long term health and wellness change into your classroom or school, not necessarily just a one-time event.

Ideas on Implementing a Healthy Change at Your School:

- Create an employee wellness program that encourages faculty/staff to get healthy! For more ideas on employee wellness, visit www.fitnessforkidschallenge.com.
- Implement FitnessGram or complete your School Health Index (Buffalo Public Schools)
- Create a School/Community garden program. Go to www.fitnessforkidschallenge.com/health-policychange for information on available grants for school gardens.
- Get healthy options in the vending machines to replace unhealthy snacks/beverages
- Have a different classroom decorate the hallways each month with a different healthy theme. Follow along with the monthly 5-2-1-0 goals in the Fitness for Kids Challenge or choose your own healthy goals!
- Design a school wide challenge where classrooms compete to see who can be the healthiest throughout the school year. Reward the winning classroom with a fun, healthy lunch.

Ideas on Implementing a Healthy Change in Your Classroom:

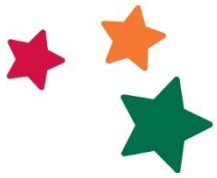
- Implement physical activity breaks throughout the day to help kids focus on their school work (Incorporate GoNoodle videos or use the physical activity cards under the April tab).
- Allow students to keep water bottles at their desks so that they can hydrate throughout the day and aim for 0 sugary drinks a day.
- Implement a healthy snack day and have a healthy snack as a class once a month (you can find recipes on the website at www.fitnessforkidschallenge.com).

Please fill in the tracker on the back of this form and mail or email back by February 3rd, 2017 (in order to be eligible for all prizes). If you have any questions, or if we can help you implement your healthy policy/change, please feel free to call the Independent Health Foundation at (716) 635-4959.

Thank you,

Anna Jaremk
Project Coordinator
Independent Health Foundation





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Healthy Policy/Change Tracker

School Name: _____

Teacher Name: _____

Note: If you do a full school healthy policy/change please write "all teachers" in the teacher name section

Tell us what healthy change you implemented in your school or classroom:

Effective date of policy change: _____

Number of students who participated/reached: _____

Please complete this form and mail to the address below or email to Foundation@IndependentHealth.com

Independent Health Foundation
511 Farber Lakes Drive
Buffalo, NY 14221

Please email or mail your completed form by February 3rd, 2017 in order to be eligible for all prizes.

