

# Game On: An Every Kid Healthy Tool

*Game On* challenges schools to incorporate healthy food choices and physical activity into their school community. Why? Because healthy kids learn better! *Game On* is a free online program that provides best practices and resources you need to create a strong school wellness program with the ultimate goal of becoming certified as a healthy school!

## Steps to Success

Energize your school's staff, students and families by following *Game On's* steps for success!

### Gather Your Team

Identify your Champion. Then, start by building your school health team to include classroom teachers, PE teachers, your school nurse, students, parents, community members, and administrators like the principal, assistant principal or counselor.

### Assess & Track Progress

Measure your school's current successes and areas needing improvement by using the School Health Index (<http://www.cdc.gov/HealthyYouth/SHI/>). The results will help you form an action plan.

### Create a Multi-Year Plan

This important step helps you develop a multi-year action plan that is critical to the success of a school health team. It lays out your roadmap to becoming a certified healthy school over a three-year period.

### Find Challenges

Healthy practices can be added into the most noticeable parts of the school day, but also in some not-so-obvious places. Using your action plan, the *Game On* school blueprint can help you choose areas of the school where you can focus your activities. Schools, volunteers and families can choose from over 50 Eat Better and Move More challenge ideas to get all students involved. Challenge ideas can help you begin your journey in creating a healthier environment, both at school and at home.

### Build Awareness

Spread the word about what you're doing to improve health! Build awareness of your school wellness activities and engage volunteers to support healthy children and your school.

### Revise District Policy

Make sure all of the healthy changes you've made in your school stick by working with your district to strengthen your Local Wellness Policy. Use Action for Healthy Kids' interactive Wellness Policy Tool (<http://bit.ly/1zFJTrI>) as a framework for developing or updating your wellness policy.

### Receive Recognition

Celebrate with your students, parents, teachers, administrators and the community that your school is one of the best in the nation! Get recognized for your commitment to nutrition and physical activity and as healthy school by applying for United States Department of Agriculture's (USDA) **HealthierUS School Challenge award!**





**Use the Game On school blueprint to implement fun Eat Better and Move More challenges for a healthier school. Check out some examples of Eat Better and Move More Challenges below!**

### **Eat Better Challenges**

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| Alternative Breakfast Programs    | Healthy Staff Meetings              |
| Farm to School                    | Host a Taste Test                   |
| Health & Wellness Fair            | Morning Eat Better Announcements    |
| Healthy & Active Non-food Rewards | Nutrition Education                 |
| Healthy & Active Parties          | Recess before Lunch                 |
| Healthy Fundraising               | Rethink Your Drink                  |
| Healthy School Store              | Understanding Nutrition Facts Label |

### **Move More Challenges**

|   |                               |
|---|-------------------------------|
| Active Learning Opportunities             | Intramural Programs           |
| Bike Rodeo                                | Morning Groove                |
| Brain Breaks, Instant Recess & Energizers | Open Gym                      |
| Daily Physical Education                  | Playground Circuit Challenges |
| Family Fun Days                           | School Fundraiser Runs        |
| Fitness Classes                           | Walk with Principal           |
| Indoor Recess Ideas                       | Walking School Bus            |

**Find more challenges online. Register for the Game On program today!**

**[www.actionforhealthykids.org/tools-for-schools](http://www.actionforhealthykids.org/tools-for-schools)**