

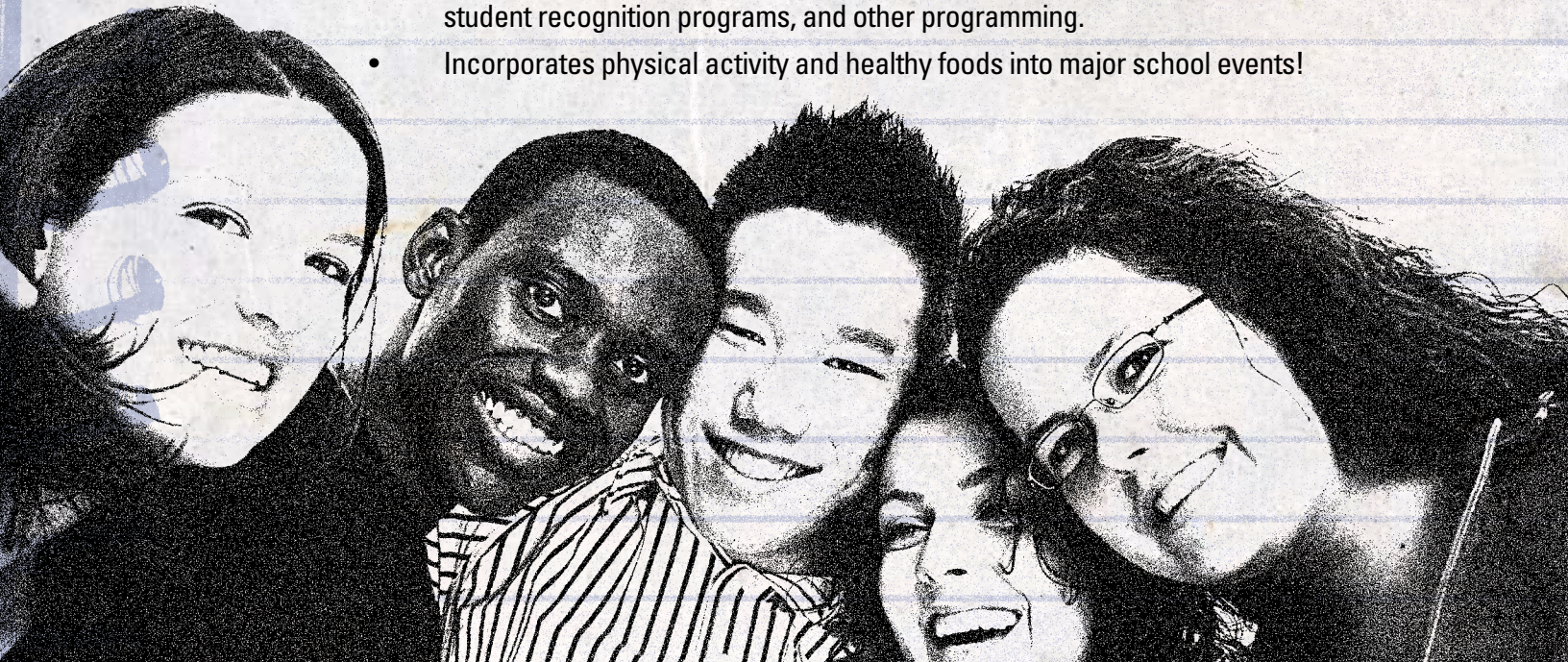
HIGH SCHOOL STUDENTS PUT IN ABOUT A FORTY HOUR WORK WEEK BETWEEN SCHOOL TIME AND HOMEWORK. BECAUSE MOST OF YOUR WEEK REVOLVES AROUND SCHOOL, IT DEFINITELY INFLUENCES DAILY CHOICES AND ROUTINES — LIKE WHAT YOU EAT AND WHEN YOU MOVE. DOES YOUR SCHOOL MAKE HEALTHY CHOICES EASY FOR STUDENTS

WHAT IS A HEALTHY SCHOOL ENVIRONMENT?

A healthy school makes good-tasting, healthy foods easy to eat — keeps students active during the day — and involves students, teachers, parents and the community in decision-making.

A healthy school environment promotes healthy eating, physical education and physical activity in a variety of ways:

- Gives consistent and reliable information about health, including nutrition education.
- Provides ways to use that information throughout the school day.
- Makes appealing healthy foods available at reasonable prices.
- Offers quality physical education programming that meets the interests of students.
- Has opportunities to be physically active before, during, and after-school.
- Promotes and values health through bulletin boards, announcements, teacher/student recognition programs, and other programming.
- Incorporates physical activity and healthy foods into major school events!



ENVISION A SCHOOL THAT...

- Teaches outdoor recreation in physical education and offers after-school clubs in hiking and kayaking
- Empowers students to offer healthy facts and activities during morning announcements and to post pictures of students being healthy on the school bulletin boards
- Offers a great fruit and vegetable bar in the cafeteria and has a student club that sells healthy snacks after school.

GET THE PICTURE?

WHY SHOULD I SPEAK OUT FOR A HEALTHIER SCHOOL?

By advocating for policy changes in your school around nutrition and physical activity, you can be a...

- **Leader** — Students can make long-lasting changes that impact the entire school.
- **Role Model** — Be the change you want to see. It will improve your health and inspire the health of friends, family, and younger kids.
- **Change Agent** — Changing school environments and policies to improve healthy choices makes the healthy choice the easy choice for everyone.
- **Legacy Leaver** — Pave the way to healthier choices for younger students like your younger brother or sister.

WHERE DO I BEGIN?

What do you and your friends care most about when it comes to healthy eating or physical activity?

Look around the school environment and think about small changes that could make healthy choices you care most about—easy.

Gather a few friends, talk to a teacher or advisor...and log onto

www.studentstakingcharge.org to achieve those changes in your school!