

Dear Staff,

We need your feedback!

The following are some of the ideas from the Healthy Students Committee brainstorming session. We would like to know if you really like some of the suggestions. Are there ideas you can think of to add on to our list?

- Add nutrition aspect into grade level curriculum?
- Do away with the snacks that unhealthy in the cafeteria?
- Speakers on Lion Trac News or assemblies on the topic of 'Better Health'
- Read books on nutrition/better health
- Lice information to parents/staff
- Feature nutritious kid friendly recipes in the PTA news letter (Teachers could submit)
- City Walks
- Walking/practicing timed mile for the first 5-10 minutes of playtime
- Tracking what children eat for a week by keeping a log then thinking of substitutes
- Walking or activity log for outside school physical activities (like the reading log)
- Assembly for health related issues/awareness (by Poe Health Center?)
- Staff/Faculty Olympics/Healthy Activity Day
- PE check in/check out of PE equipment for teachers to utilize for recess

Thank you for your time in