



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

Get Active!

Growing Healthy Schools Month is the perfect time to get active. Physical activity is an essential component of a healthy lifestyle. Regular physical activity builds strong bones and muscles, decreases the risk of obesity, and promotes positive mental health. It is recommended that children receive at least 60 minutes of moderate to vigorous activity per day. Below are some recommendations on how to increase physical activity at school.

ACTIVITY/ PROJECT	SUPPORTING RESOURCES
Promote active transportation to and from school	Encourage students to bike, scoot, or walk to school. Find additional resources on the Safe Routes to School website . Track steps and win money for your school through Fire Up Your Feet competitions. Celebrate Walk to School Day on October 7, 2015.
Organize new games at recess	Promote a great recess and find new games in the Playworks Game Library .
Become a Let's Move! Active School	Become an Active School by signing up on the Let's Move! Active Schools website . Develop a physical activity roadmap for your school and gain access to valuable resources and grant opportunities.
Hold a fundraiser that involves physical activity	Raise money for your school while getting active. Organize a Jump Rope for Heart fundraiser .
Take a brain break	Help students refocus during the school day with one of GoNoodle's brain breaks.
Build physical activity into classroom lessons	Find new ideas to get students moving during classroom lessons.
Take a stand for recess	Learn about alternatives to withholding recess as a punishment.
Bring a college athlete into the classroom	Sign up for an athlete visit on the Growing Healthy Schools Month web page.
Submit a brain break in OSSE's Growing Healthy Schools Month Brain Break Contest	Sign up for the Brain Break Contest on the Growing Healthy Schools Month web page.

If you would like assistance planning or implementing any of these projects, please contact Katie Lantuh, physical activity & physical education at the Office of the State Superintendent of Education by emailing kathryn.lantuh@dc.gov or visiting <http://osse.dc.gov/service/health-and-physical-education-and-physical-activity-program-hpe>.

