



# 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
<b>Promote active transportation to and from school</b>	Encourage students to bike, scoot, or walk to school. Find additional resources on the <a href="#">Safe Routes to School website</a> . Track steps and win money for your school through <a href="#">Fire Up Your Feet</a> competitions. Celebrate <a href="#">Walk to School Day</a> on October 5, 2016.
<b>Organize new games at recess</b>	Promote a great recess and find new games in the <a href="#">Playworks Game Library</a> .
<b>Become a Let's Move! Active School</b>	Become an Active School by signing up on the <a href="#">Let's Move! Active Schools</a> website. Develop a physical activity roadmap for your school and gain access to valuable resources and grant opportunities.
<b>Hold a fundraiser that involves physical activity</b>	Raise money for your school while getting active. Organize a <a href="#">Jump Rope for Heart fundraiser</a> .
<b>Take a brain break</b>	Help students refocus during the school day with one of <a href="#">GoNoodle's</a> brain breaks.
<b>Build physical activity into classroom lessons</b>	Find <a href="#">new ideas</a> to get students moving during classroom lessons.
<b>Take a stand for recess</b>	Learn about <a href="#">alternatives to withholding recess</a> as a punishment.
<b>Bring a college athlete into the classroom</b>	Sign up for an athlete visit on the Growing Healthy Schools Month web page.
<b>Submit a brain break in OSSE's Growing Healthy Schools Month Classroom Brain Book Contest</b>	Sign up for the Brain Boost 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 at the Office of the State Superintendent of Education by emailing [Kathryn.Lantuh@dc.gov](mailto:Kathryn.Lantuh@dc.gov) or visiting [OSSE's website](#).*

