



# GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

## Read a Book from the Healthy Schools and/or Health and Physical Education Assessment Booklists

Growing Healthy Schools Month is the perfect time to engage students and the school community with books from the [Healthy Schools Booklist](#) (grades K-5) and/or the [Health and Physical Education Assessment Booklist](#) (grades K-12). Each booklist contains hundreds of annotations for books about mental and emotional health, safety skills, physical education and activity, the environment, food and nutrition, food cultures and customs, gardens and farms, alcohol and drug use, and personal and sexual health. By encouraging reading of the books outlined in these booklists, you will not only motivate students to adopt positive behaviors, but will enhance their reading skills, helping them succeed academically and in life!

### Recommended Activities

<b>Have a read-aloud</b>	Research suggests that read-aloud language arts sessions improve topic motivation, engagement, and comprehension in children. The <a href="#">Read for Health Curriculum</a> developed by the University of Maryland Extension, Food Supplement Nutrition Education Program can help meet your goals of health education and language arts development. Invite parents, your principal, the school librarian or other engaged community stakeholders to read a book from one of the booklists aloud to your class.
<b>Start a book club</b>	Book clubs foster book discussions which help children develop important language skills, practice turn-taking, encourage them to use language to analyze, make predictions and solve problems, and provide them with opportunities to try out new vocabulary words.
<b>Take a book home</b>	Encourage students to check out books from the <a href="#">Healthy Schools Booklist</a> (grades K-5) and/or the <a href="#">Health and Physical Education Assessment Booklist</a> (grades K-12) and read them at home with family members and caregivers.

*If you would like assistance planning or implementing any of the activities above, please contact Carolina Arango; nutrition education specialist at the DC Office of the State Superintendent of Education by emailing [Carolina.Arango@dc.gov](mailto:Carolina.Arango@dc.gov).*

