



RESOURCE GUIDE

2022 GROWING HEALTHY SCHOOLS MONTH RESOURCE GUIDE

GENERAL RESOURCES

- [Participation Pledge Form](#)
- [Proof of Participation Form](#)
- [GHSM Contests Form \(digital\)](#)
- [GHSM Contests Form \(printable\)](#)
- [@OSSEDC on Twitter](#)
- [@osse.dc on Instagram](#)
- [Morning Announcement Ideas \(pdf\)](#)
- [Healthy Schools Booklist](#)

Oct. 3-7

MENTAL HEALTH AND WELLBEING

ACTIVITIES

- Submit a nomination for the Wellness Champ Award
- Conduct mindfulness activities with students each day of the week
- Conduct self-care activities with students (e.g., journaling, drawing, games, outdoor time)
- Share self-care activities: have students share the ways they like to relax
- Make a commitment to mental health awareness in schools by participating in any of the professional development opportunities on the OSSE Mental Health webpage
- Post a picture of your school engaging students in mindfulness on social media with any of the hashtags #GHSM22 #GrowingHealthySchoolsMonth22 #HealthySchoolsDC

RESOURCES

- [Wellness Champion Award Application](#)
- [51 Mindfulness Exercises for Kids in the Classroom](#)
- [Breathing Exercises for Kids](#)
- [Self-Care Classroom Activity](#)
- [OSSE Mental Health Professional Development Resources](#)
- [Today I Feel ES Worksheet \(Spanish\)](#)
- [Breathing Wands Mindfulness Activity](#)
- [What Does Mental Health Mean to Me Activity Sheet](#)
- [Mindful Eating Activity](#)
- [Mental Health Stigma Activity Sheet](#)

Oct. 10-14

NUTRITION

ACTIVITIES

- Have students write thank you letters or drawings for their school meals team and apply for the School Meals Team Appreciation Award
- Submit a nomination for the Farm to School Champion Award
- Post pictures of students enjoying a healthy school lunch on social media with the hashtag #HealthySchoolsDC
- Celebrate National School Lunch Week!
 - Enter the #NSLW22 Peace, Love & School Lunch Contest (Deadline Oct. 7, 2022)
 - Visit the NSLW website for more activities
- Celebrate National Farm to School Month!
 - Plan nutrition education activities, such as Harvest of the Month, and feature a local food product that is in season.
 - Organize a farm tour or trip to the local farmers' market.
 - Run a taste test of local foods or produce
- Survey students on their favorite fruits and vegetables
- Read students a book about nutrition

RESOURCES

- [School Meals Teams Appreciation Award Application](#)
- [Farm to School Champion Award Application](#)
- [#NSLW22 Peace, Love & School Lunch Contest](#)
- [National School Lunch Week Resources](#)
- [Taste Test Guide/Template](#)
- [2022 DC Farmers Markets Map](#)
- [Choose What's in Season Poster](#)
- [Healthy Schools Booklist](#)
- [National Farm to School Month Resources](#)
- [Farm to School Month Fact Sheet](#)

Oct. 17-21

OUTDOOR LEARNING AND ENVIRONMENTAL LITERACY

ACTIVITIES

- Enter to be a Gilda Allen School Garden Steward
- Enter the DC Recycle Right! Competition
- Post a picture of students working in a school garden, visiting a community garden, or local farmers market on social media with the hashtag #HealthySchoolsDC
- Post a picture of students engaged in recycling/cleaning up around their school/ECE environment on social media with the hashtag #HealthySchoolsDC
- Spend outdoor time with your students in a school garden or other outdoor space
- Organize or attend a school cleanup
- Take a virtual field trip
- Check out events for DC Food Recovery Week
- Subscribe to the Sprout it Out newsletter or join the discussion group
- Read students a book about environmental literacy

RESOURCES

- [Gilda School Garden Stewards Application](#)
- [DC Recycle Right! Competition](#)
- [DMV Food Recovery Week](#)
- [Sprout it Out Newsletter](#)
- [Sprout it Out Discussion Group](#)
- [FONA Virtual Classroom Resources](#)
- [OSSE School Garden Guide](#)
- [OSSE School Gardens Activity Resource Sheet](#)
- [Capital LEAF program](#)
- [List of Recyclables and Compostable Items in DC](#)
- [Cafeteria Sorting Cheat Sheet](#)
- [OSSE Virtual Field Trip Ideas](#)
- [OSSE In-Person Field Trip Ideas](#)
- [Attend the OSSE Outdoor Learning Gathering: 10/19 4-5:30pm](#)
- [Outdoor Learning Resources](#)

Oct. 24-28

PHYSICAL EDUCATION

ACTIVITIES

- Submit an entry for the Brain Boost Award
- Post a picture of students being active during the school day on social media with the hashtag #HealthySchoolsDC
- Take 1-5-minute activity breaks 2-3 times per day for a week

RESOURCES

- [Brain Boost Award Application](#)
 - [Classroom Physical Activity Break Tracker](#)
 - [Health and Physical Education Booklist](#)
 - [The Washington Tennis & Education Foundation](#)
 - [Physical Activity Fast Facts](#)
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MORNING ANNOUNCEMENTS

“This week’s Growing Healthy Schools Month focus is
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Oct. 3-7 MENTAL HEALTH AND WELLBEING:

- Did you know that mindfulness meditation practices can reduce anxiety, improve attention, regulate emotions, and even improve sports performance? See if you can start incorporating one mindfulness practice into your daily life today. Journaling is just one of many great examples of a mindfulness activity!
- Here’s a quick relaxation exercise to try: Place one hand on your belly and one hand on your chest. Take a deep breath in for four counts. Then exhale slowly through your nose for four counts. Pay attention to the rise and fall of your chest and belly as you complete the exercise. Repeat as many times as needed.
- This week is also Mental Illness Awareness Week. Mental health disorders affect 1 in 6 students between the ages of 6-17 in the U.S. each year. If you or someone you know might be struggling with feeling down, we have a lot of resources at our school to help. Come talk us, our ears and doors are open.
- Did you know that staying active, eating well, and keeping a proper sleep schedule can help you maintain good mental health? What else do you do to maintain your mental health?

Oct. 10-14 NUTRITION:

- Did you know that the District is home to 50 farmers markets? Have you, your parents, or your siblings ever visited a local farm or farmers market? What did you like most or least about that visit?
- Did you know that the cherry is the official fruit of the District of Columbia?
- October is also National Farm to School Month! Did you know that you eat produce from local farms every time you eat lunch at school? What are some of your favorite fruits and vegetables you’ve eaten as part of breakfast or lunch so far this year?
- Did you know that eating a healthy school lunch can improve your academic performance? What’s one fruit or vegetable you love that also gets your brain working?

Oct. 17-21 OUTDOOR LEARNING AND ENVIRONMENTAL LITERACY:

- Who knows what DC’s state tree is? Well, actually there are five! The scarlet oak, is one of the five trees in our city with the “showiest” fall color? The other trees are ginkgo, red maple, sweetgum, and black gum. Do you think you can find one of these trees in your neighborhood?
- Here’s a fun fact. The Chesapeake Bay supports more than 3,600 species of plants and animals, including 348 species of finfish, 173 species of shellfish, over 2,700 plant species and more than 16 species of underwater grasses.
- Did you know that Washington DC has the most park space among populous cities in the U.S., with 7,800 acres of parkland? Do you have a favorite park in DC? If so, what makes it so much fun for you?

Oct. 24-28 PHYSICAL EDUCATION:

- Did you know that you should get at least 60 minutes of moderate-to-vigorous physical activity each day? What’s your favorite activity to do to get your heart rate up?
- Fun fact: The average human heart beats 100,000 times per day!
- Did you know that exercise increases blood flow to your brain and releases serotonin? Serotonin improves your mood and helps you think more clearly.
- Fun fact: The human body’s largest organ is the skin
- Fun fact: Physical activity not only improves physical health, but also improves mental health by increasing levels of self-esteem and decreasing feelings of anxiety.



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