

Being a Health Role Model for Colleagues & Students

<p>➤ Complete the checklist by marking <i>yes</i> (Y) or <i>no</i> (N).</p> <p>➤ Place an asterisk * to identify three priority action items.</p>	Y	N	*
Do your students and colleagues see you eating nutritious foods & drinking water instead of soda?			
Do your students and colleagues see you being physically active around school or do you talk about your own physical activities with your class or with colleagues?			
Do you encourage your students to move during recess time?			
Do you help create a healthy classroom and school environment (fruit for snack, healthy posters...)?			
Do you use non-food rewards in your classroom?			
Do you incorporate nutrition messages into the curriculum you are teaching?			
Do you teach the District mandated 20 health lessons per year, with two related to nutrition?			
Do you teach the mandated 200 minutes of PE/10 days?			
Do you actively participate with your students during PE time?			
Do you refrain from talking about dieting in front of your students?			
Do you occasionally eat school meals with your students (breakfast &/or lunch?)			
Do you encourage your students to eat the school breakfast & lunch or to eat meals brought from home?			
If you notice that a student is hungry or comes to school without breakfast, do you refer them to the breakfast or lunch program?			
Do you check in with a parent/caregiver about healthy eating or physical activity issues, concerning a specific student?			
Do you call an SAP or SST to help students with health concerns which may affect academic performance or peer relationships?			
Do you provide information to parents/caregivers about recreation centers or after-school programs?			
Do you encourage staff wellness by bringing healthy items to potlucks, parties/celebrations or meetings, encouraging physical activity breaks at meetings or having staff <i>Salad Fridays</i> ?			