



STUDENT- LED HEALTHY SCHOOLS TEAM GUIDE

Student- Led Healthy School Teams is a program to give students more voice and tools to increase health and wellness in their schools.

1) HOW TO GET STARTED

- Start a new student group or build onto another student group such as Student Council, Sources of Strength, Gay/Straight Alliance, etc.
- Decide when and where you will meet. Before school, during lunch, after school are options
- Incorporate Healthy Habits into the structure of your meetings: start with a physical activity or mindfulness exercise and take hydration breaks.

2) FUNDING AND SUPPORT

- Student- Led Teams may apply for funding to support their wellness work
- Please reach out to healthyschools@jeffco.k12.co.us to learn about school and district data sources to promote data driven decisions.

3) IDEAS FOR STUDENT- LED PROJECTS

Students can work on any aspect of health. Below are just sample ideas! Students can work all year to prepare for a large event (Field Day, Health Fair, etc) or they may take on creating work to share throughout the year.

Promote Physical Activity:

- Classrooms always need more brain breaks! Have students create or find brain breaks they love and make a resource to share with other classrooms.
- Indoor recess can be hard for students to keep moving. Have students create some indoor recess games and zones they can share and teach with others.
- The 100 Mile Club encourages students to walk/run 100 miles during the school year. Students can help create the logistics to get the program started and help with rewarding the student progress.
- Families want to know more ways to get moving together! Have students create a calendar or videos of ways to get physical activity during the evenings and weekends. Can students present their work at an event?
- Does the school community need to know about the importance of movement? Have students create some facts for the school newsletter and/or share over morning announcements.

Promote Nutritious Food and Drink:

- Families are always looking for new kid-friendly recipes to try at home. Have students create recipes to feature in a school newsletter or a video to show during a school event.
- There are so many important reasons to drink water. Have students create posters to decorate the school and host a school hydration challenge.
- March is National Nutrition Month and a great time to host an Eat the Rainbow Week!
- Does the school community need to know about the importance of fruit and vegetables or whole grains? Have students create some facts for the school newsletter and/or share over morning announcements.
- Different cultures and ethnicities celebrate with different foods. Have students interview peers to learn more about different foods and cultures. Can they create posters with facts for the cafeteria or recipes to send home?

Promote Mindfulness and Social Emotional Health:

- Practicing kindness can make students feel great! Have students create a kindness wall where they can add their deeds of kindness and read about others.
- Find a local non-profit who needs help raising awareness for a cause or help collecting items. Create a drive to help them and spread the word in morning announcements and in a school newsletter.
- Mindfulness exercises can help decrease stress in the classroom. Have students create or find breathing and relaxation exercises they love and make a resource to share with other classrooms. Share with families too!
- Calming Corners can be a place to regulate big emotions. Students can help to create these corners at school as well as share them with families at school events. Healthy Schools has a Calming Corner Training to get started!
- Having a trusted adult at school is really important for all students. Have students work to create ways for students to promote their trusted adult and for other students to find an adult.

PLEASE REACH OUT TO HEALTHY SCHOOLS FOR MORE RESOURCES AND IDEAS!

We are here to help. healthyschools@jeffco.k12.co.us