

Wellness Done Newsletter

Encouraging Wellness Together



LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO. SHARE. LEARN. DO.

Join the Wellness Team!

You can help to implement the SCSD's wellness policy in your own building by taking an active role on your school wellness team. As a wellness team member you will be involved with nutrition and physical activity initiatives that help create a healthy learning environment for your students.

If you do not already have one, you can work with your building administration and the district wellness committee to help form one along with other staff and teachers in your building.

Together, you can then focus on the needs of students' and staff at your building to implement programs and activities that meet these needs. For more information, contact: hljshos@ongov.net

Engage Parents in a Healthy Way!

Food is often served at Parent Engagement events, and why not! It's enjoyable and encourages attendance! When serving refreshments, consider healthy options! Water, fresh fruit, and yogurt are delicious and healthy options for these events!

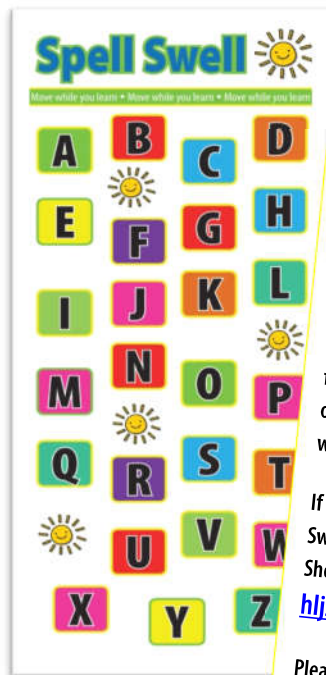
A shout out to Seymour Elementary staff for changing what they serve at these events... yogurt with granola and fresh fruit! **An A+ job!**

Take 10 for fun, fitness, and to refresh!

Did you know that increased physical activity combined with a healthy diet can increase academic achievement of a student? Hence, 10 minutes of physical activity is so important.

Plus, it helps students refresh during the day. Need an idea? Try using fitness dice! One dice provides the activity (jumping jacks) and the other gives a number (10)... then the student does ten jumping jacks! Need a set of fitness dice for your classroom?

Email: hljshos@ongov.net and ask for your free set of fitness dice!



Here is a swell way to teach your students to spell and move while they do it. Hang a Spell Swell Banner in your classroom. Each day, ask students to spell a word using the Spell Swell Banner. This will require students to jump for some letters, bend down for others, you get the idea! Learn while moving!

If you would like a free Spell Swell Banner, contact Jackie Shostack at: hljshos@ongov.net

Please note: These banners are lightweight so hanging will be easy! ☺

Do you know what matters?

Role Modeling Matters

Think about it, if you work in a school, you are a role model. Children learn from what you say, *and* by what they see you do. It's important to demonstrate healthy behaviors.

[Click here](#) to learn more about being a positive (not perfect) role model!

For more information about the Onondaga County health Department's Creating Healthy Schools and Communities, please contact: Jackie Shostack : hljshos@ongov.net or 315.435.3280

Share with us what you have done that supports healthy eating and/or physical activity. We will put it in the next "Well Done" Newsletter! Others can applaud you and may replicate your success!

Email: hljshos@ongov.net

Reward Healthy!

As of 2018, NYS reports that 21.6 % of students in the Syracuse City School District are obese compared to 17.2 % statewide. Children who do not eat healthy are less likely to be literate and more likely to struggle with math, than children who eat a healthful diet rich in vegetables, fruits, low fat dairy, whole grains, and lean meats. When you reward your student, help by rewarding them with a fun event or physical activity instead of sugary treats. Would you like more information? Contact Roseanne Jones, Nutritionist at:

RoseanneJones@ongov.net

Creating Healthy Schools and Communities is an initiative to reduce health risk factors such as obesity, diabetes and chronic disease by increasing access to affordable and nourishing foods in schools and the surrounding neighborhoods.



Happy Holidays!



For more information and resources visit: <https://healthyliving.ongov.net/>