

-NOVEMBER-



America's Healthiest School Celebration 2017
Who will join us next year?



[Your School's Dashboard](#)

[Healthy Schools Program Video](#)

**CONGRATULATIONS AGAIN! THANK YOU FOR ALL OF YOUR AMAZING WORK!
WE LOOK FORWARD TO SEEING ADDITIONAL SCHOOLS NEXT YEAR!**

DON'T FORGET

Make Your Halloween Healthy, and Enter to Receive a Target GiftCard™!

Sugar-packed snacks and an unhealthy diet can affect student behavior. If you want “sweeter students” this Halloween, serve fun, tasty, healthier treat options. We’ve posted some simple, healthy Halloween recipes on our [Smart Food Planner](#). We encourage you to make (at least) one of the treats, and participate in the #SweeterStudents campaign by:

1. **Participating in the [Facebook Photo Contest](#).** #SweeterStudents are kids who are fueled by healthy food, which has a positive effect on their behavior and well-being. Use [Healthier Generation’s Smart Food Planner](#) to ensure your **classroom/site** celebration is filled with approved Smart Snacks. Post a photo of your **classroom’s/site’s** healthy Halloween celebration on Facebook, using the hashtag #SweeterStudents. Participants will be entered for a chance to receive a \$500 Target GiftCard.
2. **Take the [Healthy Halloween Quiz](#).** Test your nutrition knowledge! Complete the “How (Un)Healthy is your Halloween?” [quiz](#), authored by NBC’s Joy Bauer. Upon completion, enter your email address for a chance to receive a \$100 Target GiftCard.

IS YOUR SCHOOL PARTICIPATING IN CANDY BUY BACK?

How many pounds of candy do you think Missouri HSHC schools will collect?

We are soon to find out!

Don’t forget to send in the total amount of candy collected to Terry.



ALLIANCE HEALTHY SCHOOLS SUMMIT 2018

Mark your calendars now

West Plains Civic Center

February 22 2018, 11:00 -4:00 (lunch included)

February 23 2018, 8:30-1:30 (lunch included)

<http://www.civiccenter.net/>

https://www.tripadvisor.com/Attractions-g45036-Activities-West_Plains_Missouri.html

Book Your Hotel Now:

Holiday Inn

417-257-3000

Any size room \$95.79-Call for special pricing

Request Alliance Healthy School Summit Pricing

<https://www.ihg.com/holidayinnexpress/hotels/us/en/west-plains/sgfwp/hoteldetail>

Hampton Inn

417-255-0442

Special Pricing (special online link provided soon)

Request Alliance Healthy School Summit Pricing

<http://hamptoninn3.hilton.com/en/hotels/missouri/hampton-inn-west-plains-TBNWPHX/index.html>



Resources

Popular Resources

HOW ARE YOU MAKING
**HEALTHY CHANGES
IN YOUR SCHOOL?**



How to Host a Healthy Fundraiser

Fundraisers can not only raise money for your school, but also engage youth, the community, the school building and out-of-school time programs in meaningful ways without undermining healthy eating messages. [Find out how with these steps >>>](#)

How to Implement, Monitor, and Communicate your Wellness Policy

Wellness policies provide an opportunity for schools and districts to create a healthy environment by making physical activity, healthy eating and staff wellness programs sustainable practices. [Make sure your Wellness Policy is meeting USDA standards >>>](#)

How to Host Healthy In-School Celebrations

Learn strategies for changing in-school celebrations, including engaging students and parents in the process. [Watch the 10-minute video, But, It's Just a Cupcake!, now >>>](#)

Track Your School's Progress and Take Action

Update your school's Healthy Schools Program Assessment every year to get the complete picture on what your school is doing well and identify opportunities for improvement. As you answer questions in the Assessment, add items to your customized Action Plan so you know what to focus your efforts on this school year. [Go to your Assessment now to get started >>>](#)

Nutrition Resources



Smart Food Planner

The updated CACFP meal pattern went into effect on October 1, and our [Smart Food Planner](#) is the go-to resource for all CACFP needs. Here you will find the [new calculator](#), as well as new snack and supper [menus](#) and [recipes](#) to inspire meal planning for OST providers.

Nutrition Resource Bundle

Check out our most popular and widely used nutrition-related resources, including healthy recipes for the classroom and the cafeteria, healthy ways to reward kids, survey tools, and a *lot* more! [Go to our Nutrition Resource Bundle >>>](#)

Physical Education & Activity Resources



Earn CU Credits through the Presidential Youth Fitness Program

Learn how to create a robust fitness education and assessment process through implementation of the Presidential Youth Fitness Program.

Complete all four online modules to earn CU credits! [Get started >>>](#)

Physical Education/Activity Resource Bundle

We've handpicked our best resources to help your students move more during the school day – because after all, active kids learn better. Check out our easy-to-use physical activity break cards, strategies for indoor recess, how to ensure quality P.E. for all, and much more! [Go to our Physical Activity Resource Bundle >>>](#)



WE MADE THE NEWS!

Check out these wonderful blogs from some of our very own...

The National Drinking Water Alliance featured Ava's Winning With Water Campaign—see the story below:
<http://www.drinkingwateralliance.org/single-post/2017/09/27/Winning-with-Water-in-Ava-MO>

Way to go Ava—Winning with Water! #HealthiestSchools

American Heart Association's [Voices for Healthy Kids Action Center](#) featured Monett School District in their subscriber newsletter—
Way to go Monett--#Healthiest Schools

Walking Our Way to Wellness Success

On October 4, 2017, thousands of schools across America will participate in International Walk to School Day. This annual event encourages physical activity, teaches skills to children so they can learn how to walk safely, increases awareness of walkability within a community, and most importantly, offers a time for the entire community to unite around health.

If you would like to receive our national Healthy Schools Program monthly newsletter, [sign up here](#).

I love providing you with information that will help you to continue making major strides toward a healthier school. But if you would prefer to not receive these emails, just let me know.

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Thanks!

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