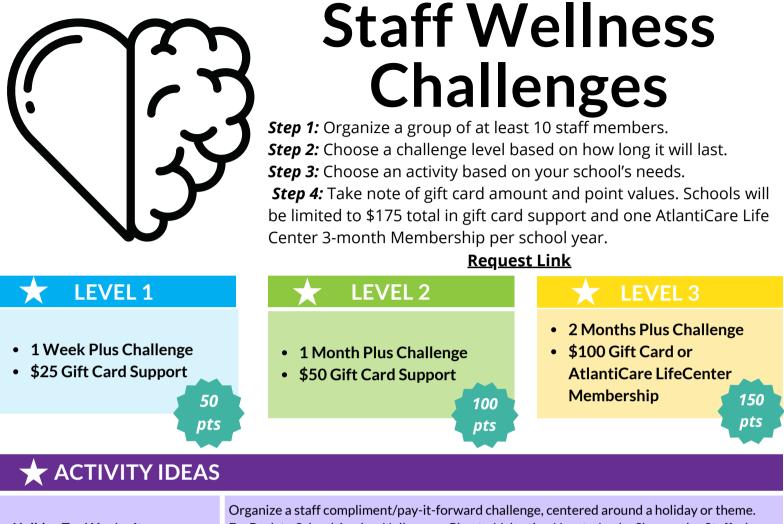
## 2024-2025 HEALTHY SCHOOLS, HEALTHY CHILDREN



Holiday Tag! You're It	Organize a staff compliment/pay-it-forward challenge, centered around a holiday or theme. Ex: Back to School Apples, Halloween Ghosts, Valentine Hearts, Lucky Shamrocks. Staff who earns the most compliments wins a prize.
Morning/Afternoon Staff Fitness	Weekly staff walks, yoga classes, or fitness classes that take place before or after the school day.
Believe to Achieve	A fitness challenge, accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources. A Healthy Schools team member will visit your school during the first and final week to administer a body composition analysis with a Tanita scale.
Staff Cookbook/Wellness Book	Create a compilation of staff recipes or mindfulness activities.
Staff Buddy	Organize a staff buddy exchange where staff members are randomly assigned another staff member for exchange multiple times throughout the year. Minimum of three exchanges to be eligible for this level.
Fruit & Veggie Challenge	A nutrition challenge where staff will track their daily fruit and vegetable intake accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources.
Hydration	Track daily water intake accompanied by a tracking document based on amount of weeks.
Walking Challenge	Track daily steps accompanied by a tracking document based on amount of weeks.

## healthyschools@atlanticare.org