

# Services, Programs, and Incentives

\*indicates 1 per school per year

**We believe that healthy lifestyle education and behaviors should begin at an early age, in an effort to ensure a healthier future for the next generation.**

Healthy Schools, Healthy Children is an initiative that demonstrates AtlantiCare's commitment to building a healthier community. Through our partnership with over 120 schools in Southern New Jersey, we assist with the implementation of fitness, nutrition and wellness programming, and make resources available to schools, students and families. Our partner schools agree to take action to address health and wellness within their school community.

As part of your Healthy Schools, Healthy Children partnership you are eligible to receive the following:

- Banner\***  
Promoting participation in AtlantiCare Healthy Schools programs
- Quarterly Newsletter**  
Promoting upcoming events, activities, and relevant school health and wellness information
- Healthy Schools Text Alerts**  
Sign up to receive program updates via text message to keep you and your school connected
- Steering Committee Meetings (Fall & Spring)**  
Opportunity to learn about programs, provide feedback and collaborate with other partner schools
- Workshops & Professional Development**  
Participate in programs on a variety of topics both virtually & in-person
- School Nurse Perks**  
Notepads, asthma education, continuing education webinars
- Staff Wellness Challenges**  
Programs to engage school staff in improving their own wellness and school climate and culture overall
- 30 Pedometers\***  
For students/staff use with a wellness initiative or for promoting daily physical activity
- Fit Kids/Fit Families\***  
In-person physical activity program to encourage kids and families to lead an active lifestyle
- Healthy Schools, Healthy Children Grant Funding\***  
Eligibility to apply for an annual grant to provide support for new or continuing school wellness initiatives
- Turn Your School Wellness Into Wealth (TYSWIW)**  
Points-based incentive program to earn cash funds for your school wellness initiatives
- Stipend Request\***  
Incentive program to earn additional cash funds for your school projects
- Mindfulness Kit\***  
Assortment of age-appropriate items to promote healthy stress management such as journals and fidgets
- Chefs in the Classroom\***  
Our chef will visit your school for an in-person healthy cooking demonstration and tasting
- Student Contests**  
Engage students in health & wellness topics and earn prizes to continue school wellness initiatives
- Student Wellness Programs**  
Walking challenges, monthly fun runs, mileage club, pack-a-snack kits, and more
- Wellness Team Resources**  
Resources and ideas for creating a special team to support, develop, and collaborate on wellness initiatives
- 3 Presentations\***  
We recommend 1 staff, 1 student, and 1 family  
Refer to presentation list to chose topics

For more information and/or to request services please contact us:

healthyschools@atlanticare.org

www.atlanticare.org/healthyschools



Stay up to date with the latest Healthy Schools news!

To subscribe for text message alerts, text HEALTHY to 79455

\*Msg & Data rates may apply

