

Wellness Engagement Opportunities in School Year 2022-2023

Month	Awareness/Recognition Event	Suggested Activities	Suggested Copy for District Use
AUGUST	Children's Eye Health and Safety Month	<p>Consider promoting eye health resources for children in your schools. For more information on resources and training visit the Health Barriers to Learning & Development toolkit.</p> <p>Encourage students to enjoy foods rich in vitamin A and C to support good eye health. Check out foods such as strawberries, kale, and carrots at home and as part of school meals!</p>	<p>Healthy vision is essential to prepare students for learning. Check out these resources @GaDOE Whole Child to promote eye health in your local district.</p> <p>Did you know food sources of vitamin A and C such as strawberries and carrots support eye health? Enjoy school meals with fresh options daily! #FuelingGA</p>
	Kid's Eat Right Month	<p>Start the school year by encouraging students to enjoy school meals so they are ready to learn.</p> <p>Remind families to complete and return a free & reduced meal application for assistance with school meal access.</p> <p>Engage students in conversation about why eating healthy food is fun and exciting. Consider using the Taste & Talk Conversation Cards, a food-based learning resource from the Georgia Department of Education. Consider trying new foods offered as part of school meals.</p> <p>Celebrate locally sourced foods in school meals throughout the year with Harvest of the Month resources and materials. Celebrate locally sourced foods in school meals throughout the year with Harvest of the Month resources and materials.</p>	<p>School nutrition has all you need for a great start to the school year with school meals, so students are ready to learn!</p> <p>It is not too late to complete and return free & reduced application to ensure access to school meals!</p> <p>Looking to add more nutrition education to your classroom? @GaDOENutrition has awesome resources for food-based learning that help to fuel Georgia's future.</p>
SEPTEMBER	Georgia Crunch 4 Lunch	Participate in Georgia's Crunch 4 Lunch a statewide celebration of apples in school meals hosted by the Georgia Department of Education's School Nutrition Program.	September is apple season in GA! All Georgians are encouraged to "crunch" into a locally grown apple at 12:00 noon on Friday, September 30, 2023. The collective crunch celebrates healthy eating and farm to school initiatives throughout Georgia.

SEPTEMBER	Flu Prevention	Share education and prevention measures with students, staff, and families on how to prevent the spread of flu. Encourage healthy habits such as handwashing, getting plenty of rest, eating school meals, and increasing physical movement. Partner with your local public health department to offer flu prevention events for students and staff.	Gearing up for flu season? Check out resources from @cdcgov for how to prevent the spread of flu in schools.
OCTOBER	National School Lunch Week October 10-14, 2022 “Peace, Love & School Lunch”	Celebrate school lunch week with games, activities, and contests focusing on school meals. Invite special guests to join students for lunch.	October 10-14 is National School Lunch Week! Engage students with games, activities and contests focusing on school meals! Celebrate Peace, Love & School Lunch! #NSLW22 # FuelingGA
	Farm to School Month	Enjoy locally sourced, Georgia Grown, foods in school meals. Encourage students, staff, and families to participate in nutrition education opportunities, including school gardens and connecting with local farmers.	October is National Farm to School Month. Through Farm to School programming, students are introduced to new foods in school meals and nutrition education opportunities including school gardens and connecting with local farmers.
	Student Chef Competition	Encourage middle and high school students to highlight their cooking skills and recipe innovation. Winning recipes will be featured in school meals.	The annual student chef competition gives middle and high school students the opportunity to highlight their cooking skills and recipe innovation! Winning recipes will be featured in school meals. #FuelingGA
NOVEMBER	Family Engagement Month	Promote Family Engagement Month with GaDOE resources to support student learning at home and in school.	Two key components of the Whole School, Whole Community, Whole Child (WSCC) Model are community involvement and family engagement. Learn more about how to engage them in wellness activities here! https://bit.ly/3Fenw4U #WellnessWednesday
DECEMBER	National Handwashing Week	Promote healthy school celebrations using these tips from the Alliance for a Healthier Generation. Celebrate National Handwashing Week December 1-7, 2022. Share these resources with students, staff and families to promote hand hygiene.	School celebrations are a terrific way to help kids learn healthy habits! This guide from the Alliance for a Healthier Generation (AHG) gives tips on how to celebrate during school-wide events, ranging from sports games to classroom parties.

JANUARY	Wellness for the New Year - 2023	<p>Host a “starting the year with wellness” event for students and families, such as a health fair or fitness class and the benefits of students eating school meals.</p> <p>Encourage students and staff to create goals based on wellness to increase healthy habits for the new year. Share activities and events on social media or a centrally located bulletin board in your school.</p>	<p>This month, take some time to look at each dimension of your personal wellness – physical, environmental, emotional, etc. Where are your strengths?</p>
FEBRUARY	Children’s Dental Health Month	<p>Partner with your local public health department to provide oral health education to students.</p> <p>Partner with your School Nutrition professionals to host a taste-testing event featuring calcium-containing foods to promote good oral health such as kale, broccoli, collards, milk, legumes, and oranges.</p>	<p>#DYK that dental sealants prevent about 80% of cavities in children? During National Children’s Dental Health Month, we encourage you to check out the services that @GaDPH can provide to schools! https://bit.ly/3p46eB8</p>
	American Heart Month	<p>Host a month-long staff wellness challenge focused on healthy eating or increasing physical movement. Additional staff wellness resources from GaDOE can be found here.</p> <p>Encourage students to eat foods from all food groups in school meals to promote heart health.</p> <p>Incorporate education throughout the cafeteria on heart health and nutrition.</p>	<p>Tomorrow, February 1st, kicks off American Heart Month! Check out tips from @american_heart on how to prevent heart disease at any age! https://bit.ly/3HlqBB5 #MondayMotivation #StaffWellness</p> <p>Looking to get you and your family more active? Check out this “Move Your Way” activity planner to customize a plan that fits your needs! https://bit.ly/3ogSi6z #MondayMotivation #HeartHealth #StaffWellness</p> <p>On this #ValentinesDay, show someone you care by asking them to take a walk, go for a bike ride, or cook a healthy meal with you. It’s good for the heart! #HeartHealth #StaffWellness</p>
MARCH	National School Breakfast Week March 6-10, 2023 “Dig into School Breakfast”	<p>Partner with your School Nutrition professionals promote school breakfast.</p> <p>Encourage students to start the day with school breakfast.</p> <p>Encourage students to try a new item on the school breakfast menu.</p> <p>Have student athletes promote the benefits of eating school breakfast to younger students.</p>	<p>March 6-10 is National School Breakfast Week! Dig in and try a new food for school breakfast—it’s a perfect way to start the day! Dig into School Breakfast! #NSBW23 #FuelingGA</p>

MARCH	National Nutrition Month	<p>Engage students in nutrition-related activities such as taste tests or try-it days.</p> <p>Promote careers in nutrition such as registered dietitians, school nutrition, or culinary professionals.</p> <p>Become a Team Nutrition School to obtain promotional resources for activities and events.</p>	<p>March is #National Nutrition Month! Check out @TeamNutrition for promotional resources, activities and event ideas!</p>
APRIL	Celebrate Earth Day April 22, 2023	<p>Encourage teachers to have an outdoor classroom day, like taking students on a nature walk or doing a science lesson outside. Using these food-based learning resources helps children make farm-to-plate connections.</p> <p>Host a family or community school gardening event promoting best practices and safety.</p> <p>Host a family or community event around the school garden.</p>	<p>#EarthDay is coming up this Friday, April 22! Check out 8 ways to celebrate this week by connecting with nature: https://bit.ly/3r42lb4</p> <p>#StaffWellness #MondayMotivation</p>
MAY	National Physical Education & Sports Week	<p>Partner with a fitness instructor or school PE teacher to host an outdoor exercise class or event for students and families.</p> <p>Encourage teachers to integrate movement into their classrooms. Here are a few resources from the CDC that provides customizable activities and ideas.</p>	<p>#PhysicalActivity is a major component of local wellness policies. It also contributes to good heart health! How are you getting your body moving today? #WellnessWednesday</p> <p>Are the students in your school getting enough daily physical activity? @Act4HlthyKids has an online library full of resources that encourage movement. https://bit.ly/32n1G0d</p> <p>#WellnessWednesday</p> <p>#DYK that every LEA in Georgia participates in the FitnessGram Assessment each year? What a great opportunity to incorporate #goals into the local wellness policy! Check out GaDOE resources here: https://bit.ly/3mluy0m #WellnessWednesday</p>

MAY	Mental Health Awareness Month	<p>Express gratitude with a thank-you note activity. Students can express thanks to a teacher, school nutrition professional, administrator or staff member.</p> <p>Share the Fueling Georgia's Future Activity Book with younger students for coloring and activity sheets, puzzles and writing prompts.</p> <p>Partner with a local healthcare system or qualified professional to host a wellness event to increase mental health awareness for staff. Visit the GaDOE website for staff mental health and wellness resources.</p>	<p>As we look towards the last few weeks of school, it's a great time to reflect on the year behind us. What are some things you're grateful for this year? https://bit.ly/3ucrS9s #MondayMotivation #StaffWellness</p> <p>Before you leave school for the year, help brighten someone's day by saying thank you, writing a note of gratitude to a peer, or doing a kind gesture for someone who has been helpful to you. Educators – be well this summer! #MondayMotivation #StaffWellness</p>
JUNE-JULY	Summer Meals	<p>Encourage families and caregivers to connect with their local school nutrition programs for summer meal schedules.</p> <p>Check out these additional summer meal service resources at FoodFinder and No Kid Hungry-Georgia.</p>	<p>Quality school meals don't stop because it's summer! Connect with your local school nutrition programs for summer meal schedules or check FoodFinder & No Kid Hungry for additional resources. #FuelingGA</p>