



## Pledge to be Healthy!



This school year School Health Programs is beginning a new monthly newsletter for school staff. Each month we will highlight the Harvest of the Month and give resources for lessons and activities linked to our monthly wellness theme. This month's theme is ***Pledge to be Healthy!*** Begin the school year with a personal and classroom pledge:

**For Yourself:** Create an easy physical activity routine and bring fresh fruit for an afternoon pick-me-up.

**For Your Students:**

➤ Remind your class to:

- Eat fruits and vegetables
- Eat a healthy breakfast
- Wash hands regularly and before meals
- Sleep 10 hours a day
- Be active for 60 minutes every day
- Pack a nutritious snack

➤ Create a Healthy Classroom pledge: Visit [www.healthiersf.org/nutrition](http://www.healthiersf.org/nutrition) for more information and resources.

➤ Sample the *Harvest of the Month* (HOTM) with your students:

### SEPTEMBER HARVEST OF THE MONTH: APPLES

#### *TASTING TRIO!*

Try this easy classroom activity with only 3 ingredients...

#### Apple Dippers

*Makes 35 servings, Prep time: 10 minutes*

**INGREDIENTS:**

- 4 green apples and 4 red apples, washed & sliced
- 2 containers (6 oz.) low-fat vanilla yogurt
- 1 sleeve low-fat graham crackers, crushed
- 35 napkins



**PREPARATION:**

1. Place graham crackers in a closed plastic bag and smash into crumbs.
2. Pass out a napkin to each student. Spoon 1 tablespoon of crumbs on each napkin.
3. Have each student take 1 red and 1 green apple slice and dip into the yogurt.
4. Have students coat apples with crumbs.
6. Eat and enjoy!

**Apples are a tasty snack and provide Vitamin C & fiber!**

### Physical Activity Tips

Keep your students moving throughout the day!

#### Sample Daily Schedule

- 8:40-8:45 Morning Circle and **Stretch**
- 9:00-10:00 Language Arts
- 10:05-10:10 Morning Routine
- 10:10-10:45 Language Arts/ELD
- 10:45-11:00 Recess
- 11:00-11:05 **Yoga**
- 11:05-12:00 Math
- 12:00-12:45 Lunch/Recess
- 12:45-1:00 Social Studies
- 1:00-1:05 **Desk Dancing**
- 1:05-1:50 Science/Health
- 1:50-2:00 Recess
- 2:00-2:03 **Simon Says**
- 2:03-2:40 Art/**P.E.** v

Try these *easy and fun* physical activities for classroom transition times:

<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

For more HOTM resources, including grade level talking points, activity sheets & materials for pre-school and special education... visit:

[http://lapublichealth.org/nut/LACOLLAB\\_Files/documents/HOTM/HOTM%20Resources.htm](http://lapublichealth.org/nut/LACOLLAB_Files/documents/HOTM/HOTM%20Resources.htm)