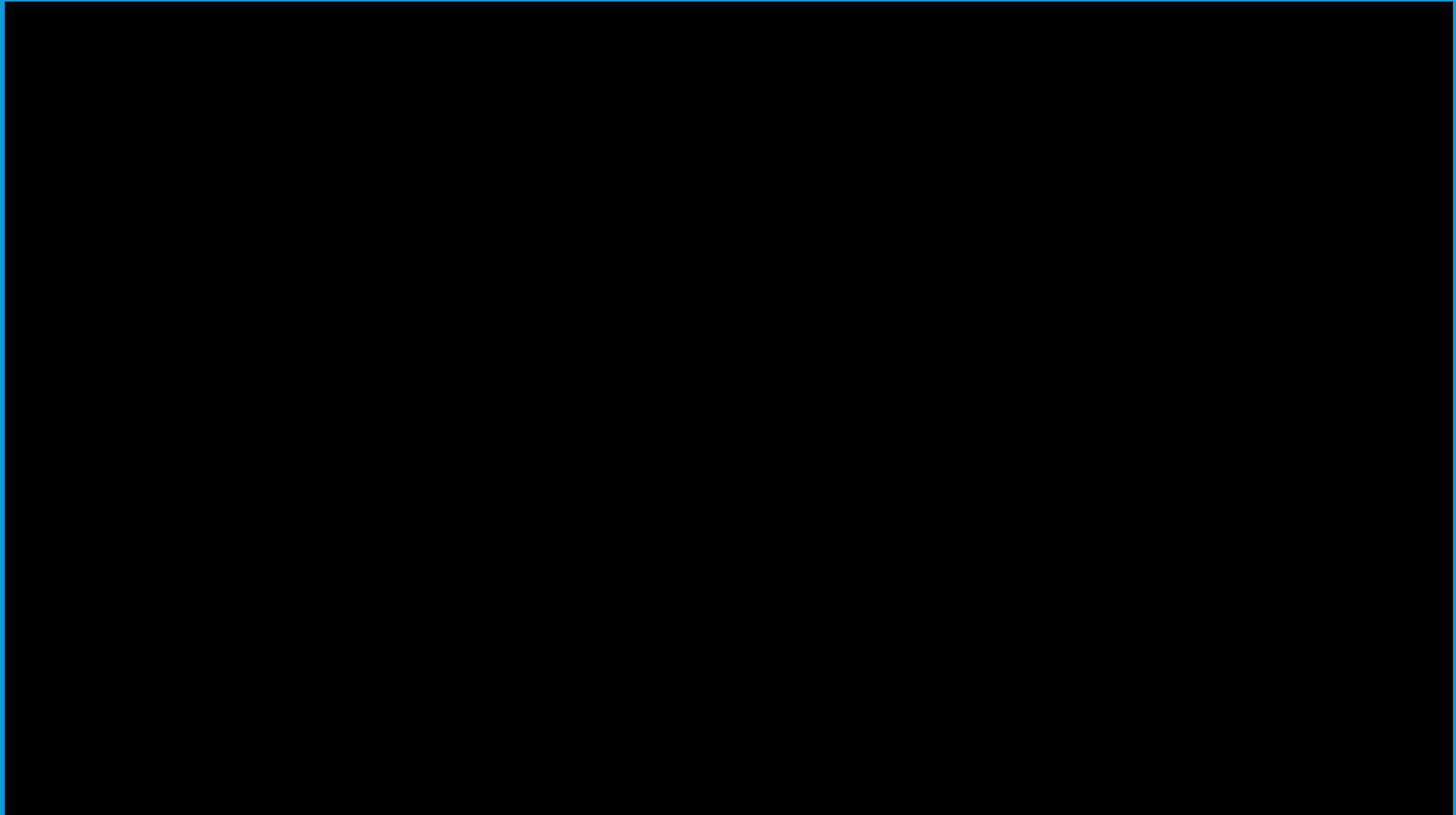


CREATING A HEALTHIER SCHOOL ENVIRONMENT

VIDEO



WHY IS THIS IMPORTANT

- For nine months of each year, most students spend majority of their waking hours at school
- Schools are a crucial setting for teaching kids healthy or unhealthy habits
- Student's eating habits are greatly influenced by the types of foods available to them
- Habits picked up early in life have been shown to become lifelong habits, these include food choices



FUNDRAISING



CONSEQUENCES OF “JUNK FOOD” FUNDRAISERS

- The top sources of calories for 2-18 year olds are sugar-sweetened beverages, followed closely by deserts such as cakes, cookies, donuts and pies
- Schools are being used to market unhealthy foods to children and adolescents
- The one-time revenue can create long-term consequences of children developing unhealthy dietary habits
- Schools with practices like unhealthy fundraising and providing food as rewards have been shown to be significantly associated with higher weight outcomes



WHAT CAN THIS LEAD TO?

- Childhood Obesity Crisis
 - Increased risk of:
 - Diabetes
 - Hypertension/High Blood Pressure
 - Asthma
 - Self-Esteem Issues
 - Cancer



NON-FOOD FUNDRAISERS

- About half of elementary schools hold physical activity fundraisers
- This helps create a positive message about health while aiding in the schools' financial needs
- Physical activity fundraisers also complement health messaging about the importance of physical activity



NON-FOOD ALTERNATIVES

- Student/Teacher Art Show
- Dances
- Talent Show
- Walk-a-thon/Bike-a-thon/Dance-a-thon
- Olympic Games
- Car Washes
- Bingo Night
- Fairs/Festivals



EMPLOYEE WELLNESS

HCPS Draft Wellness Policy – advertised 4/4/18

Nurturing school employees' physical and mental health protects school staff, and by doing so, helps support students' academic success. Healthy school employees serve as powerful role models for students by helping students focus attention on their own health. We will cultivate support for a healthy employee environment by engaging stakeholders and leaders at all levels throughout the district, including Wellbeing4U Champions and PTA/PTSA.

EMPLOYEE WELLNESS

- Cultivate supportive health-promoting environments, policies, and practices - WELCOA
- Support teachers and staff with:
 - Fruit
 - Smoothies
 - Massage
 - Healthy restaurant gift cards
 - Other non-food treats/gifts
- Help us make the healthy choice the easy choice!

HILLSBOROUGH HEALTHY SCHOOLS

PTA/PTSA Positive Impact

Nutrition Services and Education

Employee Wellness

Family Involvement/Community Involvement

Health Education

Physical Education and Activity

Health Services

Counseling and Psychological Services

THANK YOU!

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