



Main Objective

Set a goal to continue the healthy habits you have learned throughout the year, and devise a plan to make that goal a reality.

Background

Unfortunately, simply knowing why it is important to live a healthy life is not enough; you also need to know how to do it. This resource guide has provided the information and tips necessary for you and your students to learn how to lead a healthy lifestyle. The final step is making those actions a lifestyle choice and not just an event during the school year.

Eating more fruits and vegetables for one or two days a year isn't going to keep the body healthy, but doing it almost every day of the year will definitely help. Use this month as a time to review all that was learned during the year and continue to put it into practice. With summer approaching, it is also important that you encourage your students to keep these healthy habits in mind even when they are not in school. As with everything else, it just takes a little practice. (See KP KIDS handout, "Your Steps to Success.")

Take Home Activities

- 1) As a family, talk about what you learned this year about being healthy. What did you like the most? What did you find the most challenging?
- 2) Keep an eye on the foods in the house. Do they still match the pyramid recommendations? Do you have healthy items from each of the food groups?
- 3) With the weather getting nicer outside, this is a great time to get outside and be physically active (e.g. go for a walk before or after dinner or plan to play a physically-active game on the weekend).
- 4) Make sure a healthy breakfast is available every morning so students can go to school ready to learn or take tests.
- 5) Keep the TV off as much as possible this month. Instead of watching TV, plan to study or do something physically active.
- 6) Set a goal to maintain your new healthy habits throughout the summer. How will you do that? What are some challenges you may face, and how will you overcome them? (See KP KIDS handout, "Positive Steps to Healthier Solutions.")



School Activities

- 1) Participate in and promote fitness testing.
- 2) Continue to promote and provide a healthy environment for both students and staff.

Classroom Reward Ideas

Water bottles make a great reward for this month. Some local businesses might be willing to donate water bottles with their logos on it, but it can't hurt to ask if the school logo can also be put on the bottle.

Resources

National Physical Fitness and Sports Month

<http://www.fitness.gov>

This is the official website of the President's Council on Physical Fitness and Sports. The goal of the Council is to promote health, physical activity and fitness for people of all ages, backgrounds and abilities. This site provides links to other fitness organizations that provide activities and suggested events.

National Association for Sport and Physical Education

<http://www.aahperd.org/naspe>

The first full week in May is National Physical Education and Sport Week. This is a great reason to get outside and be active! A Teacher's Toolbox is available at this website with lesson plans and activities to download free of charge.

Healthy Trails Challenge – Santa Clara County Parks

www.parkhere.org

SCCP has partnered with Kaiser Permanente, SCC Public Health Department, and Steps to a Healthier Santa Clara County to provide a Healthy Trails Challenge to combat the increase in type 2 diabetes, asthma, high blood pressure, heart disease and cancer; as well as to increase participation in nature. The free Healthy Trails Challenge invites families to visit 5 different trails in the County's 21 parks by registering, receiving a detailed park guide, and a gift for Challenge completion in one year.

As the year winds down, take a moment to look back through some of the other resources you have used throughout the year. This month is intended to be a month of review and preparation for healthy summer plans!



Activities Linked to 3rd Grade Content Standards & Framework

Social Science 3.1.1

- Identify geographical features on a map that pertain to hiking, biking and walking trails that students could visit during the summer to stay physically active.

Physical Education 3

- Make a list of physical activities that the students could do outside of school during the summer. Keep this list up throughout the month and encourage students to be physically active on a daily basis.

Health Framework Expectation 1

- Plan a healthy end of school potluck celebration.

Health Framework Expectation 1

- Walk to a nearby farmers' market to see what fruits and vegetables are available this time of year.



Activities Linked to 4th Grade Content Standards & Framework

Social Science 4.1.5

- As a class, go to a farmers' market this month to see what is available. Encourage students to ask farmers from where in California the foods came.

Physical Education 3

- Make a list of physical activities that the students find enjoyable and can do outside of school during the summer. Keep this list up throughout the month and encourage students to be physically active each day.