

Game On: An Every Kid Healthy Tool

Game On supports America's schools in creating healthier school environments for students, staff and the communities they serve. This no-cost online guide provides all the information and resources you need to host a successful school wellness program in your school with the ultimate goal of getting your school nationally recognized as a health-promoting school through the United States Department of Agriculture, Food and Nutrition Service HealthierUS Schools Challenge (HUSSC) recognition program.



Game On: 6 Steps to Building a Healthy School

1. Gather Your Team

A school wellness team identifies health concerns, leads projects, raises funds, promotes and celebrates successful health initiatives, and helps others replicate their efforts. Anyone, from school staff to parents to community members, can serve on a team.

2. Assess & Track Progress

Assess the health of your school environment using the [School Health Index](#). Identify strengths and areas of weakness, then use Game On activities to make improvements.

3. Create and Implement an Action Plan

A clear action plan will serve as a road map for the wellness team and outline priorities and goals that can be accomplished one step and one year at a time.

4. Find Activities

Use our [school blueprint](#) to identify activities that line up with your school's needs and find resources to help you implement those activities.

5. Engage Families and Communities

These partnerships can improve student learning by promoting consistent messages about healthy behaviors and provide access to additional resources and volunteers.

6. Receive Recognition

You've done all the hard work. Now show school staff, parents, students and the community that your school is one of the healthiest in the nation! Apply for recognition through the HealthierUS School Challenge award program.



Log into Game On to select a room on the school blueprint to find nutrition and physical activity challenges for every aspect of your school building. Whether you are part of the school staff, a parent or community member, you can make a difference!

Eat Better Activities

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| Alternative Breakfast Programs | Healthy Staff Meetings |
| Farm to School | Host a Taste Test |
| Health & Wellness Fair | Morning Eat Better Announcements |
| Healthy & Active Non-food Rewards | Nutrition Education |
| Healthy & Active Parties | Recess before Lunch |
| Healthy Fundraising | Rethink Your Drink |
| Healthy School Store | Understanding Nutrition Facts Label |

Move More Activities

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| Active Learning Opportunities | Intramural Programs |
| Bike Rodeo | Morning Groove |
| Brain Breaks, Instant Recess & Energizers | Open Gym |
| Daily Physical Education | Playground Circuit Challenges |
| Family Fun Days | School Fundraiser Runs |
| Fitness Classes | Walk with Principal |
| Indoor Recess Ideas | Walking School Bus |

Find all activities online at www.actionforhealthykids.org/tools-for-schools