



## Healthy School Team Goals

Per our Wellness policy, all schools have a healthy school team that assesses the strengths and weaknesses of the health components in each school. These are just a couple of the goals that are currently being worked towards in our school system.

DMS and DWS are currently working on implementing healthier fundraising options. This will not only promote good health school-wide, but also community-wide!

### Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets

### Other Non-Food Fundraising Ideas

- Car washes
- Game night, bingo night
- Auctions (live, silent or online)
- Candles, lotions, soaps greeting cards, stationary
- Plants, flowers, bulbs, seeds
- Discount cards/coupon books
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Holiday-themed decorations and greenery

## HEALTHIER SNACK OPTIONS

- **Fresh Fruit (Apples, Bananas, Grapes, Oranges, and Strawberries-Precut fruit is easier for kids to eat.)**
- **Fresh Vegetables (Carrots, Broccoli, Cauliflower, Celery, Green Peppers, and Cucumbers) with low fat ranch dressing/dip**
  - **Fruit Cups (Packed in 100% fruit juice)**
- **Dried Fruit (Raisins, Craisins) or Dried Fruit Mixes**
  - **Pretzels**
- **Baked Snack Crackers (Cheez-Its, Goldfish)**
  - **Baked Chips**
  - **Popcorn (Not the Puffcorn)**
- **Teddy Grahams or Other Graham Snacks**
  - **String Cheese**
- **Yogurt (Squeezable yogurts are easy for kids to eat and do not require a utensil.)**
  - **Low-Fat Pudding Cups**

SES has a goal of implementing healthier snacks in the classroom. This sample list can be used by parents and teachers as a guide.



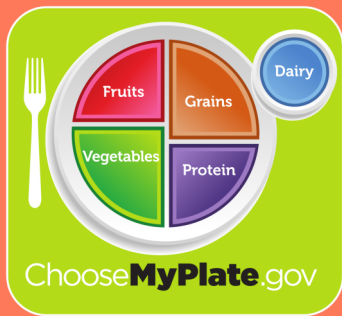
## DCHS WALKING CLUB

CSH held their first walking club at DCHS! Afterschool students walked for 30 minutes every Thursday for 6 weeks. We had 37 students and 2 teachers participate with 139.5 miles walked/run collectively.

1st place with 10.08 miles-Jacklyn Kleparek

2nd place with 10 miles-Angel Zapien

3rd place with 9 miles-Jared Fultz



DWS Kindergarten classes are learning all about making healthier choices when it comes to nutrition.

As a part of their "Healthier Me" unit, CSH was able to provide a MyPlate lesson with healthy fruit pizzas as a snack!



## New AEDs have been purchased by the BOE for seven sports teams!

An AED, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest.

It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

**DeKalb County School district now has 16 AED's total. All schools provide annual staff awareness training and perform a drill using CPR and the AED.**

