

The Healthy Habits Classroom

Training Teachers to Help Students Learn in a Healthy Classroom Environment

Designed for elementary K-5 classroom teachers, administrators, and teachers' aides, this three-hour interactive, research-based in-service will teach participants how to quickly transform their existing classrooms into *Healthy Habits Classrooms*. In a relaxed environment, participants will learn and practice simple, inexpensive, creative strategies for how to create a **Healthy Habits Classroom** that supports Arizona's **Local Wellness Policy** and is filled with students (and teachers!) who are fit, healthy and ready to learn.

Training Content

- **Setting up Your Healthy Classroom.** What does a healthy classroom look like? (Posters, bulletin board ideas, children's books with positive food and physical activity messages and more!)
- **Healthy Habits are Contagious.** How teachers are and can be important role models for good health.
- **Nutrition Education that Leads to Behavior Change.** Building on *MyPyramid*.
- **Snactivity.** How to use physical activity in your classroom to improve student (and teacher) health, enhance academic performance and increase memory retention.
- **Party Time! (but bring the veggies).** Easy-to-make, nutritious, low-cost treats for classroom celebrations students (and their parents) will love.
- **Right Rewards.** Using non-food rewards for students' good behavior and academic achievement instead of candy and pizza parties.
- **Parents as Partners.** How to work with parents and others to support your **Healthy Classroom**.

Schedule a *Healthy Habits Classroom* Training Today.

Monarch Health Promotions

(520)404-4558