

Take Action for Fit Kids!

K-12 PRINCIPALS

Ninety-five percent of children ages 5-18 spend at least half of their awake time in school. Schools play a critical role in providing a safe, health-promoting environment for students that also supports them in learning and practicing health-promoting behaviors.



Provide an environment that supports physical activity:

- Implement a Comprehensive School Physical Activity Program that includes quality physical education as the foundation; physical activity before, during and after school; staff involvement; and family and community engagement (shapeamerica.org/cspap).
- Schedule a minimum of 20 minutes of unstructured active recess per day for elementary schools and provide equipment to encourage active play.
- Support walking and biking to and from school through a Safe Routes to School Program (scsaferoutes.org or saferoutespartnership.org).
- Do not exclude students from physical education class or substitute other courses for physical education.
- Ask your PE teacher about your school's FitnessGram test results.
- Allow family and community members to use outdoor recreational facilities during non-school hours;
- Serve as a role model for physical activity.

Provide an environment that supports healthy eating:

- Ensure that students receive health education that includes nutrition education aligned with SC Health and Safety Education Standards.
- Ensure that foods and beverages served or sold in school meet USDA nutrition standards (fns.usda.gov/school-meals/nutrition-standards-school-meals).
- Provide easy access to drinking water and allow students to carry water bottles in class.
- Provide non-food rewards when recognizing good behavior or achievements at school.
- Choose healthy foods, physical activity events, or non-food items for fundraising activities.
- Make student health and school wellness programs a standing goal of the School Improvement Council (SIC) and a standing item on each SIC meeting agenda.
- Serve as a role model for healthy eating.