The Elizabeth Schools Wellness Program and Healthy Kids Foods Options

Move!

Healthy Kids

Healthy, balanced lifestyles that will benefit healthy snack children are learning a attending a classroom party, or eating a participating in organized recess games, exercise activities. Whether they are rich variety of nutrition offerings and these activities, our students will enjoy a give our students the tools to overcome with your help, Elizabeth Schools want to increase in the nation. Increase or 23%. This is the second fastest increase in 2003 in 2007 obsessed in Colorado children 2.4% of Colorado are overweight, or 2001 to 2006. In less than 5 children even the healthiest states, has epidemic of obesity in our country. Even we are concerned about the growing activity and make healthy choices opportunity to participate in physical through your school day.

Healthy Foods

Healthy Kids
Wellness Program
Elizabeth Schools

Program: Empowers them to improve their nutrition and
physical activity choices.

Middle School: The focus is on eating healthy foods
in the cafeteria and at home. The school also hosts
exerfest and other fitness activities. Students are
encouraged to eat healthy meals and participate in
physical activity.

High School: The focus shifts to mindfulness and
stress reduction. Students are encouraged to
practice mindfulness exercises and to
participate in yoga and other calming activities.

Brain Breaks

- Pre-school to high school
  - Brain breaks are effective from birth to
    high school.
  - These breaks can be simple and
    effective, such as deep breathing and
    movement activities.

Lunchroom

- Students are expected to focus on
  their lunch. This allows them to
  prepare for the rest of the day.

Classroom Rewards

- Pencils, bookmarks, erasers, etc.
  - Most elementary classrooms have
    treat boxes that contain stickers, tokens,
    and small rewards for good behavior. The
    Elizabeth Wellness Program encourages
    these classroom rewards.

Birthday Parties

- It is important to celebrate birthdays
  in a healthy way.
  - Avoid sugary drinks and snacks.
  - Encourage students to bring healthy
    snacks from home.