



February Edition: Healthy Hearts at School

NUTRITION

Orange you glad we are friends?

Promote healthy snacks this Valentine's Day with Shape Your Future!

Check out a variety of free printable valentines day cards, here!



PHYSICAL ACTIVITY

Trying to incorporate physical activity into lesson plans? Check out the links below that will transform your classroom!

Energizing Brain Break 2
\$14.95

Energizing Brain Breaks -
\$21.95 - Gopher Sports

Brain Breaks for the Classroom - \$14.95 -
Gopher Sports

5 Minute Physical Activities, Nutrition, Classroom Activities - Moving Minds -
\$34.95

Active Academics
Free online resource

TOBACCO



A Program of TSET

NO JUDGMENTS. JUST HELP.

The Oklahoma Tobacco Helpline is a FREE service available 24/7.

"We're not here to lecture or judge. We simply provide the tools and support you need to quit tobacco your own way. That includes free text and email support, phone and web coaching, patches, gum or lozenges and more for registered participants."

For more informations visit:

<https://okhelpline.com/> or call

1-800-QUIT NOW



HIGHLIGHTS

Mark your calendar!

All districts and schools who are recognized as a 2017 Certified Healthy School are invited to attend the Certified Healthy Oklahoma Recognition Breakfast.

The event features an awards ceremony and an opportunity to attend the Certified Healthy Oklahoma workshop featuring various interactive breakout sessions to learn from seasoned awardees on how to implement practices and policies to continue growing the health of your organization.

Breakout Sessions (currently scheduled) include:

- Grow Together: How to implement senior benefits into the community
- Goal Setting: Engaging organizations to work within communities to achieve shared goals
- Everyday Active: How to implement physical activity breaks into your busy day
- Title IV Funding: What this grant means for your district and how funds can be used for the Safe and Healthy Schools Initiative
- Opt in to Building a Talent Pipeline: Learn no-cost and low-cost talent acquisition strategies for today's changing workforce
- *Additional breakout sessions to be announced*

The event venue has a limited seating. Registrations will be accepted until venue capacity is reached.

March 1st (Thursday) 8:15 am - 12:30 pm CT@ Cox Convention Center: 1 Myriad Gdns, Oklahoma City, OK **Register HERE!**

LINKS AND RESOURCES

Links and Resources for Grants and Webinars



[School Breakfast Grants and Game On Grants](#)

[Wellness Wednesday: Healthy Family Events and Celebrations Webinar](#)

[Rock Health Like a Boss Webinar](#)

[Apply for a 2018-2019 Breakfast Grant Webinar](#)

[Apply for Game On Grant Webinar](#)

[Apply for a 2018-2019 Parents for Healthy Kids Grant](#)

[Celebrating School Health with Every Kid Healthy Week Webinar](#)

UPCOMING EVENTS

If you have not done so already, be sure to schedule your Healthy and Fit School Advisory Committee Meetings!

Beginning September 1, 2004, each public school shall establish a Healthy and Fit School Advisory Committee, to be composed of at least six members. The Advisory Committee may be composed of teachers, administrators, parents of students, health care professionals, and business community representatives.

A public school may combine the Healthy and Fit School Advisory Committee with its Safe School Committee, established pursuant to Section 24-100.5 of Title 70 of the Oklahoma Statutes. According to the Alliance for a Healthier Generations, it is recommended that schools meet, at a minimum, of 4 times per year. [Click Here](#) to access the Alliance for a Healthier Generation .

Each Healthy and Fit School Advisory Committee shall study and make recommendations to the school principal regarding:

- Health education;
- Physical education and physical activity; and
- Nutrition and health services.

Need help with an agenda? Do you want refreshments provided at no cost for your meeting? Need to assess your wellness policy? Contact Ariel Anglin, 405-432-8737

FOR MORE INFORMATION & RESOURCES

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