



Hello, my name is _____ and I'm glad you are able to join us today. During our time together we will be asking you a few questions. You have the choice not to answer any of them. Your participation is voluntary. All responses are kept confidential and your individual answers and personal information will not be shared with anyone. Thank you for your time!

The purpose of this presentation is to discuss the evidence linking healthy eating, physical activity and physical fitness to improved academic achievement. Today, I would like you to think about how to ensure that your child chooses healthy snacks, and I would like to provide you with some information about why your child needs to be physically active 60 minutes a day. This activity can include aerobic activities in which your child plays hard enough to breathe harder, activities to strengthen muscles and bones and flexibility exercises to stretch muscles.

This school is working with HealthMPowers to improve the nutrition and physical activity behaviors of students and staff. HealthMPowers is a non-profit organization.

The Centers for Disease Control and Prevention in Atlanta has identified evidence that helps all to understand that education and health for students must go hand-in-hand in order for students to succeed. This presentation is based upon those documents.

Factors that Increase Learning

A healthy diet improves students'...

- Memory
- Grades and scores on state and national tests

And decreases...

- Number of school absences


A photograph of four diverse students (two girls and two boys) smiling and holding various vegetables like carrots and leafy greens. They are wearing dark blue aprons over their school uniforms.

Students' success in schools is more than just academics. Eating healthy food is important to your students' success in school. Eating a healthy diet also means eating healthy snacks and drinking healthy drinks. Our bodies need water to function efficiently. Drinking water during the day is important. Soda, fruit drinks and sweet tea contain a lot of sugar and should be avoided. While we at (SCHOOL NAME) are trying to improve nutrition and physical activity policies in our school, what happens at home is also very important.

Look at the academic benefits for those eating a healthy diet: Improved learning, improved memory increased grades, increased scores on state and national tests & less absenteeism.

Drink Water Instead of Sugary Drinks

- Water is needed for efficient functioning of all systems in the body
- More water is needed when your child is active in play or sports
- Water is cheap, available and calorie-free!




Water is a major component of the body and makes up about 60% of your body weight. Every system in your body depends on water. Water is available to the body through the food we eat as well as what we drink. How much water do you need? Well, it depends on how active you are, how hot your climate is and your health status. When your child is exercising enough to sweat, they need to drink more water. Lack of water can lead to dehydration and even mild dehydration can drain your energy and make you tired. Your children will not do as well in school when they have no energy and feel tired.

What should you encourage your child to drink to quench thirst? Water, plain tap water is cheap, available everywhere and calorie free. What you should not serve your child are high sugar drinks like fruit drinks, sweet tea, Kool-Aid or soda. These types of drinks are to be avoided or only served on limited occasions. Encourage your child to reach for water as their drink of choice.

Factors that Increase Learning

Students that are physically active one hour each day have:

- Better grades
- Better memory
- Better school attendance
- Better classroom behaviors

A photograph showing three children in a gymnasium. A boy in an orange shirt is in the foreground, jumping rope. Two other children, a girl in a blue shirt and a boy in a pink shirt, are in the background, also jumping rope. The floor is wooden and there are orange lines on the wall.

Another major factor that improves learning is physical activity. Students who are both physically active and physically fit tend to have better classroom behaviors, better memory, increase in school attendance and better grades. Being active is related to being physically fit. Being physically fit is also related to improved learning and scoring higher on state and national tests. Both students and adults need to be active. Adults need 30 minutes of moderate to vigorous physical activity. Students should be engaged every day in moderate to vigorous activity for at least 60 minutes. Moderate to vigorous activity is that which will make you sweat like running, jumping rope or walking briskly. To become physically fit, in addition to vigorous activity, children and adults also need to do stretching (or flexibility exercises) and muscle strengthening exercises as part of the 60 minutes of exercise. These exercises should be done three times a week.



We all need to move more during the day – 10 minutes here, 15 minutes there – all add up to the daily requirement for one's age. We are learning that sitting most of the day is really bad for our health.

Physical activities can be as simple as hide and seek games, tag games and dancing to the music or more organized team sports and games such as volleyball, soccer and flag football. Scavenger hunts that get everyone up and moving work really well. The important thing is to include everyone in the fun. Help your child identify a playmate that is interested in playing active games. As a family, set a time for family active play.



For more information check out the **May** section of your child's student planner and read the information on healthy eating and physically activity!

As a family, complete all of the activities for the month of **May**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Healthy Habits Challenge**.

Slide 7



HealthMPowers now has a section on their website that is filled with resources for parents and families. Go to their website at- **HealthMPowers.org**, then click on **Services**.

Slide 8



Click on **Resources** in the drop-down.

Slide 9

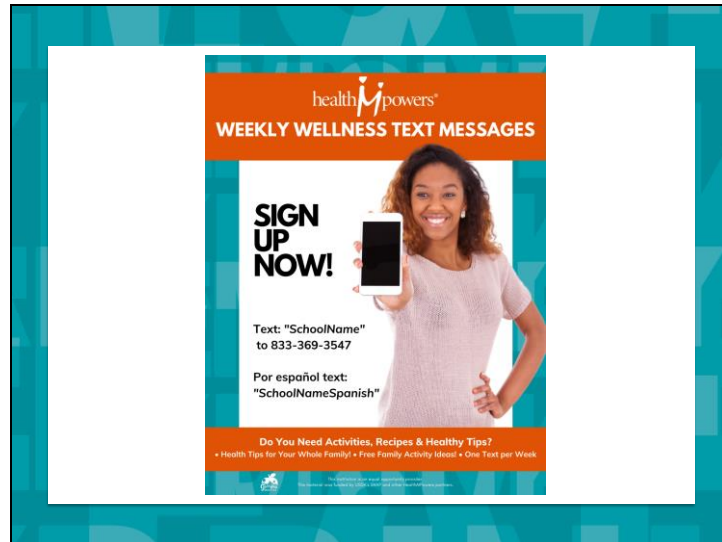


There you will find resources including fun activities, videos, recipes that you can use with your family.



Keep receiving information and tips by following HealthMPowers on Facebook, Twitter, and Instagram.

Slide 11



Have you heard? HealthMPowers offers health-enhancing weekly text messages. To sign up, text your school's name to 833-369-3547. You will receive weekly text messages on cooking tips, healthy eating or physical activity ideas that you can do with your family.



Thank You for your continued support to improve the health and future of our children! Together you and your child's school will work in partnership to ensure a healthy and bright academic future for all children!



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.



NOTE: please have your audience complete the survey that corresponds with this presentation to collect the necessary demographic and behavior data, then submit completed surveys to HealthMPowers. Your audience can complete the survey by completing the survey in the following link:

<https://www.surveymonkey.com/r/J6QXXCM>

Or by scanning the QR code in the slide. To open the survey with the QR code, instruct your audience to open their smart phone's camera and hover it the over the QR code. The smart phone's camera will scan the code and a prompt will appear to open link to the survey.

References

Centers for Disease Control and Prevention. (2014) *Healthy Kids. Successful Students. Stronger Communities: Improving Academic Achievement through Healthy Eating and Physical Activity*. Retrieved 5/25/16 from http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academics-ppt.pdf.

Centers for Disease Control and Prevention. (2014) *Health & Academic Achievement*. Atlanta, GA: Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf