**Healthy Champion Communication-October**

**This Month!**

*Welcome to your first official month of programming! By now your school should have received your equipment and your BHC box will be coming this month. Now that we have oriented the Principal, Healthy champion, and the HKC advisor it’s time to introduce the program to your school staff if you haven’t already. Role modeling is one of the most powerful teaching strategies for students so encourage staff to get excited about healthy changes in their own lives as well!*

**This Month's Goals:**

* Schedule your monthly **check-in** with your BHC coordinator and complete your monthly[**survey**](https://waynestate.az1.qualtrics.com/jfe/form/SV_0JapLQfA4yR7m0S)(**DUE OCT 11**)!
* October is the first month of BHC lessons! We recommend teaching the [**MyPlate**](https://bhcwsu.org/wp-content/uploads/2024/09/MyPlate.pdf)lesson first. The [**Mindful Eating**](https://bhcwsu.org/wp-content/uploads/2022/09/Mindful-Eating.pdf) lesson is a great companion lesson for classrooms interested in more! Please at minimum play the five-minute lesson video and discuss the monthly questions.
* Attached [**here**](https://docs.google.com/document/d/182CH0ZPZ09oebSI2v5OBjQPo3ha0VISU/edit) you will find a script to assist you with teacher communication. Feel free to edit however works best for your school community.
* Ensure [**healthy tips of the day**](https://drive.google.com/file/d/1bT8zUttb1ysmX3k1eaWFIj_qLDGuoD62/view?usp=sharing) are being communicated through the morning announcements or within the classroom.
* Please make sure you hang posters and banners up and ask classroom teachers to hang the MyPlate posters in their classroom visible for students.

**Looking Ahead:**

* Healthy Kids Club sessions are on the horizon! Help spread the word to students and check in with the HKC advisor to see if they need any additional support.

**Quick Links**

* [**MyPlate Video**](https://youtu.be/OuyKjgem-eM?si=_xETBvhx1kaNotwp)
* [**October PA Breaks**](https://drive.google.com/file/d/1lhfXLeJ3bXEixult1XgH-xpdGAOA45aO/view?usp=sharing)
* [**October Newsletters Inserts**](https://docs.google.com/document/d/1L7APUnsorq4Ks43CbeAJDLWqja2LLjbO/edit?usp=sharing&ouid=115900599062316715202&rtpof=true&sd=true)
* [**October Healthy Announcements**](https://drive.google.com/file/d/1RAVTnZfllEV7GfISlNiMy69D1_CpKUFT/view?usp=sharing)
* [**Monthly School Staff Script**](https://docs.google.com/document/d/182CH0ZPZ09oebSI2v5OBjQPo3ha0VISU/edit)
* [**Equipment Inventory**](https://drive.google.com/file/d/1R82i2ag_w6EWYW8szCZPT0es5jMwAxek/view?usp=sharing)