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**Healthy Champion Communication-*November***

*November is National Gratitude Month and we at BHC are grateful for schools like yours that are working hard to improve school health! Research shows that people who practice gratitude every day are not only happier but healthier. Grateful people tend to sleep better, have lower stress levels, exercise more often, and eat healthier. We hope you and your students find time this month to concentrate on a few things you are grateful for!*

**During the Month of November**:

* Schedule your monthly **check-in** with your BHC coordinator and complete your monthly [**survey**](https://waynestate.az1.qualtrics.com/jfe/form/SV_0JapLQfA4yR7m0S) (DUE NOV 8)!
* Ensure the Healthy Eating lessons are being taught: We recommend you teach the [**Fruits and Vegetables**](https://bhcwsu.org/wp-content/uploads/2024/10/Fruit-Vegetables.pdf) lesson in the month of November. [**Eat a Rainbow**](https://bhcwsu.org/wp-content/uploads/2022/09/Eat-a-Rainbow.pdf)is a great companion lesson for classrooms interested in an additional lesson as well.
* Send the November BHC staff email. Attached [**here**](https://docs.google.com/document/d/1TlUFaSSmlwzdzzL2BnwihivI8253o_PG/edit) you will find a script to assist you with communication. Feel free to edit however works best for your school community.
* Ensure [**healthy tips of the day**](https://drive.google.com/file/d/1pyuq_jQZPGGNtF6r2UlW8FM8il8QIfFN/view?usp=sharing) are being communicated as well as newsletter inserts and parent tip sheets.
* Complete your Healthy Champion Paperwork: This month you will be emailed paperwork from our BHC Team. Be on the lookout for an email titled **BHC-Paperwork** sent from Alicia O’Connell ([alicia.o.connell@wayne.edu](mailto:alicia.o.connell@wayne.edu)).
* Following us on [**social media**](https://drive.google.com/file/d/1-RAnXGwPqIFfpgg6kI9S1P_SSOxL5Q_C/view?usp=sharing)is a great way to share additional BHC information. All our parent tip sheets are available in png format for you to share on your school's social media in the folder [here!](https://drive.google.com/drive/folders/1bfyJxcmHY8ufic990yiLio2GTLeEQ7Yv?usp=drive_link)

**Quick Links**

* [**Fruits and Vegetables Video**](https://www.youtube.com/watch?v=IT4hZbGHHnI)
* [**Staff Fruit Challenge**](https://drive.google.com/file/d/1vCa0IrXcBz0x4bq2JXoDe4GCacfz6Jx9/view)
* [**November PA Breaks**](https://drive.google.com/file/d/1YRYAL7PdgdCesV4r1K-jGfUYNUMO5cl6/view?usp=sharing)
* **November Newsletters Inserts**
* **November Healthy Announcements**
* **November BHC Staff Email**
* **Healthy@home:** [**Roasted Veggies**](https://drive.google.com/file/d/1HUJ-inGj7I6wu8uq5yWSk0hRawQKAUkV/view?usp=sharing), [**Fruit Forward**](https://drive.google.com/file/d/1B86l-OL3EGzKXhTn2xc7OCAKHmcLeALj/view?usp=sharing), and [**Shop by Season**](https://drive.google.com/file/d/1vc-RxNWvpTRx-HNyEv2-8ZsYhEYCW5rI/view). You can find the png versions of these [**here**](https://drive.google.com/drive/folders/1bfyJxcmHY8ufic990yiLio2GTLeEQ7Yv?usp=sharing)in case you want to post them on your school's social media accounts! Also new this month is our [**Parent Tip Page**](https://bhcwsu.org/monthly-parent-tip-sheets/) on our website. This link allows your parents to translate the information into the available language options.

**Your BHC Boxes are running late.**

**We are sorry for the delay!**

**You should receive your posters by the middle of November.**