**Logo, company name

Description automatically generated**

**Healthy Champion Communication-January**

Dear Healthy Champions, Welcome back from your Holiday Break!

**This month in BHC, you should aim to**:

* Edit and send your staff monthly communication-[here](https://docs.google.com/document/d/1eEAp0kwAaPmLbKF6VQOim2-L2JzqZ-qI/edit)
* Schedule your monthly check-in with your BHC coordinator and complete your monthly[survey](https://waynestate.az1.qualtrics.com/jfe/form/SV_0JapLQfA4yR7m0S)(**DUE JAN 10**)!
* Promote Healthy Eatinglessons**:** The[**Protein**](https://bhcwsu.org/wp-content/uploads/2024/09/Protein.pdf) lesson January's primary lesson. Please ensure students watch the video and talk through the discussion questions. [What's your healthy eating style](https://bhcwsu.org/wp-content/uploads/2023/12/Whats-Your-Eating-Style.pdf) is a great companion lesson for classrooms interested in going deeper.
* Encourage your staff to continue to make recess a priority regardless of weather conditions with our [indoor recess resources](https://drive.google.com/file/d/1RuihTcEI1KtanCxwPbquJ9CiRNjjmG0P/view?usp=drive_link)and January PA breaks [here](https://drive.google.com/file/d/1b5wFkRlIPqXpFVHrr7tzBXyWhGqW7Lq5/view?usp=sharing)**.**

**Quick Links**

* [January BHC Staff Email](https://docs.google.com/document/d/1eEAp0kwAaPmLbKF6VQOim2-L2JzqZ-qI/edit)
* [Protein Video](https://youtu.be/d-D8m4cu3yE?si=T41d5CedBdIVRz6i)
* [January PA Breaks](https://drive.google.com/file/d/1b5wFkRlIPqXpFVHrr7tzBXyWhGqW7Lq5/view?usp=sharing)
* [January Newsletters Inserts](https://docs.google.com/document/d/1VF5xgkhQ2nyB2p35S48HmLQyesB8_QXh/edit?usp=sharing&ouid=115900599062316715202&rtpof=true&sd=true)
* [January Healthy Announcements](https://drive.google.com/file/d/1HySF6gxthLueTM3wZS3VqgeNn-mqbpp5/view?usp=sharing)
* **Healthy@home:** [Magic of Mealtime](https://bhcwsu.org/wp-content/uploads/2024/02/Magic-of-Mealtime-1.pdf) highlights the benefits of family mealtimes and [Protein](https://bhcwsu.org/wp-content/uploads/2024/09/BHC-Protein-Sources.pdf) focuses on many ways to get the protein your body needs. If your school would like to post any of our parent tips on social media click [**here**](https://drive.google.com/drive/folders/1bfyJxcmHY8ufic990yiLio2GTLeEQ7Yv?usp=share_link)to download them in Png format.Don’t forget our [Parent Tip Page](https://bhcwsu.org/monthly-parent-tip-sheets/) on the BHC website. This link allows your parents to translate the information into the available language options.