**Healthy Champion Communication-March**

Dear Healthy Champions, Welcome to March with BHC!

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

* Edit and send your staff monthly communication-[here](https://docs.google.com/document/d/1m_B2ji2vz2GFWUA9EO7x66sOLY3ha47Z/edit?usp=drive_link&ouid=115900599062316715202&rtpof=true&sd=true)
* Schedule your monthly check-in with your BHC coordinator and complete your monthly [survey](https://waynestate.az1.qualtrics.com/jfe/form/SV_0JapLQfA4yR7m0S) (DUE MARCH 7th)!
* Promote classroom healthy eating lessons**:** [Healthy Snacks](https://bhcwsu.org/wp-content/uploads/2025/02/Healthy-Snacks.pdf) and [Go, Slow, Whoa.](https://bhcwsu.org/wp-content/uploads/2024/02/Go-Slow-Whoa-Foods.pdf)
* A walking challenge is a fantastic way to model healthy choices to your students and have fun. If you would like to host a [staff step challenge](https://bhcwsu.org/wp-content/uploads/2025/02/StaffStepChallenge.pdf)BHC will provide a $100 Amazon gift card for the winner!
* Spring Break is coming up! Feel free to share with your families the [Spring Break Activities](https://drive.google.com/file/d/1WgNTWRaVRzLOAvuhjlRtubDy57CTB1zX/view?usp=drive_link)!

**Quick Links**

* [Healthy Snacks Video](https://www.youtube.com/watch?v=iu5jOABVJdU)
* [March PA Breaks](https://bhcwsu.org/wp-content/uploads/2023/06/September-9.pdf)
* [March Newsletter Inserts](https://docs.google.com/document/d/1BurmTAWgg-PuXa0TeubMDDoU_qK297or/edit)
* [March Healthy Announcements](https://bhcwsu.org/wp-content/uploads/2023/08/March.pdf)
* **Healthy@home:** [Healthy Snacks](https://drive.google.com/file/d/1iyLs0cG6jDjhRRz383p3lA10fGzIzSL1/view?usp=share_link) &[Celebrate Healthily](https://drive.google.com/file/d/1tWbw6FSsk5RxzMhv4qir61zqybghbzzV/view?usp=share_link). 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.