

Healthy Schoolwide Initiatives

BUILDING HEALTHY COMMUNITIES



Schoolwide health initiatives are excellent ways to meet the needs of students and families, and play an important role in creating a supportive and healthy environment. The BHC program provides support for schoolwide wellness events and challenges that encourage collective action toward healthy environments, including:

- Support for PTA/PTO initiatives, such as family health fairs or family yoga nights.
- Support in forming and maintaining school wellness committees.
- Funding for wellness events and schoolwide challenges to help build a culture of health that extends beyond classrooms. These initiatives foster collaboration among families, staff and community, encouraging lasting engagement and collective action toward health.

PTA/PTO Resources:



Active PTA and PTO organizations can play a valuable role in supporting health promotion efforts by organizing wellness events, promoting healthy fundraising alternatives, and encouraging active family engagement to help create a school culture that prioritizes student and staff well-being. PTA/PTO involvement can also strengthen partnerships with community health resources and support schoolwide wellness initiatives.

- [PTA/PTO Tool Kit](#)
- [Healthy@Home resources](#)
- [Healthy Tips of the Day](#)
- [Plan a Family Physical Activity Night](#)
- [Plan a Family Community Night - Strengthening Connections](#)
- [Healthy Fundraiser Tip Sheet](#)

Support for School Wellness Committees:



School wellness committees can help bring together staff, families, and community members to support healthy school environments through coordinated activities, policies, and programs ensuring students are better prepared to learn, grow, and thrive.

- [School Wellness Committee](#)



Schoolwide Events:



Schoolwide health promotion events raise awareness about key health topics, promote physical activity and nutrition, and strengthen community involvement. They can also boost student engagement, improve overall well-being, and support academic success by helping to create a healthier learning environment.

- [“Wellness Wednesday” Initiative](#)
- [Plan a Family Physical Activity Night](#)
- [Plan a Family Community Night - Strengthening Connections](#)
- [Food Smarts: Reading About Eating and Moving More Event/Challenge](#) - Great for Reading month in March!



Schoolwide Challenges:



Schoolwide student physical activity challenges offer a fun and simple way to encourage students to stay active outside of school hours. Designed to be completed at home over a 30-day period, these challenges keep students moving while involving families in the process. At the end of the challenge, students return their completed and signed forms to school.



To help make student challenges even more exciting, Building Healthy Communities (BHC) can provide several student prize packs, which can be awarded to randomly selected participants from the signed forms returned to school. Please reach out to your school’s BHC coordinator if there is interest in any of the following 30-day challenges.

- [Student 30-Day Mileage Challenge](#)
- [Student 30-Day “Unplug and Play” Challenge](#)
- [Marathon Kids Activity Challenge](#)