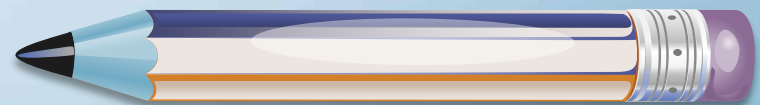




PSI's

***Healthy Choices, Be a
Healthy Hero!***



What is Healthy Choices, Be a Healthy Hero?

PSI's Healthy Choices, Be a Healthy Hero is Back!

Healthy Choices, Be a Healthy Hero is an elementary school wellness program brought to you by PSI, designed to foster and encourage forming healthy habits at a young age! Program points include infection control, hand hygiene as well a positive choices relating to nutrition, activity and sleep.



The Healthy Choices, Be a Healthy Hero Program includes:



- Age-Appropriate Mini Health Education
- Five Health Promoting Behavioral Objectives
- Student Accountability
- Parent involvement if desired
- Positive reward reinforcement and recognition
- Targets the National Health Education Standards for grades K-12.
- Uses a Repetitious Approach
- Focuses on infection control, activity, nutrition and sleep

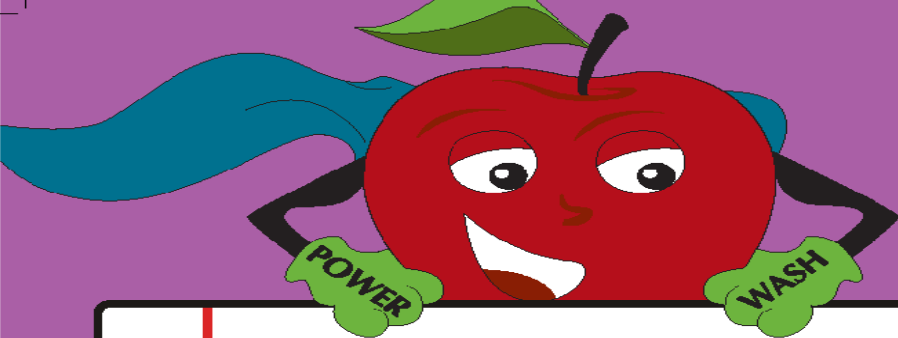
Healthy Choices, Be a Healthy Hero teaches kids to form healthy habits at young ages.

“Children who begin to make healthy choices at a young age are more likely to continue to do so throughout their life.”

“The eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.”


Reviewed by David Hirsch, MD on February 25, 2010





**5 HEALTHY CHOICES
TO BE A HEALTHY HERO!**

- 1 Choose "power" foods
- 2 Be active 60 minutes every day
- 3 Powerwash your hands
- 4 Keep your hands away from your face, cough or sneeze into your sleeve
- 5 Sleep well to be well!

Brought to you by:
 **PSI**
Partners for Success and Innovation
www.psi-solutions.org



CHOOSE POWER FOODS

Foods that help us to perform well in school, play well with our friends and sleep well at night.

Choosing Healthier Snacks



Be Active!

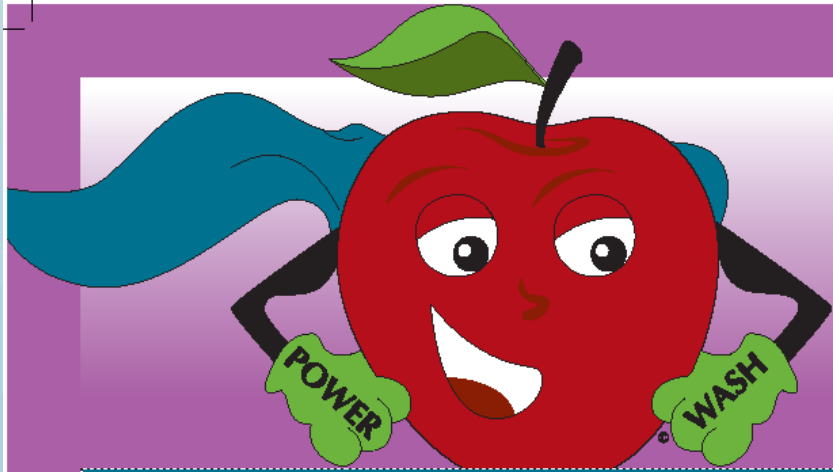
**60 Minutes
Everyday!**



Powerwash Your Hands

Appropriate hand hygiene is the single most important infection control measure.





HEALTHY CHOICES BE A HEALTHY HERO!

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FIVE STEPS TO POWER WASH YOUR HANDS

Step 1:



Palms

Step 2:



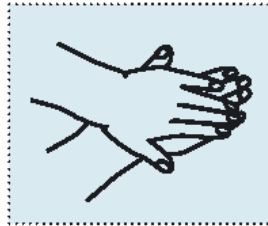
In Between
Fingers

Step 3:



Back of One
Hand

Step 4:



Back of Other
Hand

Step 5:



Repeat!
(Steps 1-4)
Always do it twice!

Don't forget those fingernails!

WITH
POWER!



**Keep your hands AWAY
from your face-
Cough or Sneeze
into your Sleeve!**

Otherwise, we invite GERMS in through
the “doors” on our face.
(Eyes, Ears, Mouth, Nose)



Sleep Well to be Well!

Insufficient sleep among school age children may not only contribute to lower grades and a lack of motivation, but may also increase the odds of serious levels of emotional and behavioral disturbances, including [ADHD](#), according to the 22nd Annual Meeting of the Associated Professional Sleep Societies (APSS).

“If you get your full night’s sleep, it actually gives a person 10 to 20 percent better retention for information,” said Mary Carskadon, Brown University psychology professor. “One way to think about it is that sleep is brain food.”

Read more: <http://www.kansascity.com/2011/10/10/3199602/if-students-dont-snooze-they-lose.html#ixzz1d8H5VFmk>





A Note...

- Students cannot learn if they are not healthy; 74% of parents of school-age children said schools should spend more or the same amount of time teaching quality, standards-based Health education as they do teaching other subjects (Rooney 2011).
- The older a child gets, the harder it is to change poor health habits. Learning about and forming healthier habits at young ages provides many benefits to the student both personally and academically as the child grows, early intervention is crucial.

Be Active!

**60
Minutes
Everyday!**



**Give your students a chance
to be Healthy Heroes!**





Materials Needed:

Provided by PSI:

- Teacher Letter
- Program Poster
- Powerwash Poster
- Teaching Tool Take Home Card
- Signature Card
- Healthy Hero of the Month Certificate
 - (to be printed by you)

*****MUST have principal approval*****





How it Works...

The Healthy Choices, Be a Healthy Hero Program in its original format is an initial 15 minute health education mini-class for all grades participating. After the class students are each given a take-home teaching tool, highlighting what the 5 main points of the program are, that includes a small parent letter to inform parents of the program, this is designed to go on the refrigerator.

How it Works...

- The students also receive a signature card, which is a card that includes the 5 main points of the program, and on the back 6 places for an adult signature.
 - Each time a student is caught making a healthy choice, (learned during the 15 minute mini class), a teacher , clinic staff person or parent may sign the card.
 - When the student receives 6 signatures, they turn the card into the clinic.
 - Upon turn in, the student receives another signature card, to repeat the process.





How it Works...

- The student continues to get their signatures and turn in cards until the end of the month, when Healthy Hero of the Month is drawn from all of the cards that have been turned in.
 - The more cards turned in, the higher the chances of winning Healthy Hero of the Month.

How it Works...

- Healthy Hero of the Month gets a Healthy Hero of the Month Certificate, their picture on a Healthy Choices, Be a Healthy Hero Bulletin Board, and whatever prize the school has set up:
 - Examples: Donated \$5 Toys R Us gift card, a “healthy” party for that student's class, or a "lunch bunch," with you/a favorite teacher and 3 friends they choose, etc.
 - More than one student can be chosen for Healthy Hero of the Month as well.





**TRAININGS
COMING
SOON**

If you are interested in providing this program in your schools please email @
meredithsitko@psi-solutions.org

