

HEALTHY SCHOOL RECOGNIZED CAMPUS AGENT INFORMATION SHEET

What is the Healthy School Recognized Campus designation?

Schools in your area can become a Healthy Recognized School by completing designated health programs of Texas A&M AgriLife Extension Service. Completion of these programs demonstrates the school's commitment to support and encourage healthy lifestyle behaviors for their students, staff, and parents. Schools are asked to complete an intent to participate which indicates which programs are of interest. This intent is shared with agents which allows partnerships to be formed in an effort to create communities of health within counties.

What do schools receive as a Healthy School Recognized Campus?



- Better Health for students and families
- Proclamations made at School Board meeting and/or Commissioners Court meeting
- Healthy School Recognized Campus Banner
- Bragging Rights

Criteria

School Wide Walk Across Texas program that incorporates youth participants on each team and two additional programs (one adult and one youth) from those listed below. Agents may also offer a customized program with prior approval from their RPL.

Youth *(Designated Programs, choose one or more.)*

- Balancing Food & Play
- Choose Health, Food, Fun & Fitness
- Choose Healthy
- Color Me Healthy
- Dinner Tonight Junior
- Learn, Grow, Eat & Go!
- Early Childhood Learn, Grow, Eat & Go!
- Mindful SELF
- Path to the Plate Youth Expo
- Strong Teens, Healthy Schools
- Teen Cuisine
- Texas 4-H Food & Nutrition Learning Experiences
- Other: Must have prior approval

Adult *(Designated Programs, choose one or more.)*

- Cooking Well Program
- Diabetes & Healthy Blood Pressure
- Cooking Well: Exploring Cultures
- Cooking Well with Friends
- Dinner Tonight
- A Fresh Start to a Healthier You!
- Health Talk Express Series
- Maintain No Gain Holiday Series
- Stress Less with Mindfulness
- Step Up Scale Down
- Other: Must have prior approval

Youth and adult program descriptions on next 2 pages.

Program Timeline and Deadline requirements

HSRC Application to CEA*
September 1 - January 1
Program Acceptance from CEA
September 1 - January 1
Programming Timeline
September 1 - May 1
Verification of Program Completion to CEA
May 1
Verification of Program Completion to RPL
May 15
Recognition Event
No later than June 15

**A completed application is REQUIRED by January 1*
***Please allow 2 weeks for banner and/or ribbon delivery*

Program Resources

Public site:
https://texas4h-hsrc.com

Agent resources:
Agent resources on Sharepoint

Program contacts

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YOUTH PROGRAM DESCRIPTIONS

Balancing Food & Play (3rd-5th)
The Balancing Food & Play curriculum was designed to improve knowledge and behaviors related to the following four educational constructs: • snacking on fruits and vegetables, drinking milk with meals and water with snacks, encouraging 60 minutes of physical activity each day, and limiting screen time to two hours or less per day.

Choose Health, Food, Fun & Fitness (3rd-5th)
Curriculum that teaches 8-12 years old students the importance of healthy living through six hands-in, interactive lessons and games.

Choose Healthy (6th-8th) Adaptation/Ohio State
Choose Healthy is a fun, interactive four-session series geared toward middle-school aged kids. The session topics include: MyPlate, Energy Balance (physical activity), Making Nutritious Choices, and Choosing Healthy Drinks.

Color Me Healthy (PK-K)
The Color Me Healthy series consists of nine sessions for preschool aged children. Through music, color, and exploration of the senses, children learn that nutritious foods and physical activity are fun!

Dinner Tonight Junior (K-12th)
Dinner Tonight Junior empowers youth to make healthy decisions through hands-on activities, programs, and cooking demonstrations. Dinner Tonight Junior allows participants to showcase healthy recipes, cooking tips, and physical activity ideas to their families and community.

Learn, Grow, Eat & Go! (3rd-5th)
Created by teachers, this multifaceted garden, nutrition, and physical activities curriculum is evidence-based and academically rich. Through a linear set of hands-on, proven lessons, your students will better understand plants and how plants provide for people's needs. The 10-week (2 lessons/week) unit of study will step your class through process of establishing a thriving garden that is easy to create and maintain. The curriculum features opportunities for fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance.

Early Childhood Learn, Grow, Eat & Go! (PK-K)
Interdisciplinary program approach to academic achievement combining hands-on gardening, nutrition, food experiences, physical activity, and school and family engagement. Learn = 10 weeks of lessons, Grow = build and maintain a garden, Eat = taste nutrient dense food from the garden with easy recipes, Go = physical activity program with breaks.

Mindful SELF (6th-8th)
A mindfulness program for youth in grades 6-8 that focuses on social and emotional learning. Mindfulness is the cultivation of non-judgmental awareness of the present moment. Mindful SELF integrates mindfulness with social and emotional learning concepts from the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework. It is a research-based and theory-driven program designed to build healthy and resilient youth.

Path to the Plate Youth Expo or Classroom Lessons (3rd-12th)
Path to the Plate Youth Expos are events planned and coordinated by county Extension personnel and other partners to expose youth to the world of agriculture and how it impacts everyday life, especially health. Educational stations are set up for students to rotate through. These stations provide education on agriculture production systems, processes, by-products, and health benefits of various crops and animal agriculture commodities.



Strong Teens, Healthy Schools (6th-8th)
A 24-module physical activity, nutrition, and civic engagement program. This program helps students identify and change environments in their school that impact opportunities to be healthy.

Teen Cuisine (6th-12th)
Teen Cuisine is designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change among teens.

Texas 4-H Food & Nutrition Learning Experiences (K-12th)
Through Texas 4-H Foods and Nutrition project opportunities, youth will learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and meal ideas to reduce your risk of disease. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers. Youth may be involved in activities including preparing healthy meals to showcasing their skills in the Food Challenge contest!

Walk Across Texas: Youth (PK-12th)
An 8-week walking program to help youth start moving more and increase their physical activity time preparing for a lifetime habit. Classrooms compete together as a group, combining their miles. Competition can be between classrooms or grade levels to see who walks the most miles, tracking progress weekly.

ADULT PROGRAM DESCRIPTIONS

Cooking Well Program [Diabetes, Healthy Blood Pressure]
A 4 Lesson series targeting those diagnosed with Type 2 diabetes/hypertension to help empower participants in managing their disease to prevent or reduce complications. Each session uses recipe demonstrations to reinforce educational concepts.

Cooking Well: Exploring Cultures
A 4 Lesson journey that looks at some of the common ingredients, recipes, and cooking techniques of Poland, the Philippines, India, and the interior of Mexico. Along with recipes and videos featuring cooking techniques, a short introductory video describing the country's food culture and history is included, revealing how their traditional cuisine came to be.

Cooking Well with Friends
A hands-on program that teaches how to plan, prepare, freeze, and cook healthy meals safely and effectively. Core concepts of the program include basic food safety principles such as cross contamination, safe freezing and thawing recommendations, and minimum internal temperature requirements.





Dinner Tonight
The Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great. It provides recipes and healthy cooking demonstrations featuring cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

A Fresh Start to a Healthier You!
Participants learn how to provide safe, healthy, and economical meals for their families and themselves. A Fresh Start to a Healthier You! includes research-based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management.

Health Talk [Express Series]
A 20 minute or less online health presentation using a persuasive public speaking approach empowering the audience to take action. It is designed to raise awareness about chronic disease prevention. Each talk focuses on a chronic condition and a relevant risk-reducing health behavior.

Maintain No Gain [Holiday Series]
An eight-week wellness challenge designed to encourage healthy eating choices, physical activity, and stress management. The holiday season can be a difficult time to maintain healthy habits. The average person gains 8-10 lbs. during the holiday season – but you don't have to! Make a commitment today to yourself and your health to maintain your current weight throughout the holiday season.

Step Up Scale Down
A 12 week educational program conducted either online, face-to-face or combination. Topics address barriers many have when trying to lose weight: Goal Setting, Reading Nutrition Labels, Meal Planning, Motivation, Socializing, and More!



Stress Less with Mindfulness
Stress Less with Mindfulness is a five class series that introduces participants to the experience and practice of mindfulness to reduce stress.

Walk Across Texas
An 8-week walking program to help people start moving more and establish physical activity as a lifetime habit. Form teams of 8 for a friendly competition at your school with staff and/or parents.Challenge teams to walk the 832 miles it takes to Walk Across Texas!! Solo walkers welcomed to participate, if desired.

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