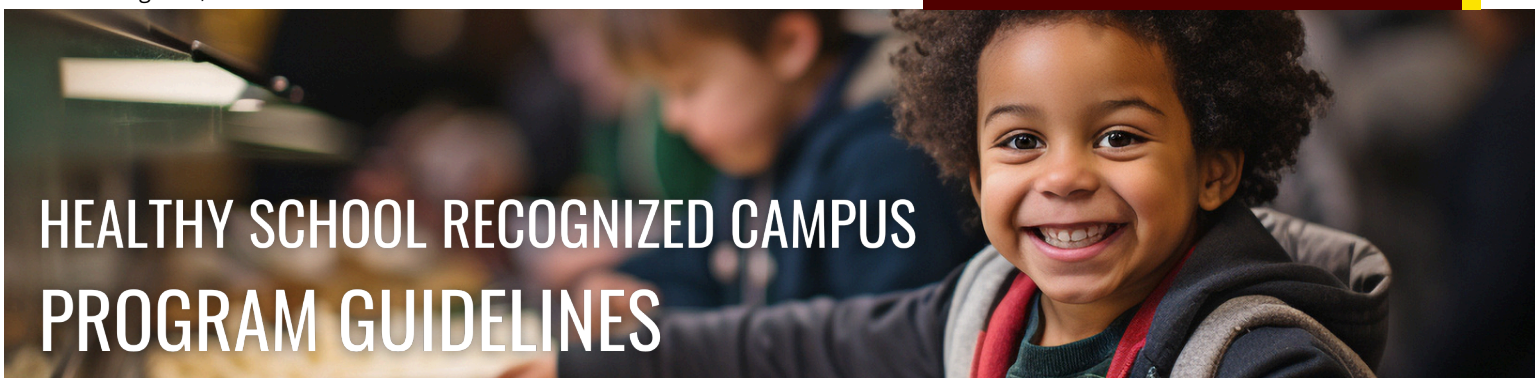


HEALTHY SCHOOL RECOGNIZED CAMPUS PROGRAM GUIDELINES

What is the Healthy School Recognized Campus designation?

Your school can become an AgriLife Healthy School Recognized Campus by meeting certain criteria and participating in Texas A&M AgriLife Extension Service programs. Meeting this criteria demonstrates the school commitment to supporting and encouraging students, staff, and parents to improve through health for a lifetime.

What do you 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 for Healthy School Recognized Campus program:

- Schools must work with the local AgriLife Extension agent to complete all components of a campus/schoolwide 8-week Walk Across Texas program. The campus wide event must incorporate youth participants on each team.
- In addition to the campus/schoolwide Walk Across Texas program, at least two additional programs (one adult and one youth) from those listed on the following pages must be completed.

Program Consideration Timeline:

Application due to CEA | September 1 - January 1
Program Acceptance from CEA | Sept. 1 - Jan. 1
Programming Timeline | Sept. 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

For more info: texas4h-hsrc.com



What is Texas A&M AgriLife Extension?

Texas A&M AgriLife Extension Service is a vast network of Extension offices and professionals that serve all 254 counties in Texas. Texas A&M AgriLife Extension Service strives to provide education to all residents and our educational programs are designed to improve the overall health and wellness of individuals, families, and communities.

What is the mission of Texas A&M AgriLife Extension?

The mission of the Texas A&M AgriLife Extension Service is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. Extension educates Texans in the areas of agriculture, environmental stewardship, youth and adult life skills, human capital and leadership, and community economic development. The agency improves the lives of Texans through an educational process that uses research-based knowledge focused on issues and needs.

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.

TEXAS A&M AGRILIFE EXTENSION

Texas A&M AgriLife Extension Service is an equal opportunity employer and program provider.
Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.