

# HEALTHY SCHOOL RECOGNIZED CAMPUS

Program Guidelines  
*effective October 1, 2021*



TEXAS A&M  
**AGRILIFE**  
EXTENSION



● **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?**

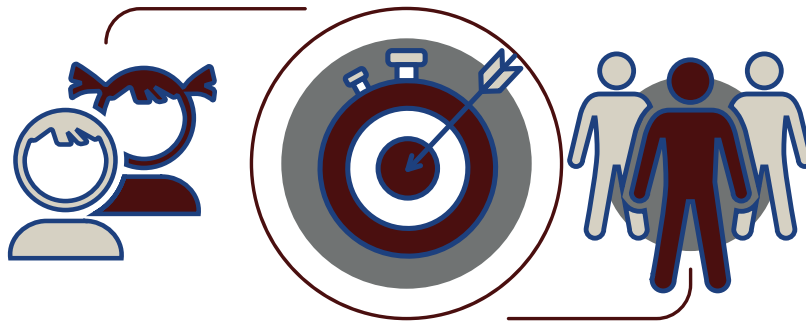
The mission of the Texas A&M AgriLife Extension Service is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. Extension educates Texans in the areas of agriculture, environmental stewardship, youth and adult life skills, human capital and leadership, 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.

● **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:**

+ Schools must work with the local AgriLife Extension agent to complete all components of a campus/schoolwide 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 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 1



# YOUTH PROGRAM DESCRIPTIONS

- **Balancing Food and Play [3rd grade]**

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 grade]**

Curriculum that teaches 8-12 years old students the importance of healthy living through six hands-in, interactive lessons and games.
- **Choose Healthy [middle school]**

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 [1st - 2nd grade]**

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 [all grades]**

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 grade]**

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.
- **Learn Grow Eat & Go: Early Childhood [grade]**

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.
- **Path to the Plate Youth Expo or Classroom Lessons [all grades]**

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.



## 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.
- **Dinner Tonight**

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

A holistic adult-learning series that uses practical experience and information to help change lives and improve health. Participants also gain support and understanding from the instructor and other participants while learning how to provide safe, healthy, and economical meals for their families and themselves. A part of the Better Living for Texans (BLT) program, 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. The Northeast Region Health Talk Express – On the Go “Love Your Heart” series features presentations on stroke prevention, controlling blood pressure, and understanding cholesterol.
- **Maintain No Gain [Holiday Series]**

This eight-week wellness challenge is designed to encourage healthy eating choices, physical activity, and stress management. Excess weight contributes to an increased risk of heart disease, diabetes, hypertension and some cancers. The holiday season can be a difficult time to maintain healthy habits for weight management. 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!
- **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. They can also participate as solo walkers, if desired. Challenge teams to walk the 832 miles it takes to Walk Across Texas!!



- **Teen Cuisine [middle/high school]**  
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 [all grades]**  
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!
- **Texas 4-H Nutrition or Health Focused Spin Club [all grades]**  
4-H Health Spin Club allows kids with common interests to come together in a group that meets for a limited time frame. Spin clubs concentrate on one topic or project and participate in multiple learning experiences. Spin club members join Texas 4-H and become bona fide 4-H members who have the same opportunities as all other 4-H youth in the county and state.
- **Walk Across Texas: Youth [all grades]**  
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 each week.
- **Other AgriLife Extension or 4-H related health, nutrition, & physical activity programs:**