



The Healthy Classroom



Training Teachers to Help Students Learn in a Healthy Classroom Environment

Designed for elementary K-5 classroom teachers, administrators, and teachers' aides, this three-hour interactive, research-based in-service will teach participants how to quickly transform their existing classrooms into *Healthy Classrooms*. In a relaxed environment, participants will learn and practice simple, inexpensive, creative strategies for how to create a **Healthy Classroom** that supports Michigan's model **Local Wellness Policy** and is filled with students (and teachers!) who are fit, healthy and ready to learn.

Training Content

- **Setting up Your Healthy Classroom.** What does a healthy classroom look like? (Posters, bulletin board ideas, children's books with positive food and physical activity messages and more!)
- **Eat Healthy, Keep Moving, and Be Positive: Your Students are Watching.** How teachers are and can be, important role models for good health.
- **Nutrition Education that Leads to Behavior Change.** Building on *MyPyramid*.
- **Move it or Lose It.** How to use physical activity in your classroom to improve student (and teacher) health, enhance academic performance and increase memory retention.
- **Party On (but bring the veggies).** Easy-to-make, nutritious, low-cost treats for classroom parties students (and their parents) will love.
- **Hold that Sucker!** Using non-food rewards for students' good behavior and academic achievement instead of candy and pizza parties.
- **Parents as Partners.** How to work with parents and others to support your **Healthy Classroom**.

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For a summary of the trainer's 20+ years of experience and qualifications send an e-mail to: floodcm@comcast.net

Schedule a Healthy Classroom Training Today.

Contact Chris Flood, M.S., Healthy Classroom Trainer at:

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