We believe that healthy lifestyle education and behaviors should begin at an early age, in an effort to ensure a healthier future for the next generation.

Healthy Schools, Healthy Children is one way AtlantiCare backs our commitment to take you and your school community well into the future. Through our partnership with over 118 schools in Atlantic, Cape May and southern Ocean counties, we assist with the implementation of fitness, nutrition and wellness programming, and make resources available to schools, students and families. Partnered schools agree to take action to address health and wellness within their school community. Research clearly demonstrates a strong correlation between healthy children and positive academic performance levels. As part of your Healthy Schools, Healthy Children partnership you are eligible to receive the following:

**SERVICES, PROGRAMS & INCENTIVES**

- **Steering Committee Meetings**
  Participation in 2 meetings:
  October 2, 2019 & February 28, 2020

- **AtlantiCare’s Healthy Schools, Healthy Children Grant Program**
  Eligibility to apply for an annual grant providing funding to support School Wellness Initiatives or School Garden

- **AtlantiCare’s Healthy Schools, Healthy Children Student Contests**
  Various grade-level contests promoting healthy lifestyles

- **30 Pedometers**
  For students/staff use

- **Mileage Club Kits**
  Provide opportunities for walking during the school day with incentives

- **Pack-A-Snack Kits**
  Promoting healthy snacking (Elementary School) with incentives

- **Monthly Fun Run Student Certificates**
  Encouraging monthly organized physical activities for students

- **Promotional Posters**
  Highlighting nutrition, physical activity & health

- **Healthy Educator Award**
  Nomination forms due March 27, 2020

- **Banner**
  Promoting participation in AtlantiCare Healthy Schools programs

- **Quarterly Newsletters**
  Promoting upcoming events, activities and relevant information

- **1 Student/Classroom Presentation**
  Refer to presentation list

- **1 Parent/Family Workshop**
  Refer to presentation list

- **1 Staff Presentation**
  Refer to presentation list

- **Healthy Cooking/Food Preparation Demonstration**
  One (1) per school community (limited to audience of <50 or funding up to $150 if school provides chef)

- **Invitation to Healthy Schools, Healthy Children professional development/workshops**
  Check quarterly newsletter and website

- ****NEW 2019-2020 Staff Wellness Programming by AtlantiCare**
  AtlantiCare hosted 3 month wellness program, incentives and resources

- **School Nurse Communication Pads & Asthma Education Materials**
  Resources and information for School Nurses & families

For more information and/or to request services please contact us at:

**Email address:** healthyschools@atlanticare.org
**Website:** www.atlanticare.org/healthyschools

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