

# Services, Programs, and Incentives

\*indicates 1 per school per year

**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 an initiative that demonstrates AtlantiCare's commitment to building a healthier community through our partnership with over 120 schools in Southern New Jersey. We assist in the planning and implementation of fitness, nutrition and resiliency programming, for students, staff, and families. Our partner schools agree to take action to address health and wellness within their whole school community.

As part of your Healthy Schools, Healthy Children partnership you are eligible to receive the following:

## Banner\*

- ☐ Promoting participation in AtlantiCare Healthy Schools programs

## Text Alerts & Seasonal Newsletters

- ☐ Sign up to receive program updates via text message to keep you and your school connected

## Steering Committee Meetings (Fall & Spring)

- ☐ Opportunity to learn about programs, provide feedback and collaborate with other partner schools

## Health & P.E. Workshop w/NJAPHERD

- ☐ K-12 Health & P.E. teachers come to learn new activities to keep students active and mastering content.

## Staff Professional Development\*

- ☐ Invite us to your next PD day and choose from a variety of topics/activities to engage staff.

## School Nurse Perks

- ☐ Notepads, asthma education, naran holder boxes, continuing education webinars

## Staff Wellness Challenges

- ☐ Programs to engage school staff in improving their own wellness, and staff morale overall

## 30 Pedometers\*

- ☐ For students/staff use with a wellness initiative or for promoting daily physical activity

## Fit Kids/Fit Families\*

- ☐ In-person physical activity program to encourage kids and families to lead an active lifestyle

## Healthy Schools, Healthy Children Grant Funding\*

- ☐ Eligibility to apply for an annual grant to provide support for new or continuing school wellness initiatives

## Turn Your School Wellness Into Wealth (TYSWIW)

- ☐ Points-based incentive program to earn cash funds for your school wellness initiatives

## Stipend Request\*

- ☐ Incentive program to earn additional cash funds for your school projects

## AtlantiCare LifeCenter Field Trips\*

- ☐ High school students can visit our LifeCenter to take a tour, engage in discussions, and participate in exercise classes.

## Chefs in the Classroom\*

- ☐ Our chef will visit your school for an in-person healthy cooking demonstration and tasting

## Student Contests

- ☐ Engage students in health & wellness topics and earn prizes to continue school wellness initiatives

## Student Wellness Programs

- ☐ Walking challenges, monthly fun runs, mileage club, pack-a-snack kits, mindfulness kits, and more

## Wellness Team Resources

- ☐ Resources and ideas for creating a special team to support, develop, and collaborate on wellness initiatives

## 3 Presentations\*

- ☐ We recommend 1 staff, 1 student, and 1 family Refer to presentation list to chose topics

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

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www.atlanticare.org/healthyschools



Stay up to date with the latest Healthy Schools news!

To subscribe for text message alerts, text HEALTHY to 79455

\*Msg & Data rates may apply

