

**FIZIKA PARTNER**



## ***Build On the Power of Positive Energy!***

As a principal, you can have a powerful impact on the health and fitness students in your school. Reinforce the positive nutrition and physical activity messages students hear from their PE and classroom teachers, to create a school-wide environment of health promotion.



### **COPY-READY MESSAGES**

Materials include school-wide announcements and website or newsletter articles that convey health promotion messages and program updates to parents. Copy is easily adaptable to specific school context and issues.

### **SCHOOL BOARD PRESENTATION**

*Building Leadership* guides provided to principals include “assembly kits” to aid in planning, as well as a template for presentations to the board of education.

### **COMPONENT OF PE-NUT PROGRAM**

Building Leadership is one component of an overall Coordinated School Health approach called PE-Nut. See reverse for PE-Nut description and content.



**"The principal enjoys talking about nutrition, healthy eating and the power behind it in daily announcements."**

**Ask us** how to customize a package tailored to your needs and budget.

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## PE-NUT

**PE-Nut strategies keep nutrition and physical activity messages simple and developmentally appropriate, with core themes reinforced throughout the school environment.**



Students, parents, and educators can all be motivated to make improvements in health behaviors in a school environment that presents **simple, consistent, and ubiquitous nutrition and physical activity messages**. In PE-Nut, physical educators, classroom teachers and principals work together to improve nutrition and physical activity in K-5 school settings.

It's not enough to merely increase students' (and teachers') knowledge about healthy choices. Changes must be made to the environment to support and reinforce these choices. PE-Nut utilizes materials that not only improve students ability to identify healthy alternatives to less healthy foods and activities, but also empower students, teachers and administrators to **change the school environment to facilitate ongoing change**.

### PE-Nut Strategies include:

- Standards-based physical education incorporating nutrition messages. —————>



- Nutrition messages incorporated into curriculum. —————>



- Classroom activity breaks centered around health messages. —————>



- Daily principal announcements, ideas for school-wide events and assemblies, and BOE presentations. —————>



- Take-home materials to connect with parents. —————>



**EPEC is an easy-to-use, award-winning physical education curriculum aligned with NASPE standards. EPEC teaches students the knowledge and skills and fosters the competence and confidence they need to enjoy physical activity for a lifetime.**