

School Announcements

Each time you do an announcement, it counts as a Healthy Activity for your school's project, so take pictures of them being read on the PA system and upload them to your school's project profile.



POWERED BY IT'S TIME TEXAS

Protocol for use:

- » You can only use each announcement **1 time** for Healthy Activity credit.
- » Begin each announcement by saying, "Today's IT'S TIME TEXAS message is from the (insert "Move your Body", "Fuel for Strength", "Serve your Community", or "Commit your Energy" here) category..."
- » Read one of the announcement messages below.
- » Finish each announcement reminding the students and staff to tell their families and friends about the school's project on www.GrowingHealthySchools.org.

Move Your Body

One hour. Sixty minutes. Three Thousand and Six Hundred Seconds. IT'S TIME to Move.

Run. Hop. Skip. Jump. Fly. Twist. Swim. Dance. Play. Kick. Throw. Swing. Catch. Build. Balance. Dive. Ride. Dribble. Block. Volley. Pass. Serve. Spike. Flip. Skate. How do you move?

Show your support for health. Move your body your way – everyday.

There are one thousand, four hundred, and forty minutes in a day. Be active for at least sixty.

Play because you love the game, the time with your friends, and being part of the team.

Being active can help you do better at school. Move your body. Power your mind.

You don't need to be on a team or to have equipment to move. Create a new way to play.

IT'S TIME TEXAS is a statewide, grassroots cause dedicated to making healthy easier.

Founding Allies:



School Announcements



Fuel for Strength

Know better food when you see it. Learn how to read the label.

Eating healthy food gives you energy and powers your mind. IT'S TIME to eat smarter.

Just five fruits and vegetables a day can help give you the energy you need to succeed at school. Strive for five.

Good nutrition is a way to help you grow smart. Feed your body. Fuel your mind.

Eat better to play harder, think clearer, and be stronger. Food is fuel.

Healthy food keeps the body lean and strong. Snack on fruit, almonds, and water for strength.

Serve Your Community

Care about your family and friends. Share what you know about eating well, being active, and what it means to be healthy.

You are an important part of your community. Volunteer to help others make healthy choices.

Speak up about ways you think others can help you be healthy. Your voice can help make eating well, quitting smoking, and being active the easy choice.

Many healthy foods grow from the ground. Plant a garden with your family and watch how easy it is to grow healthy.

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Commit Your Energy

Commit to being part of positive changes, to cleaning up your neighborhood, and to giving back to your community for life.

Making a commitment to yourself about being healthy can help you achieve your goals in school or sports. Commit to move, fuel, and serve.

The choices you make now will shape who you are for life. Commit to finding ways for you to be the best and healthiest you.

Commit to saving energy, to recycling, to putting an end to smoking, and to helping others make smart and healthy choices. Help make the healthy way the only way.

Practice Healthy Habits

Make sure you're getting the most out of your studies!

The best way to learn your study materials is to focus really closely for thirty minutes; then take a short break.

By standing and stretching, performing exercises, or re-filling your water bottle.

This energizes your brain and allows what you've learned to sink in.

Challenge yourself to do at least one energizer. If you need help, ask your parents while at home or your teachers at school.

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