

Project Kickoff Assembly

This document is meant to help integrate a brief kickoff for a school health project. It can be used in any assembly or large group setting. Examples include, but are not limited to, an existing school-wide assembly, students in the cafeteria before school, or students about to enter the school after recess.



POWERED BY IT'S TIME TEXAS

The Growing Healthy Schools Kickoff Assembly has 4 brief components; an intro, a project overview, "IT'S TIME" shout-out, and a call to action. The sections below that are in "**quotations**" can be read exactly as written, or modified to better fit your school. The sections that are in **italics** are instructions for you.

Intro (1 minute)

"Each one of you has the power to create a healthy life for yourself, your family, and your friends. IT'S TIME for you to show your family and friends how to live a healthy lifestyle. To help you do that, we want to make our school as healthy as we can."

Project Overview (3 minutes)

In 3-4 sentences, describe your proposed Growing Healthy Schools project. Make sure to include:

- » *How it is going to help make the school healthier*
- » *That they can help make it happen*

IT'S TIME Chant (1 minute)

"I want to practice a shout-out that shows how excited we are about making our school healthier. When I say "IT'S", you all say "TIME!" Let's try a few right now... "IT'S!"... "IT'S!"... "IT'S!"... "IT'S!" Great job everyone!"

Call to Action (1 minute)

"Our project is on a website called Growing Healthy Schools. When you get home, tell your family to look at:"

You can send them directly to the Growing Healthy Schools (www.growinghealthyschools.org) website or to your school website with a direct link to the Growing Healthy Schools website.

"Let your family know how excited you are about the project that will make our school healthier and ask them to tell all their friends and other family members to check it out too!"

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

Founding Allies:

