

2nd Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
10/11/16 - 12/16/2016	Week:	Focus:	Resources:		
Try It Tuesdays	1	<ul style="list-style-type: none"> Try staying away from tobacco, alcohol & other drugs (Red Ribbon) 	https://www.youtube.com/watch?v=yEpF4Q_FaqQ https://www.youtube.com/watch?v=CH3uAGPqt-k https://www.youtube.com/watch?v=9OK6_OdWxTA	K-1 https://www.youtube.com/watch?v=wQkvA4o60xE https://www.youtube.com/watch?v=CH3uAGPqt-k https://www.youtube.com/watch?v=9lh4tBBIPTc	
	2	<ul style="list-style-type: none"> Try to encourage positive peer pressure & stand up to the negative 	2-4 https://www.youtube.com/watch?v=RN24rtdAhxY song https://www.youtube.com/watch?v=gzBD9IFyf_A 3-4 https://www.youtube.com/watch?v=eqK3aBqLi_Y	song https://www.youtube.com/watch?v=xAnqME7VGCe 3-4 https://www.youtube.com/watch?v=H7w7yXkJTu0 https://www.youtube.com/watch?v=AKNI0tJQCAg	
	3	<ul style="list-style-type: none"> Go, Slow & Whoa Food Try My Plate Balanced Diet 	http://www.youtube.com/watch?v=l5gPGO369eo https://www.youtube.com/watch?v=4X2cl7ULunl&index= http://www.youtube.com/watch?v=Ebm04EO91_U http://www.youtube.com/watch?v=Zs41YsQeGKl	https://www.youtube.com/watch?v=NbEeaBULvys https://www.youtube.com/watch?v=LulqvrJdlvU&list=P https://www.youtube.com/watch?v=NjwuzOCuM24 https://www.youtube.com/watch?v=YimuldEZSNY	
	4	<ul style="list-style-type: none"> Try Portion Sizing Try eating a healthy breakfast every morning 	https://www.youtube.com/watch?v=VRsln68kQa4 https://www.youtube.com/watch?v=A2mYHUbcEm8 https://www.youtube.com/watch?v=ry1E1uzPSU0	https://www.youtube.com/watch?v=VRsln68kQa4 http://www.youtube.com/watch?v=85x-Mp_d6eU https://www.youtube.com/watch?v=LPqvODHZt_c	
	5	<ul style="list-style-type: none"> Try to switch to low fat or fat free milk 	http://www.youtube.com/watch?v=dhxTulaGmDA K-2 https://www.youtube.com/watch?v=MGw1CuJNzvk	https://www.youtube.com/watch?v=Z7K1Q00b1Fg https://www.youtube.com/watch?v=qyVUbP4tDNA	
	6	<ul style="list-style-type: none"> Halt the Salt - try choosing foods lower in sodium 	http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=2689 https://www.youtube.com/watch?v=NrPflRkGtbw faculty https://www.youtube.com/watch?v=7HVp5Sw9NTo	3-4 https://www.youtube.com/watch?v=yoaZQz4yoo	
	7	<ul style="list-style-type: none"> Eat as a family - try 3-4 meals per week. 	http://www.youtube.com/watch?v=0trcxg-X_E faculty https://www.youtube.com/watch?v=HUqv5MDF0cC	https://www.youtube.com/watch?v=N4xFuqdgpvA https://www.youtube.com/watch?v=F99-Vs0gCHU	
	8	<ul style="list-style-type: none"> Try Problem Solving and goal setting for a healthy life style 	https://www.youtube.com/watch?v=l-qLqV9f4o https://www.youtube.com/watch?v=LbvKJVRm50Q 3-4 https://www.youtube.com/watch?v=8cCiqbSJ9fg	https://www.youtube.com/watch?v=5eI5JvTGzAI https://www.youtube.com/watch?v=SgcUc4QiMsE https://www.youtube.com/watch?v=hS5CfP8n_is	
	9	<ul style="list-style-type: none"> Try to understand your body systems and learn how to keep them healthy 	https://www.youtube.com/watch?v=VwrsL-ICZYo https://www.youtube.com/watch?v=2_7Q1xQ-NWU https://www.youtube.com/watch?v=f_F5UwdPOc	https://www.youtube.com/watch?v=24IYt5Z3eC4 https://www.youtube.com/watch?v=syaQgmxb5i0 https://www.youtube.com/watch?v=0hwOL91cjwM	

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

Cup Stacking, Turkey Trot, Ice Skating in the gym

Red Ribbon Week; Walk 4 Sight

Farm Fresh Fridays

Red Ribbon Week (Oct.)

Try It Tuesdays (Nov. 29-Dec.10) (Focus - Nutrition)