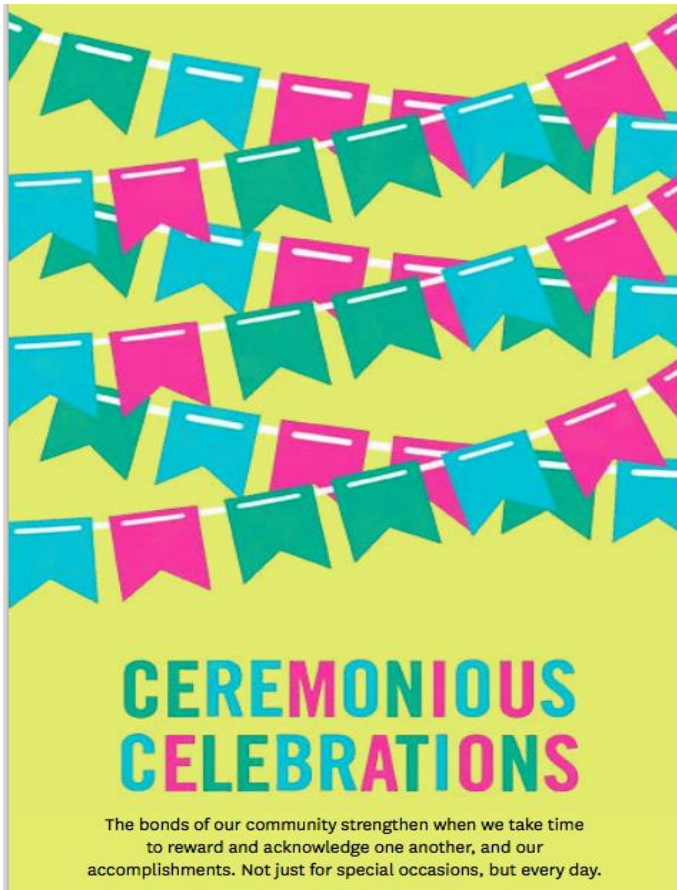


# HEALTHY ACTIVE YOUTH OCTOBER PRACTICE:

## *CEREMONIOUS CELEBRATIONS learning more about be*



### WELL CELEBRATIONS

Each after school program should feel empowered to co-create their own traditions and uphold the wellness policy in a way that best celebrates the diversity of their community.

#### CELEBRATIONS

- ✓ Physical activities
- ✓ Games
- ✓ Birthday recognition at assemblies
- ✓ Fruit cups
- ✓ Fruit yogurt parfaits
- ✓ Smoothies
- ✓ Vegetables and dips
- ✓ Whole wheat pizza

For more about the District's new Wellness Policy- **be well. do well.**

<http://www.sfusd.edu/en/nutrition-school-meals/policies-and-standards/official-wellness-policy.html>

## HEALTHY ACTIVE YOUTH: CONNECTING TO THE QAP



Is a **HEALTHY HALLOWEEN Celebration** an oxymoron? Or can we continue to create healthy environments for youth, even at Halloween? If you are planning a Halloween Celebration at your site that promotes healthy choices, share it on the HUB, it might just be the idea that INSPIRES! **Healthy Halloween Ideas:**

<http://healthiersfexcel.org/documents-and-resources/>  
[http://www.healthiersf.org/News/HealthAwarenessMonths/wads/15-16Halloween%20WAD%20\(002\).pdf](http://www.healthiersf.org/News/HealthAwarenessMonths/wads/15-16Halloween%20WAD%20(002).pdf)

### HOW TO MAKE IT ACTIVE: ZOMBIE TAG!

Google "Zombie Tag" and more ideas than you will know what to do with will pop up, making the coming up with the activity easy. It's the planning and execution that makes your ZOMBIE TAG come to life (no pun intended).

- ✓ Brainstorm with staff and students Zombie Tag ideas

This offers opportunity for input, by-in and creativity.

- ✓ Plan the logistics

The devil is in the details. Make sure everyone knows the plan and the role they plan in it's execution and that a plan b exist- it could rain that day?

- ✓ Create buzz

Channel your inner Steve Jobs, it's all about the marketing. #Zombietag

Zombie Tag Ideas: