

Teacher Wellness Pledge

In order to become a health promoting school, we need to come together as a staff to serve as healthy role models and provide healthy food and physical activity opportunities to all students.

Help our school align with our district's wellness policy and become recognized as a health promoting school by pledging to provide a healthy classroom environment for your students.

I, (your name) _____, pledge to provide a healthy classroom environment for all of my students.

I will not use food as a reward for good behavior or academic performance.

I will strive to focus on fun rather than food for classroom celebrations such as Halloween and Valentine's Day. In the event that we have food for celebrations, all food provided will be healthy.

I will strive to plan creative and active celebrations such as a class kickball game, dance party, or _____.

I will provide my students with a 10 minutes of classroom movement each day.

I will integrate nutrition education into my curricula to promote a healthy lifestyle in subjects such as _____.

Signature: _____

Date: _____

