When schools are healthier, kids do better. Here's how it works:

Kids spend 40% of their waking hours in school. Much of that time is spent sitting and focusing. That's hard for anyone, but especially kids.

Some schools focus on student health through physical activity and nutrition. Most kids don't get the activity or nutrition needed to do their best.

Healthier foods and physical activity engage the brain differently than sitting and eating junk food do. The benefits are endless. Healthier kids have:

- Better focus
- Fewer disciplinary problems
- Better test scores

Healthier kids have better academic outcomes. It's that simple.
What can I do as a parent?

- Advocate for more recess and PE time.
- Support active recess tools like Playworks.
- Ask your teachers what equipment they need.

- Support healthy school meals and snacks.
- Use rewards and celebrations that don't include unhealthy food options.
- Advocate for breakfast in the classroom.

Support your school in using:

- Energizers
- The Walking Classroom
- School Gardens
- Outdoor learning environments

Your fundraising footprint matters. Unhealthy food-based fundraisers are bad for your students and your community. Limit fundraisers and use non-food based options.

Health is Academic.