

# Healthy Schools-It's a Team Effort



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**October 13, 2016**  
**8:00 a.m. - 12:00 p.m.**

**Rutgers Cooperative Extension**  
Office of Government Services  
1200 N. Delsea Dr., Building A  
Clayton, NJ 08312  
\$25

Learn how healthy eating and physical activity support academic success, and get tips on low-/no-cost strategies to enhance wellness at your school.

This interactive workshop will inspire teachers with new ideas you can implement in the classroom.

All participating schools will receive a school wellness toolkit, including Team Nutrition resources.



## The Perfect Half-Day Training for Your School Wellness Team

Teachers will be able to summarize the purpose of the wellness policy and key goals; they will be able to integrate nutrition and physical activity into the classroom setting and understand the benefit of short physical activity breaks on attention and learning readiness; and they will be able to identify school wellness implementation strategies to improve their school's wellness environment.

*The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.*

Register Me for the *Healthy Schools...* workshop. Enclosed is a check for \$10.00, made payable to Rutgers the State of NJ/FCHS Teacher Institute.

Name: \_\_\_\_\_

School: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Mail registration to:**  
**Rutgers Cooperative Extension**  
**Attn: FCHS**  
**1200 North Delsea Dr.**  
**Building A, Suite 5**  
**Clayton, NJ 08312**  
**856-307-6450, ext. 2**

**A Grow Healthy Teacher Institute Program**  
**Presented by FCHS, Rutgers Cooperative Extension**  
**[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)**

