

About BeHealthy School Kids Program

The BeHealthy School Kids Program is a nutrition and physical education program targeting Pre K through 5th grade students at all Winston-Salem / Forsyth County Elementary Schools.

At each school, we strive to reach students, staff, faculty, and parents through bulletin boards, morning announcements, quarterly newsletters, grade-level presentations, PTA, workshops and/or special events.

A Public Health Educator collaborates with principals, teachers, students, and parents, to support healthier lifestyle choices through individual change and environmental policies.



Our mission: Is to encourage families to make healthier daily lifestyles choices. We teach persons how to take charge of their health by presenting and discussing the importance of healthy eating habits and engaging in physical activity on a regular basis.



Forsyth County
Department of Public Health

Promoting Health, Improving Lives

BeHealthy School Kids Program Contact Information:

Jasmine McNeill, MPH-N, CHES
BeHealthy School Kids
Coordinator
336-703-3217
mcneilj2@forsyth.cc

Allison Gollon, BS
2014 Public Health Associate
336-703-3147
gollona2@forsyth.cc



BEHEALTHY
SCHOOL KIDS

Nutrition & Physical Activity Education Program

Winston-Salem Forsyth

**Forsyth County Department
of Public Health
799 N. Highland Ave.
Winston-Salem, NC 27102**



Visit Our Page Here:

[http://www.co.forsyth.nc.us/publichealth/
behealthy_school_kids](http://www.co.forsyth.nc.us/publichealth/behealthy_school_kids)

**2016-2017
BeHealthy
Campaign:**

"All About Fruits and Vegetables"

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**BeHealthy School Kids
Key Messages:**

- Make half of your plate fruits and vegetables
 - Make half of your grains whole grains
 - Consume low-fat dairy products
 - Drink lots of water
 - Choose a variety of lean protein/meat
 - Be physically active 1 hour every day
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The BeHealthy School Kids Program uses the OrganWise Guys curriculum along with USDA's MyPlate materials to teach and share our key messages.

OrganWise Guys Rules:

- Eat low-fat foods
- Eat high-fiber foods
- Drink lots of water
- Get plenty of exercise

The OrganWise Guys, Inc.



The OrganWise Guys

- Hardy Heart
- Windy the Lungs
- Luigi the Liver
- Madame Muscle
- Sir Rebrum the Brain
- Calci M. Bone
- Peter the Pancreas
- Pepto the Stomach
- Peri Stolic the Intestines
- Sid & Kid the Kidney Brothers

Volunteer Opportunities:

Throughout the school year, quarterly newsletters, MyPlate guides, worksheets, and incentives are distributed to 25,000+ students at all of our schools.

In addition, the BeHealthy School Kids Program co-sponsors Family Fitness Nights to encourage students along with their families to have fun engaging in physical activity together. Fitness classes and exercise stations/activities are set up for families to participate in.



Volunteers are needed to assist the Public Health Educator in the following capacities:

Office Volunteers

Help count out & bundle worksheets, newsletters, incentives, etc. for school delivery. Volunteers can complete hours weekly or monthly.

Fitness Night Volunteers

Will help coordinate and supervise fitness activity stations for families. These nights are usually 1.5 hours-2hours in length and full of fun!