

Principal:

School:

**May and June’s Healthy Habits Campaign Message is:
“Have integrity! Be the healthiest you can be!”**

Having integrity means being the best you can be in terms of your thoughts and actions toward other people and in how you treat yourself. As we transition toward summer break, it’s important that we continue to think about our health and make choices that will keep us feeling our best!

Turn this page over to find ideas for including messages about integrity and health in your daily announcements.

The main points to focus on for May and June are:

- If you have integrity with your health, it means you are taking care of yourself in every possible way, so that you can be the healthiest you can be.
- You’ve learned about a lot of ways to be healthy this school year, from eating fruits and vegetables to washing your hands. To be the healthiest you can be, you will have to put together everything you’ve learned over the year to make healthy choices.

For more information on how to promote health with your students:

- www.kidshealth.org is a great source for general health information, written for a young audience.

Morning/Afternoon Announcements Ideas

Use these announcements throughout the month to call attention to May and June's healthy habit. Use the messages below or ask your students to write some for you!

- This month we are learning how to have integrity when it comes to our health. If you have integrity with your health, it means you are taking care of yourself in every possible way, so that you can be as healthy as possible.
- What if you always ate really healthy foods, but never exercised or brushed your teeth? Would you feel good and be healthy? Probably not. This is a good example of why it's important to have integrity with your health and take care of yourself not just in one way, but in every way.
- One of the meanings of the word integrity is to be whole and in perfect condition. While we can't be perfect, in order for our bodies to be in good condition, we need to make healthy choices about lots of things, like eating, exercise, keeping our teeth clean, and staying away from drugs.
- In order to be your best, it's important that you feel your best. Eating healthy, being active, being a good friend and taking care of yourself in other ways will help you feel great and be the person you want to be!
- Sometimes people pay less attention to their health when they are feeling stressed. Practicing healthy habits can actually help you feel less stressed and get past challenges.
- Do healthy habits stop over summer vacation? No! Summer is a great time to work on being the healthiest you can be, with free time for exercise and playing with friends.