



HEALTH AND WELLNESS POWERED
SCHOOLS AND AFTERSCHOOLS

ENGAGING STUDENTS IN THE SUMMER CAMPAIGN





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post this materials throughout your site to raise awareness for the topics shared.

This quarter (July- September) our focus is the topic: How to Engage Students In the Summer. The toolkit will focus on how to support students' mental, emotional, and physical wellbeing during the summer.

During the school year, students face a multitude of challenges that can significantly impact their mental, physical, and emotional health. Engaging in activities during the summertime can lead to personal growth, increased self-esteem, and a sense of accomplishment. The freedom to choose and explore different interests can also foster creativity and independence, further contributing to their successes.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



ENGAGING STUDENTS IN THE SUMMER

Mentally



- Practice breathing exercises
- Engage in yoga exercises
- Create a sensory jar
- Volunteer in your community
- Engage in a mindfulness coloring activity
- Spend time gardening

Physically



- Visit the local park
- Stage a scavenger hunt
- Implement "active" technology
- Register for swim classes
- Learn a new dance/tik tok trend
- Learn how to make healthy snacks at home
- Join a summer program and/or camp

Students can experience learning loss when they do not engage in mental, physical, and emotional activities during the summer months.



Emotionally



- I am kind*
- Create an Acts of Kindness calendar
 - Recite daily positive affirmations
 - Play 'emotions' charades

- Journal your daily thoughts
- Conduct a body scan
- Reflect using 'Rose, Thorn & Bud' activity

I can do this



WHAT ARE THE POTENTIAL BENEFITS?



Students who engage in physical activity are more likely to..

Actively engage in school activities

Add to positive school culture

Have decreased stress, anxiety and negative thinking

Have supportive and caring connections with adults and young people



Have improved attention and memory

Build brain power through exercise

Improve their mood and self-esteem



Have a reduced risk for chronic diseases (i.e. type II diabetes & obesity)

Reduce aggression, depression and feelings of isolation



ENGAGING STUDENTS IN THE SUMMER

AT YOUR SITE



Strategies to Support Families During the Summer Months

SHARE RECREATIONAL CENTERS LOCATED IN YOUR DISTRICT THAT SUPPORTS CHILDREN'S HEALTH AND WELLNESS

COMMUNITY GARDENS SO WE CAN ENCOURAGE ALL YEAR ACCESS TO SUPPORT FAMILIES

JOIN COALITIONS IN YOUR TOWN THAT SUPPORT FAMILIES AND CHILDREN ALL YEAR ROUND

SHARE OUT SUMMER FEEDING PROGRAM UPDATES TO SUPPORT HEALTHY EATING DURING THE SUMMER

USE THE SCHOOL'S WEBSITE TO SHARE OUT SUMMER/SEASONAL RECIPES



If you're an active pse site: maintain/implement the goals/changes discussed this year!



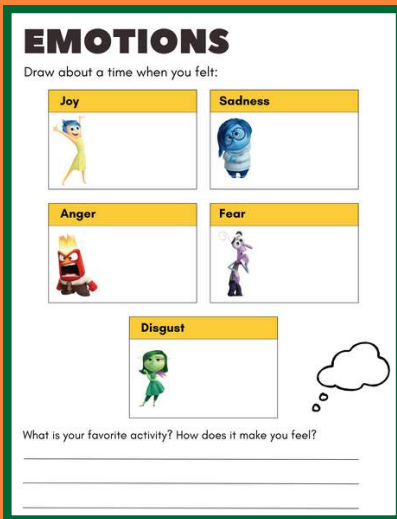
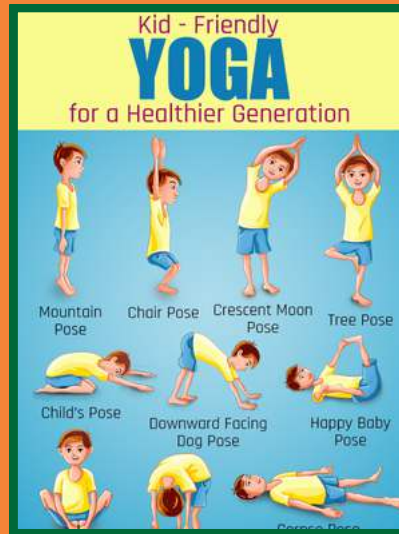
EXAMPLES OF SITES THAT HAVE DONE IT



Keansburg Caruso capitalized on PE in summer school and made our DE focus of exercise and eating healthy.



Activities, Handouts & Flyers

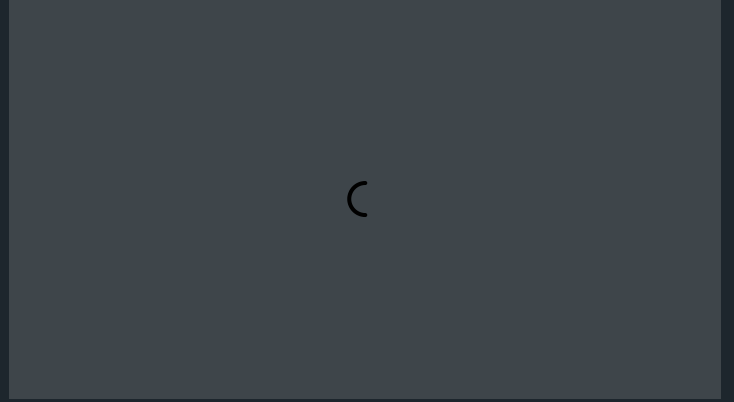


Click on the images to download and print them to share with your organization, partners, and neighbors!

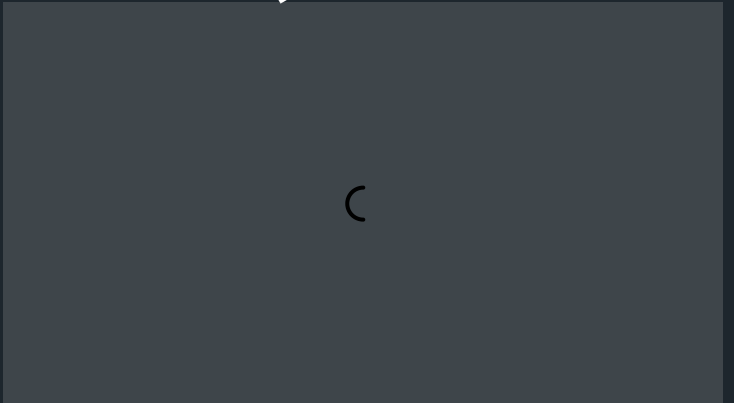
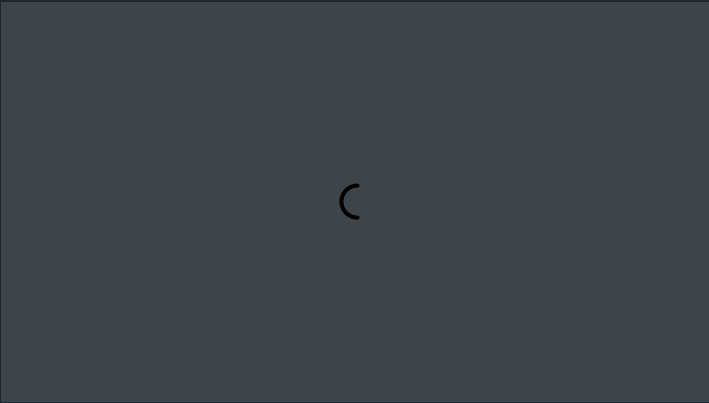


Video Resources

Mentally



Physically



Emotionally

