



## PROMOTING GOOD NUTRITION IN SCHOOLS

Take a look around your school building or campus. How does your school promote good nutrition?

Nutrition promotion should happen in multiple settings throughout the school campus. Reinforce nutrition messages to students by using these strategies from [Action For Healthy Kids](#):

- Hang posters in classrooms, hallways, the office and the cafeteria that promote healthy eating. Get approval from your school administration to ensure posters will not be removed
- If your school does not have a school newsletter, create a wellness-focused one to promote healthy eating and physical activity to families
- Share short nutrition and physical activity tips during the [morning announcements](#)
- Plan a fun and interactive family event around nutrition promotion. Take advantage of events like parent-teacher conferences, when you have a built-in audience, to provide healthy snacks and nutrition tips
- Plan a [health and wellness fair](#) to bring in community partners to provide nutrition resources
- Promote a healthy topic each month on a healthy bulletin board in the main office
- [Spruce up your cafeteria](#) with murals, artwork, posters and table tents to promote good nutrition during breakfast and lunch.



Read tips and check out more resources at [www.capta.org/promoting-good-nutrition](http://www.capta.org/promoting-good-nutrition).

## YOUTH MENTAL HEALTH AWARENESS

Mental health affects the way our children think, feel, relate to others and behave. Like physical health, mental health can and does evolve throughout life.

Symptoms of mental health conditions are often invisible and can be easy to miss. It may be difficult to distinguish age-appropriate thoughts, feelings and behaviors from those that may be signs for concern and warrant professional intervention.

Emotions or behaviors that are more intense, frequent or longer lasting than most other children your child's age and that are causing difficulties in their daily functioning may be signs for concern and might warrant a discussion with your pediatrician or a mental health professional.

Teach your children that mental health is as important as physical health by modeling that there is nothing wrong with seeking help when there are signs for concern. The earlier you intervene, the more likely your child can receive the help they need and prevent a larger issue down the road.

For more information on healthy developmental markers in children and youth and signs for concern, visit [www.capta.org/youth-mental-health-awareness](http://www.capta.org/youth-mental-health-awareness).



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