

Healthy Schools

1. Governor signed law in May, making Maryland the third U.S. state to require green cleaning in schools – cleaning chemicals purchased for all Maryland public schools must be “green” certified starting in October 2009.
http://healthyschoolscampaign.typepad.com/healthy_schools_campaign/2009/06/highfive-s-maryland-green-cleaning-in-schools-now-required.html
2. 15 Healthy Foods to Pack in a School Lunch -
<http://www.medicinenet.com/script/main/art.asp?articlekey=52713>
3. The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions – Education Packet http://www.fns.usda.gov/tn/Resources/power_of_choice.html
4. We Can! NIH program to enhance children’s activity and nutrition -
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-wecan/resources_parents.htm
5. Packing Healthy School Lunches – article on how to revamp packed lunches to make them more healthy, healthy substitutes
http://kidshealth.org/parent/nutrition_fit/nutrition/lunch.html#
6. CDC website for Healthy Youth! Strategies to promote health in the schools <http://www.cdc.gov/HealthyYouth/>
 - a. Benefits of eating healthy, diet and disease, obesity and eating habits, diet and academic performance <http://www.cdc.gov/HealthyYouth/nutrition/facts.htm>
7. Environmental Health in the Schools
 - a. Elementary School – activities, projects and games to learn how to protect the environment <http://www.epa.gov/kids/>
 - b. Middle School Student Resource - <http://www.epa.gov/students/>
 - c. High School Environmental Center - <http://www.epa.gov/highschool/>
 - d. Teaching resources - <http://www.epa.gov/teachers/order-publications.htm>
 - e. Protect the environment at school - <http://www.epa.gov/epahome/school.htm>
8. Mental Health
 - a. ABC’s of Children’s Mental Health -
http://www.nasponline.org/resources/handouts/abcs_handout.pdf
 - b. Bullying Prevention -
http://www.nasponline.org/resources/principals/nasp_bullieseng.pdf
 - i. Website also has information for parents and school administration
 - c. Mental Health Coloring Book for Kids -
<http://download.ncadi.samhsa.gov/ken/pdf/CA-0041/cartoonsheet.pdf>