

Comments: These scripts are templates for the SPCs to modify as appropriate to fit their style and to address specific content at their site. The words and phrases in [] are options and suggestions and are indicated as such because they may likely be changed. The order of the scripts may be modified to fit the schedule at each site and as such, they do not need to be delivered in the order presented below. If there is a desire to promote HEALTHY behavior over spring break, each center has the option of developing a message for this purpose.

OPTION 1—WELCOME BACK (as soon as possible when students return after winter break)

MESSAGE Welcome students back to school and HEALTHY; Remind students about physical activity goals from the last semester; introduce new semester goals of healthy eating.

SCRIPT Hey <SCHOOL NAME>!

Did you remember “Only You Can Move You?” during the holidays? Are you ready for a new challenge? This [semester, term], it’s all about healthy foods. Think you already know what’s healthy? Great! But, there may be stuff you don’t know – like, [how much fat is in French fries or how many calories are in one of those monster muffins]?

DONUT <SCHOOL-SPECIFIC INFO (e.g. lunch event details)>

SCRIPT So, welcome back from vacation. And welcome back to HEALTHY.

OPTION 2 — Eat HEALTHY (early in half year)

MESSAGE Review theme of this semester; Reinforce choosing foods with low fat and low calories with examples (grab a bag of baked chips or a grilled sandwich instead of fries; choose a smaller size...)

SCRIPT Hey [7th graders]!

If you’re like me, when you’re hungry you’ll eat whatever’s around, like chips or cookies. [Not good!] This Spring, we’re going to learn which foods are better for us. It’s about eating smarter – like choosing [baked potato chips] instead of [regular potato chips], or choosing a [grilled chicken sandwich] instead of a [crispy fried.

SCRIPT It’s going to be a great Spring. Choose HEALTHY!

[Need to use different foods other than just the baked chips. Some foods are not available as each school So examples should be site specific](#)

OPTION 3 CLL - WEEK of and BEFORE Cafeteria Learning Lab

MESSAGE Introduce theme/concept of CLL; list dates, times, etc.

SCRIPT Hey (7th graders)!

Are all Potato Chips created equal? Do we really know what [we’re eating/what’s in them]? This week, we’ll play a game to learn about baked chips vs. regular chips. What’s better for us? Let’s find out!

DONUT: The [Nutrition Label Line Up/game] will be in the [lunchroom] on <day of week> this week.

SCRIPT See you in the [lunchroom] –and remember to Choose HEALTHY!!

OPTION 4 — WEEK of, and BEFORE TASTE TEST

MESSAGE Reinforce concept of HEALTHY food; introduce HEALTHY taste test food, date, time, etc.

SCRIPT This is a special announcement brought to you by HEALTHY.

Are you the kind of person who's [afraid] to try new foods? Do you eat the same food for lunch every day? Are you ready for a change? This week, we get to try [some new healthy foods--NAME ACTUAL FOOD USED IN THE TASTE TEST] that taste great!.

DONUT <SCHOOL-SPECIFIC INFO>

SCRIPT Check out [insert item name/date/place/whatever]!

OPTION 5 — EIB TEASER – WEEK BEFORE EIB

MESSAGE Introduce theme/concept of EIB; build excitement, get students to start thinking, list dates, times, etc.

SCRIPT (Hey 7th graders)

Ever wish you could be a star? Or call in to a radio show so you could hear your voice on the air? Well, get ready. Because <SCHOOL [7th graders] > is gearing up for a big recording session.

Next week, HEALTHY staff will help us record interviews, chants, raps, poems, or just a conversation about HEALTHY foods. Here's what it might sound like:

DONUT <PRE-RECORDED AUDIO SAMPLE> (NOTE: If done in classrooms may need multiple CD players if going on at the same time.)

SCRIPT Pretty cool, huh? You could even [get your face on] [be featured] [have your picture] on a HEALTHY poster!

DONUT <SCHOOL-SPECIFIC INFO>

SCRIPT This could be your [chance, moment] to shine! Get ready. [Be creative.] And bring your smile!

OPTION 6 — EIB TEASER – WEEK OF “GATHERING” ACTIVITY, RECORDING AND TAKING PICTURES OF 7TH GRADERS (EIB- EARLY IN HALF YEAR, PRIOR TO MARCH 1)

- MESSAGE Re-Introduce theme/concept of EIB; list dates, times, etc.
- SCRIPT Okay, <SCHOOL>, the big week is here! What’s YOUR HEALTHY food? What will you say when they turn on the microphone? Did you make up a [cool] song or rap with some friends? [Did you make up a cheer?] Don’t forget to smile. YOU could be on the next HEALTHY poster here at <SCHOOL>!
- DONUT <SCHOOL-SPECIFIC INFO eg.
7th graders – meet me in the <auditorium> at <2 pm> on <day>. Be ready to have some fun.

OPTION 7 — WEEK BEFORE CAFETERIA LEARNING LAB, OR ON WEEK OF FLASH LESSON #4

- MESSAGE Discuss importance for reading nutrition labels to make HEALTHY food choices; give quick tips for reading labels.
- SCRIPT Hey [7th graders]! In school we read a lot. Did you know that reading can help you stay healthy, too? This week, we’ll learn how to read Nutrition Labels. Nutrition labels tell you what’s in the food we’re eating – like calories – [you know]. They’re on every food package, and they can help you make a healthier choice.
- DONUT <SCHOOL-SPECIFIC INFO >
- SCRIPT Check out the Nutrition labels in FLASH this week and choose HEALTHY!

OPTION 8 — EIB “FEEDBACK” EVENT – TEASER (LATER IN HALF YEAR, near end of school)

- MESSAGE Get excited about final assembly; listening to what friends say about HEALTHY, seeing posters or presentation
- SCRIPT Okay <SCHOOL> it’s time [to be a HEALTHY Star]! Remember when we said what we thought about being HEALTHY? When we took pictures and told our friends and teachers about your healthy foods? It’s time to see the [pictures/out-takes] and hear the [recordings/sound bites], so listen up!
- DONUT Come to the <LOCATION> on <DATE, TIME> to see yourself and your friends in the “Choose HEALTHY” presentation for our school.
- SCRIPT Stay tuned and Choose HEALTHY!

OPTION 9 — SELF MONITORING – CORRESPONDS TO FLASH LESSON 6

MESSAGE Talk about stopping to think about what you eat. Remind 7th graders about self-monitoring challenge to track their lunch for 2 meals.

SCRIPT What's up 7th graders? I've heard a lot of HEALTHY talk going around. In PE about [joining the movement/MVPA/...]. In FLASH about calories, fat and serving sizes, about drinking water instead of drinking sugary drinks, and about nutrition labels.

Now it's time to [show us what you've got]. The HEALTHY Challenge is [hitting the halls this week/here] <OR APPROPRIATE TIME PERIOD>. We've got to write down what we eat for lunch for at least two days. So, remember your lunch trackers.

DONUT <SCHOOL-SPECIFIC INFO>

SCRIPT It's up to us this week <SCHOOL NAME>! See you in the cafeteria and choose HEALTHY!

OPTION 10 — FLASH SESSION #8-9

MESSAGE Talk about FLASH activity of snack promotion for 7th graders; give examples of marketing HEALTHY snack foods

SCRIPT Did you ever buy something just because of the cool bag or box that it came in? I have. So, it makes me think: If I owned a food company, how would I package my healthy foods so that students like me would want to buy them?

Guess what? This week in FLASH! we get to design [packages/snack bags] for healthy snacks. Then, in a couple of weeks, we get to vote on which is the best.

DONUT <SCHOOL-SPECIFIC INFO>

SCRIPT [I'm going to wow 'em] with my [snack package/design]. What about you? [Or: Sound exciting? What do you think?]

OPTION 11 — Conclusion -

MESSAGE Congratulate students on being HEALTHY another year; Remind students that HEALTHY will be back next year for its final year; tips for staying HEALTHY this summer.

SCRIPT Hey <SCHOOL>. We did it! We learned how to choose healthy foods, and we designed our own messages and materials to promote them! I am feeling pretty creative, and HEALTHY, too. [How about you?]

[It's time for a fresh start/Over the summer], I'm going to choose healthy snacks and be active as much as possible. I'm up for the HEALTHY Summer Challenge. [Are you?/You should be, too!] Don't forget everything that we learned this year. [Let's do it:] Choose HEALTHY!