

ANNOUNCEMENT 1 – WELCOME

Message: General Welcome and Reinforcement of the HEALTHY Summer Challenge

Script: Hi <8th graders>. I am here to <officially> welcome you back to HEALTHY. This <semester, term> we will be <looking at, talking about> Energy Balance. If you're not sure what that means— don't worry, you'll find out soon enough. How did the HEALTHY Summer Challenge go? Did you stay active and eat healthy? Did you use your Summer Challenge log to keep track? How about your friends and family?

Donut: Don't forget to bring your HEALTHY Summer Challenge logs to <where & when> to get your medals.

Script: Keep up the good work... there will be more Challenges to come!

ANNOUNCEMENT 2 – Cafeteria Learning Lab Promotion

Message: Invitation to participate in the Cafeteria Learning Lab “Choose a HEALTHY portion that is the size of one hand”.

Script: Hey <8th graders!>
Ever wonder how much of a certain snack is too much? Check out the cafeteria and learn how to choose a HEALTHY portion that is the size of your hand.

Donut: Stop by and see us in the <cafeteria or SCHOOL-SPECIFIC INFO>

Script: See you soon!

ANNOUNCEMENT 3 – Taste Test Promotion

Message: Invitation to participate in the taste test (foods offered are site specific- the food can be anything in line with the goals)

Script: Hey <8th graders>!

It's time for another taste test brought to us by the HEALTHY team.

I know you love trying free samples of tasty food so be sure to stop by <SCHOOL-SPECIFIC INFO> on <SCHOOL- SPECIFIC INFO> to try <SCHOOL-SPECIFIC INFO>.

Sound good? <You know it does, so> see you there!

ANNOUNCEMENT 4 – SGM Capture Promotion

Message: Invitation to participate in the SGM capture event for the half-year.

Script: Have you ever wanted to have a shot at being a star? If so, now's your chance!

The HEALTHY Team will be here on <SCHOOL SPECIFIC INFORMATION> in <SCHOOL SPECIFIC INFORMATION> to give you a shot at becoming a HEALTHY star!

Sign up now to participate and maybe you'll be on the next HEALTHY poster. See you then!

ANNOUNCEMENT 5 – PE

Message: Be Active—Increase your MVPA- work on your Calories Out

Script: What's up <8th graders>? Are you walking dancing, shooting hoops, and jumping rope in PE? These are great ways to be active and get your heart rate up! Playing hard burns calories and increases your Energy Out. Don't forget to fill out your Energy Balance Booklet.

Donut: <School Specific Info>

Script: So get off those bleachers and <jump higher, run faster> burn more energy <and be balanced>!!

ANNOUNCEMENT 6 – FLASH Challenge #2

Message: Energy Balance Challenge #2 Eat a fruit and/or vegetable at lunch.

Script: What will it be this week, bronze, silver, or gold?

This is the second week of The Energy Balance Olympics and this is your time to <shine>. Apples, oranges, pears, broccoli, or carrots, so many <awesome> choices; this week challenge yourself to put a new fruit and vegetable on your [tray or lunchbox].

Donut: (include school specific information about challenge)

Script: Hey <8th graders> reach for gold!

ANNOUNCEMENT 7 – FLASH Challenge #4

Message: Energy Balance Challenge # 4 Watch less than one hour of TV or other screen time, except for homework.

Script: <8th graders>, you've taken the challenge to eat more fruits and vegetables. You've calculated the calories burned during PE. You've eaten snacks with less than 200 calories. Now let's see how well you finish the last challenge.

Donut: include school specific information

Script: This week's challenge is to <reduce or lower> your screen time to less than one hour per day. How are you going to do it? Don't forget <8th graders>, reach for gold.

ANNOUNCEMENT 8 – FLASH

Message: Part of being healthy is balancing the calories you take in from food and drink with the calories your body uses.

Script: Calories in and Calories out, what's it all about? It's about being balanced; the calories you eat should be similar to the calories you burn. Eating healthy foods and [playing basketball, soccer, and volleyball,] are good ways to balance it all.

Donut: include school specific information

Script: So don't forget to stay in balance, calories in from foods and drinks can be balanced by calories out from <being active or physical activity>.

ANNOUNCEMENT 9 – Winter Break

Message: Encourage a HEALTHY Winter Break

Script: Hi <HEALTHY 8th Graders>. By now, you've learned ways to balance your day with healthy foods and physical activity. Can you challenge yourself to use what you've learned to stay HEALTHY over winter break? HEALTHY will help you go the distance with a <cool> fitness DVD, an exercise band and more – coming soon in your HEALTHY winter package for all 8th graders and their families.

Donut: include school specific information

Script: Get ready for even more HEALTHY when you return –more FLASH, more PE and more HEALTHY food. Be HEALTHY all day, every day!

ANNOUNCEMENT 10 – Screen Challenge

Script: Hey <8th graders>. Do you think you can go an ENTIRE day this winter break without TV or video games? HEALTHY invites you and your family to take the Winter Break Screen Time Challenge.

The rules are simple. For a whole day, instead of watching television or playing video games, do something physically active like a fitness video, playing with friends or jumping rope. Invite your family to join you. The HEALTHY program will provide you with a screen cover to put over the main TV in your house to help you <meet your goal or along the way>.

Get ready for a HEALTHY winter break. Go a day without TV or video games. Take the challenge!