

ANNOUNCEMENT 1 – WELCOME BACK

Message: Welcome 8th graders back to school and to a new semester of HEALTHY.

Script: Welcome Back 8th graders!

We hope you had a HEALTHY break. Did you take the TV Turn-off Challenge? How many days did you go without watching TV or playing video games?

This Spring we'll continue to make HEALTHY choices and check this out – 8th graders will be making up their own HEALTHY moves in FLASH class. Pretty <cool>.

Donut: <School-Specific Info>

Script: Stay on your toes for more HEALTHY activities and events this Spring.

ANNOUNCEMENT 2 – CLL Promotion

Message: Invitation to participate in the CLL "Be Strong—Live HEALTHY".

Script: Hey <8th graders!> remember the <cool> HEALTHY messages we've learned <along the way, over the past few years>? You know,

- Let Water be your life-force,
- Only you can move you,
- What's your HEALTHY food
- Find your Balance

Script: Check out the <display, program> in the <cafeteria> and <explore > the HEALTHY <cube>.

Donut <SCHOOL-SPECIFIC INFO>

Script: "Be Strong—Live Healthy"

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 HEALTHY.

I know you love trying new foods for the cafeteria menu and your opinions are important! So be sure to stop by <SCHOOL-SPECIFIC INFO> on <SCHOOL-SPECIFIC INFO> to try <SCHOOL-SPECIFIC INFO>.

Sound good? You know it does! See you there!

ANNOUNCEMENT 4 – SGM FLASH Poster Collage Alert

Message: Alert to look for FLASH artwork in Spring SGM posters.

Script: Hey <8th graders!> <Look for , Have you seen> the posters that are starting to <go up, show up> with the FLASH artwork from fall or photos <of your school, of your friends>. Did you see your work or anyone else you know? Take a look at what you guys came up with.

<Keep an eye out! > And remember: Eat healthy. Be healthy. Stay healthy. Choose healthy for life.

ANNOUNCEMENT 5 – Final HEALTHY Event

Message: Alert for end of the study thank you event/DVD distribution. May want to use the 2nd script if distributing DVDs in another manner.

Script 1: Congratulations! We've completed the HEALTHY program – come to the final assembly to celebrate how hard we've worked to get and stay healthy. <Get psyched.> Now, it's all about you. It's about your health, your choices, and your life. So keep eating right and exercising. Keep working hard and living healthy. And <make sure to> choose healthy for life.

Script 2: Congratulations! We've completed the HEALTHY program – look for the DVD <that the HEALTHY staff will be handing out, that everyone will get> soon. <Get psyched. > Now, it's all about you. It's about your health, your choices, and your life. So keep eating right and exercising. Keep working hard and living healthy. And <make sure to> choose healthy for life.

ANNOUNCEMENT 6 – Remember to be Balanced

Message: Reminder about the importance of balancing “calories in” with “calories out”

Script: Hey <8th graders>!

“Remember that to be HEALTHY we need to balance what we eat with what <we do, physical activity we do>. I try to be active for an hour a day but sometimes I don’t quite make it. On those days I try to make healthy food choices. It’s all about taking responsibility for my life and my health. I challenge you to make the best decisions for your life. Be Strong & Live Healthy”

ANNOUNCEMENT 7 – FLASH Session 5

Message: It is always possible to make healthy food choices when eating out

Script: Hi Everyone!

I know it’s not always easy to eat healthy when we’re out with our friends or at a restaurant.

The good thing is that there is almost always a healthy option available – we just have to know what to look for. As long as we keep in mind the HEALTHY eating guidelines – you know, choose foods that are low in fat and sugar, include lots of fruits and veggies and select small or medium portion sizes –we can make smart food choices. Remember that no matter where you are or what you’re doing you can choose HEALTHY!

ANNOUNCEMENT 8 – FLASH Challenge #2

Message: To remind students of what they have learned to prepare them for writing their letter.

Script: Hey 8th graders! It’s time to go back in time. Remember only you can move you, make water your #1 request, and what’s your healthy food. You balanced it all.

Donut: include school specific information if necessary

Script: Now it is time to write a letter about your healthy choices and how you can continue them in high school. Remind yourself of what you’ve done and remember HEALTHY can be fun.

ANNOUNCEMENT 9 – FLASH

Message: Part of being healthy is finding fun ways to be active.

Script: Hi Everyone! Do you have some <great> ideas for an <exciting> routine? Bring your mix and let us see your moves.

Donut: include school specific information

Script: Double out, double in, doing the <helicopter>, or pony kicks what moves will you include in your routine?

ANNOUNCEMENT 10 – FINAL

Message: The final PA announcement for HEALTHY.

Script: We did it 8th graders! Three years, 1 thousand days, 26 thousand hours and over 1 million minutes of being HEALTHY. Now it is up to you. Don't Forget to stay active, read food labels, find activities that you enjoy, and choose healthy everyday.

Donut: <Enter School Specific Information about Assemblies, End of Year Events, Etc.>

Script: Only you can move you. Strive for 5 glasses of water a day. Choose HEALTHY. Find Your Balance. Bring HEALTHY to high school.