



The Wake County Public School System's Schools Changing Hearts Program is designed to encourage awareness in cardiovascular health. It will assist schools, administrative areas and the surrounding community in celebrating February as cardiovascular health awareness month.



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**



SCHOOLS CHANGING HEARTS

Cardiovascular Awareness Program

In association with



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

**SCHOOLS
CHANGING
HEARTS
MENU**



*Celebrating
Heart Health*

STARTERS

Items/ideas that can be used to kick off your school or departments program.

These items can be light or filling depending on your taste.

Calendar Of Events

Create an online/hard copy calendar for the month of February showing "Schools Changing Hearts" events. Distribute/share with students, parents, community, departments, and staff.

Recipes

Calling all chefs! Put on your aprons! Publish a low fat recipe in the school newsletter. Distribute handouts with cooking tips and ideas to lower fat and sodium in recipes. Offer samples of recipes that have been modified. Do a display of a favorite recipe versus a modified one.

Newsletter/Email

Create an online/hardcopy newsletter with information encouraging cardiovascular health. Be creative! Include useful information, community activities, recipes or exercise tips.



Wear Red Day

Dig through your closet and find your favorite piece of red clothing to wear in celebration of heart health. Be creative and have fun wearing Red!!

Poster/Banner

Encourage students to develop posters or banners that will create an atmosphere that encourages an awareness of heart healthy activities. Display these works of art in cafeterias, hallways, gyms and office areas.

Pep Rally

Jump start hearts! Kick off your "Schools Changing Hearts" Program. Use an assembly to have guest speakers, or as an announcement of menu items to come. Celebrate the start of February's Cardiovascular Health Month.



Nutrition Education

Partner with Child Nutrition Services to promote healthy lifestyles for all ages. Arrange marketing efforts or nutrition education sessions. Registered Dietitians and other child nutrition experts are available as resources. Contact your cafeteria manager for more information.

*Website list provided

MAIN COURSE

You will need a bigger appetite for these items.

Assistance may be needed by your PTA or community.

Blood Pressure Screenings

See your school nurse for times she might be available to check staff blood pressures. If your school has a Health Occupations Education Department, ask if staff and students can be involved.



Seminars and Classes

Provide or direct faculty, staff and parents to seminars or classes on heart health during the month of February. WakeMed, the American Heart Association and Wake Human Services are great resources for ideas and programs.

CPR/AED/First Aid Courses

This menu item gives your staff the ability to receive quality training in First Aid, CPR, and AED at your school or facility free of charge. For more information contact: **Robin Pace** . (919) 856-8141

Heart Fair

Schedule a day and invite health focused community based organizations, non-profits and businesses to participate in interactive displays, distribute health related materials and provide demonstrations.

Wellness Program

Focus on wellness for staff, students, and parents in February. Think in terms of nutrition, physical activity, stress management, and encouraging regular medical checkups. Remember that wellness activities can continue all year long.

Fashion Show

Have everyone put on their best red outfit and participate in a fashion show. This event can be casual or as fancy as you desire complete with a walk down a fashion runway!

Education Kits

The Heart Power educational kit is an educational tool filled with heart healthy lessons. A hands on activity that teaches students the importance of not smoking, being active, and eating properly.

Move The School Day

Encourage every one to plan structured physical activities. Have a planned event that is inclusive, educational and enjoyable. Walk to Mars, Murphy to Manteo, the moon or the beach. Have fun and keep moving.



DESSERTS

You always have room for these!

"Icing on the cake" fun.

Great way to add to your program.

Cafeteria-Wear Red Treat

See your cafeteria manager for exciting ideas.



Red Dress Projects

The **red dress** is a symbol for raising awareness that Heart disease is the #1 killer of women. Go **red** for women and share this life saving message.

www.goredforwomen.org

Pedometers

Pedometers are an excellent way to measure physical activity. Distribute them to students, and staff. Plan an activity around the number of steps taken a day.

Red Wrist Bands/Bracelets

You can use American Heart Association's logo "Learn and Live" wrist bands or make your own red bracelets to increase awareness about the nations #1 killer.

Online Education

An easy way to gain access to heart health education material. [Website list provided.](#)

Kids Menu

Fun for all.. Educational Programs to keep them moving.



Jump/Hoops for Heart

A community service project that incorporates basketball and jump rope into an activity which raises money for heart disease and stroke research while educating students about the importance of keeping their heart healthy.

Art/Coloring Projects

Decorate with all of your "heart".

Make your school the picture of heart healthy.

Be a Smart Shopper Field Trip

Contact Fieldtrip Factory to setup a Be A Smart Shopper Field trip sponsored by Lowes Foods. The tours are conducted by trained leaders who teach lessons meeting NC requirements for the Healthy Living Curriculum for grades K-6. Contact Field Trip Factory at (800) 987-6409 or www.lowesfoods.beasmartshopper.com.