



HOW CAN PRINCIPALS HELP?

The list below offers suggestions for principals to become involved and support coordinated school health.

- Support your CATCH Campus Committee. Include parents, students, teachers and administrators. Use this forum to coordinate activities between cafeteria, classroom, physical education and family.
- Provide teachers with time, resources and snack materials to teach the CATCH curriculum.
- Support CATCH PE with a budget for PE equipment.
- Encourage staff wellness activities - e.g. nutritious food choices in the teacher's lounge
- Institute a school-wide policies that improve nutrition. See what other school districts have done: <http://departments.oxy.edu/uepi/cfj>
- Encourage school groups to sell items other than candy or other non-nutritious foods for fund-raisers. See examples of creative fundraisers in Part 2 of the School Foods Tool Kit <http://www.cspinet.org/schoolfood/> If foods are sold, do not allow them to be sold before or during lunch hours.
- If students bring snacks to school, encourage nutritious choices, e.g. "fruit break"
- Make sure the cafeteria is clean and well lit.
- Allow long enough meal periods for students to get through the line, eat, and socialize with one another.
- Schedule meal periods at times when children are hungry - not before 11 a.m. or after 1:30 p.m.
- Schedule recess before lunch, so children can come to lunch less distracted and ready to eat.
- Role model healthy behaviors. Students will do what you do, not what you say.
- Vending Machines
 - When writing vending machine contracts, include these people to participate in the decisions: registered dietitians, foodservice managers, physical education teachers, PTA
 - Contracts should be written to encourage vendors to support CATCH and the nutrition initiatives in the schools and to include some healthier food choices in vending machines
 - Prices on vending machine foods should be set to encourage students to eat school lunch instead of vending machine snacks
 - Consider alternative sources of funding other than profits from vending machines to support school programs.