

Rutgers Cooperative Extension

- Technical and educational assistance on: agriculture, home horticulture, school wellness, nutrition and youth development
- Staffed by faculty and staff of Rutgers University
- Offering a variety of services:
 - Educational programs & seminars
 - Master Gardener Program
 - Home-study courses
 - School enrichment programs
 - Newsletters & fact sheets



Want to Make
School A Healthier
Place?
Become a FCHS
Wellness Champion

We Do Wellness!

Family & Community Health Sciences (FCHS) works with schools, families and communities to help them get healthy and stay healthy.

Our customized programs are perfect for groups of all sizes. Contact us today to learn more about our services, which include:

- School wellness projects
- Adult classes & workshops
- Professional development sessions
- Train-the-Trainer workshops
- Community wellness programs

FCHS...
Promoting Healthy
Families, Schools &
Communities



**Rutgers Cooperative Extension
New Jersey Agricultural
Experiment Station
RCE of Hunterdon County
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6 Gauntt Place
Flemington, NJ 08822
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www.njaes.rutgers.edu
Office Hours:**

8:30-4:30, Monday through Friday

This document was approved by the Rutgers University Institutional Review Board for the Protection of Human Subjects on 6/1/11; currently, there is not any expiration on the approval of this form.

RUTGERS
New Jersey Agricultural
Experiment Station

Cooperating Agencies: Rutgers the State University of New Jersey, U.S. Department of Agriculture, and County Board of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Family & Community
Health Sciences

◆
Grow Healthy: Garden-
Enhanced School Wellness

RUTGERS
New Jersey Agricultural
Experiment Station

Grow Healthy...

FCHS has been committed to family wellness for years. Our newest initiative, *Grow Healthy*, connects schools to local farms so they can serve more local foods; improve student nutrition; offer agriculture, nutrition and health education for students, families and staff; and conduct Farm To School and nutrition trainings for school foodservice. Learn more about this and other programs: www.getmovinggetthehealthynj.rutgers.edu.

Become A Champion

You're Invited! Becoming a FCHS Wellness Champion is easy. Fill out the form in this brochure, and mail to your local Rutgers Cooperative Extension office.

Trainings are held regularly, so it's easy to fit one into your busy schedule. After training, you'll be paired with a school right away. Becoming a FCHS Wellness Champion requires three easy steps:

1) Training: Join FCHS for a 3-hour training on. Learn about the *Grow Healthy* school wellness initiative, Rutgers Cooperative Extension and basic principles of nutrition and physical activity. You'll also learn how to present 2 different *Grow Healthy* lessons, using *Grow Healthy* teacher kits, which you'll receive at training. Lessons are fun, easy-to-present and interactive.

2) Reading: Invest a few hours for follow-up reading on school wellness and lesson preparations.

3) Collaborating: After training, you're ready to have fun at school. Working with your school, you'll schedule dates to present

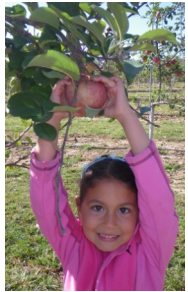


lessons in classrooms, help with school-wide and family wellness events, and serve on the School Wellness Council.

Sign Up Today!

YES! I want to be part of this exciting opportunity to build a healthier school, and healthier, happier children.

I want to work with schools to make wellness a priority – healthy eating, more physical activity, nutrition education and school gardens. I want to be a FCHS School Wellness Champion!



FCHS Wellness Champions

This is it! As a FCHS Wellness Champion, you'll have the opportunity to make a difference in your school, and in the lives of its students.

There is a growing body of evidence indicating that higher quality diets and school gardens impact academic performance, and that regular physical activity aids in cognitive and academic development.

FCHS Wellness Champions work in schools, with children, teachers and families. They present nutrition lessons in the classroom, help out at school and family fitness events, and serve on school wellness councils – to build healthier kids.

The Bottom Line? Healthy kids learn better. Kids who are healthy come to school, pay attention, can have better test scores and are more likely to succeed. FCHS Wellness Champions guide kids and schools on the road to healthier lives.

FCHS Wellness Champion Training Training Location Name

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Email: _____

Telephone: _____

School: _____

Mail to:

Family & Community Health Sciences

Rutgers Cooperative Extension

P.O. Box 2900

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