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FRESH Message

1. Adjective _____
2. Noun _____
3. Noun _____
4. Noun _____
5. Noun _____
6. Verb Present Ends In Ing _____
7. Adjective _____
8. Adjective _____
9. Adverb _____
10. Noun _____
11. Noun _____
12. Adjective _____
13. Adjective _____
14. Adjective _____
15. Noun _____
16. Noun _____
17. Adjective _____
18. Adjective _____
19. Adjective _____
20. Adjective _____
21. Noun _____
22. Verb Present Ends In S _____
23. Adjective _____

24. Noun _____

25. Adjective _____

26. Adjective _____

27. Noun _____

28. Noun _____

29. Noun _____

30. Noun _____

31. Adjective _____

32. Adjective _____

FRESH Message

Fauquier Reaches for Excellence in School Health (FRESH) is a _____Adjective_____ _____Noun_____ to create a culture of health and wellness for _____Noun_____, _____Noun_____, and the _____Noun_____. The FRESH program focuses on _____Verb Present ends in ING_____ _____Adjective_____ and _____Adjective_____ changes in our classrooms, cafeterias, before-during-after school settings, and within the community - _____Adverb_____ helping our _____Noun_____ enjoy healthier lives.

FRESH's program has four _____Noun_____: 1) Fitness Integration Team Specialists (FITS) work with teachers to integrate _____Adjective_____ learning into _____Adjective_____ _____Adjective_____ _____Noun_____, making movement an integral part of the school day. 2) FRESH school _____Noun_____ provide _____Adjective_____ opportunities for students to engage in _____Adjective_____, _____Adjective_____, and _____Adjective_____ activities. 3) In partnership with FCPS Nutrition Services Department, the FRESH _____Noun_____ _____Verb Present ends in S_____ culinary training to increase _____Adjective_____ food options in the school _____Noun_____, nutrition education, and community outreach opportunities to support a healthy culture. 4) FCPS FRESH is a catalyst for _____Adjective_____ change in the community, collaborating through outreach to create a culture of health and wellness in our community.

How: Movement throughout the school day (FITS); _____Adjective_____ Food (CHEF cafeteria staff training, new _____Noun_____, more fresh, local _____Noun_____, _____Noun_____, season _____Noun_____); Engaged Schools (clubs, _____Adjective_____ leaders, bulletin boards, contests, staff wellness, _____Adjective_____ Days); Communities (Snap Ed cooking classes, teacher supports, community outreach).

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