

FRESH Message

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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).

