ANNOUNCEMENT 1 – WELCOME BACK

Message: Welcome 8th graders back to school and to a new semester of HEALTHY.

Script: Welcome Back 8th graders!

We hope you had a HEALTHY break. Did you take the TV Turn-off Challenge? How many days did you go without watching TV or playing video games?

This Spring we’ll continue to make HEALTHY choices and check this out – 8th graders will be making up their own HEALTHY moves in FLASH class. Pretty <cool>.

Donut: <School-Specific Info>

Script: Stay on your toes for more HEALTHY activities and events this Spring.

ANNOUNCEMENT 2 – CLL Promotion

Message: Invitation to participate in the CLL “Be Strong—Live HEALTHY”.

Script: Hey <8th graders!> remember the <cool> HEALTHY messages we’ve learned <along the way, over the past few years>? You know,

- Let Water be your life-force,
- Only you can move you,
- What’s your HEALTHY food
- Find your Balance

Script: Check out the <display, program> in the <cafeteria> and <explore > the HEALTHY <cube>.

Donut <SCHOOL-SPECIFIC INFO>

Script: “Be Strong—Live Healthy”

ANNOUNCEMENT 3 – Taste Test Promotion

Message: Invitation to participate in the taste test (foods offered are site specific- the food can be anything in line with the goals)

Script: Hey <8th graders>!

It’s time for another taste test brought to us by HEALTHY.
I know you love trying new foods for the cafeteria menu and your opinions are important! So be sure to stop by <SCHOOL-SPECIFIC INFO> on <SCHOOL-SPECIFIC INFO> to try <SCHOOL-SPECIFIC INFO>.

Sound good? You know it does! See you there!

ANNOUNCEMENT 4 – SGM FLASH Poster Collage Alert

Message: Alert to look for FLASH artwork in Spring SGM posters.

Script: Hey <8th graders!> <Look for, Have you seen> the posters that are starting to <go up, show up> with the FLASH artwork from fall or photos <of your school, of your friends>. Did you see your work or anyone else you know? Take a look at what you guys came up with.


ANNOUNCEMENT 5 – Final HEALTHY Event

Message: Alert for end of the study thank you event/DVD distribution. May want to use the 2nd script if distributing DVDs in another manner.

Script 1: Congratulations! We’ve completed the HEALTHY program – come to the final assembly to celebrate how hard we’ve worked to get and stay healthy. <Get psyched.> Now, it’s all about you. It’s about your health, your choices, and your life. So keep eating right and exercising. Keep working hard and living healthy. And <make sure to> choose healthy for life.

Script 2: Congratulations! We’ve completed the HEALTHY program – look for the DVD <that the HEALTHY staff will be handing out, that everyone will get> soon. <Get psyched.> Now, its all about you. It’s about your health, your choices, and your life. So keep eating right and exercising. Keep working hard and living healthy. And <make sure to> choose healthy for life.

ANNOUNCEMENT 6 – Remember to be Balanced

Message: Reminder about the importance of balancing “calories in” with “calories out”

Script: Hey <8th graders>!
“Remember that to be HEALTHY we need to balance what we eat with what we do, physical activity we do. I try to be active for an hour a day but sometimes I don’t quite make it. On those days I try to make healthy food choices. It’s all about taking responsibility for my life and my health. I challenge you to make the best decisions for your life. Be Strong & Live Healthy”

**ANNOUNCEMENT 7 – FLASH Session 5**

Message: It is always possible to make healthy food choices when eating out

Script: Hi Everyone!

I know it’s not always easy to eat healthy when we’re out with our friends or at a restaurant.

The good thing is that there is almost always a healthy option available – we just have to know what to look for. As long as we keep in mind the HEALTHY eating guidelines – you know, choose foods that are low in fat and sugar, include lots of fruits and veggies and select small or medium portion sizes – we can make smart food choices. Remember that no matter where you are or what you’re doing you can choose HEALTHY!

**ANNOUNCEMENT 8 – FLASH Challenge #2**

Message: To remind students of what they have learned to prepare them for writing their letter.

Script: Hey 8th graders! It’s time to go back in time. Remember only you can move you, make water your #1 request, and what’s your healthy food. You balanced it all.

Donut: include school specific information if necessary

Script: Now it is time to write a letter about your healthy choices and how you can continue them in high school. Remind yourself of what you’ve done and remember HEALTHY can be fun.
ANNOUNCEMENT 9 – FLASH

Message: Part of being healthy is finding fun ways to be active.

Script: Hi Everyone! Do you have some <great> ideas for an <exciting> routine? Bring your mix and let us see your moves.

Donut: include school specific information

Script: Double out, double in, doing the <helicopter>, or pony kicks what moves will you include in your routine?

ANNOUNCEMENT 10 – FINAL

Message: The final PA announcement for HEALTHY.

Script: We did it 8th graders! Three years, 1 thousand days, 26 thousand hours and over 1 million minutes of being HEALTHY. Now it is up to you. Don’t Forget to stay active, read food labels, find activities that you enjoy, and choose healthy everyday.

Donut: <Enter School Specific Information about Assemblies, End of Year Events, Etc.>

Script: Only you can move you. Strive for 5 glasses of water a day. Choose HEALTHY. Find Your Balance. Bring HEALTHY to high school.