



CHAMPION'S ROLE

As Champion your role is to work towards establishing a school team consisting of yourself, a teacher, an administrator and if possible, a school nutrition staff person. Here are some ideas to help you and your team members establish and maintain a school-wide commitment:

- Consider including “MNTT! Program Updates” as a standing agenda item at every staff meeting.
- Schedule a staff demo day -- watch the Take Time! DVD, play the music CDs, share physical activity and nutrition education lessons and/or brainstorm new lessons and ideas together.
- Inform, educate and motivate your colleagues.
- Share ideas openly and often with other program participants through the MNTT! Virtual Resource Center.
- Make it fun, easy and exciting to be a part of this great program.
- Assign a time each week where teachers can talk informally over lunch. Call the event something clever like “Fitness Friday” or “Wellness Wednesday”. Post a note on the bulletin board of the teacher’s room to remind everyone about the event.
- Encourage walking meetings and walking discipline talks between teachers and students.
- Forward communications from MNN Staff to participating teachers.
- Make it easy for teachers to document and submit their time - send reminders to them at the end of the month.
- Be a model in your school. Walk the Talk!