#HEALTHIESTSCHOOLS

AMERICA'S HEALTHIEST SCHOOLS

RANGERVILLE ELEMENTARY SCHOOL >> SAN BENITO CISD, TX

"Any school that has the desire to change the lives of children has what it takes."

– DIANA ATKINSON, PRINCIPAL

Rangerville Elementary School was named one of America's Healthiest Schools by the Alliance for a Healthier Generation. The school met stringent standards set by the Alliance's Healthy Schools Program for serving healthier meals and snacks, getting students moving more, offering high-quality physical and health education and empowering school leaders to become healthy role models. Aside from home, kids spend most of their time at school, making schools important places to influence kids' behavior and lifelong health habits. Research shows that healthy students learn better.

Rangerville Elementary School staff are seeing the benefits of their hard work to promote a culture of health and wellness at school. The school provides many opportunities for physical activity throughout the day. They have increased the amount of daily recess for their students, allowing more minutes of movement to keep the students energized. In the classroom, students participate in physical activity breaks that get them out of their seats, which helps students stay ready to learn all day long. Rangerville also holds a "Running Rattlers Club," which helps students to work towards a running goal throughout the year. Staff are also improving their fitness by attending Zumba classes afterschool and taking advantage of the campus running trail during the day.

Rangerville has also committed to promoting healthy food choices throughout the school and has made sure that all foods, even those served during school celebrations, align with the USDA's Smart Snacks in School standards. And Rangerville's vending machines only provide water for students to stay hydrated. The school also started a fruit and vegetable program which introduces students to two new fresh fruits and vegetables every week.

"With the guidance and direction from the Alliance's Healthy Schools Program, we have seen such great successes in this implementation process. We have literally seen the lives of students changing right before our eyes," said Principal Diana Atkinson. "Any school that has the desire to change the lives of children has what it takes."

Learn more at healthiergeneration.org.

2016 NATIONAL HEALTHY SCHOOLS GOLD AWARD

RANGERVILLE ELEMENTARY AT-A-GLANCE

DISTRICT:
San Benito CISD

LOCATION:
San Benito, TX

ENROLLMENT:
370 students

ALLIANCE FOR A HEALTHIER GENERATION

FOUNDED BY: American Heart Association. CLINTON FOUNDATION