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Teen Health Week

Promoting Healthy Habits Among Students

Bulloch County Schools will be celebrating Get HYPED Teen Health Week from March 25-29 for middle and high schools to promote healthy habits among their students. Each school within the district will implement individual activities to include daily announcements, bulletin boards and health class information.

The district was inspired by Teen Health Week (THW), a global initiative to encourage teens to take charge of their physical and mental health to facilitate healthy habits that will impact them for the rest of their lives and raise awareness of the unique health issues facing teens around the globe. THW is a joint program started by the Center for Education of the College of Physicians of Philadelphia and the Pennsylvania Department of Public Health.

THW is targeted at grades 6-9 and each day of the week will focus on a different area of teen health. Monday's topic is healthy relationships, followed by nutrition and oral health, preventive care and vaccines, violence and mental health and substance abuse and use on Tuesday-Friday.

Planned district-wide activities include the Georgia Southern University (GSU) Health Fair to be hosted at each middle school throughout the week with GSU health students, toothbrushes donated by local dentists to be distributed to specific grade levels, based on the number of donations, on oral health day, THW t-shirts for teachers and counselors in health and physical education and a table set up by Safe Haven in school cafeterias to pass out pamphlets, pens and candy.

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