

# Gaantje en Banaantje

A healthy lifestyle for the children of our primary school





# What?

- Stimulate children into a healthier lifestyle through:
  - Exercise
  - Healthy food

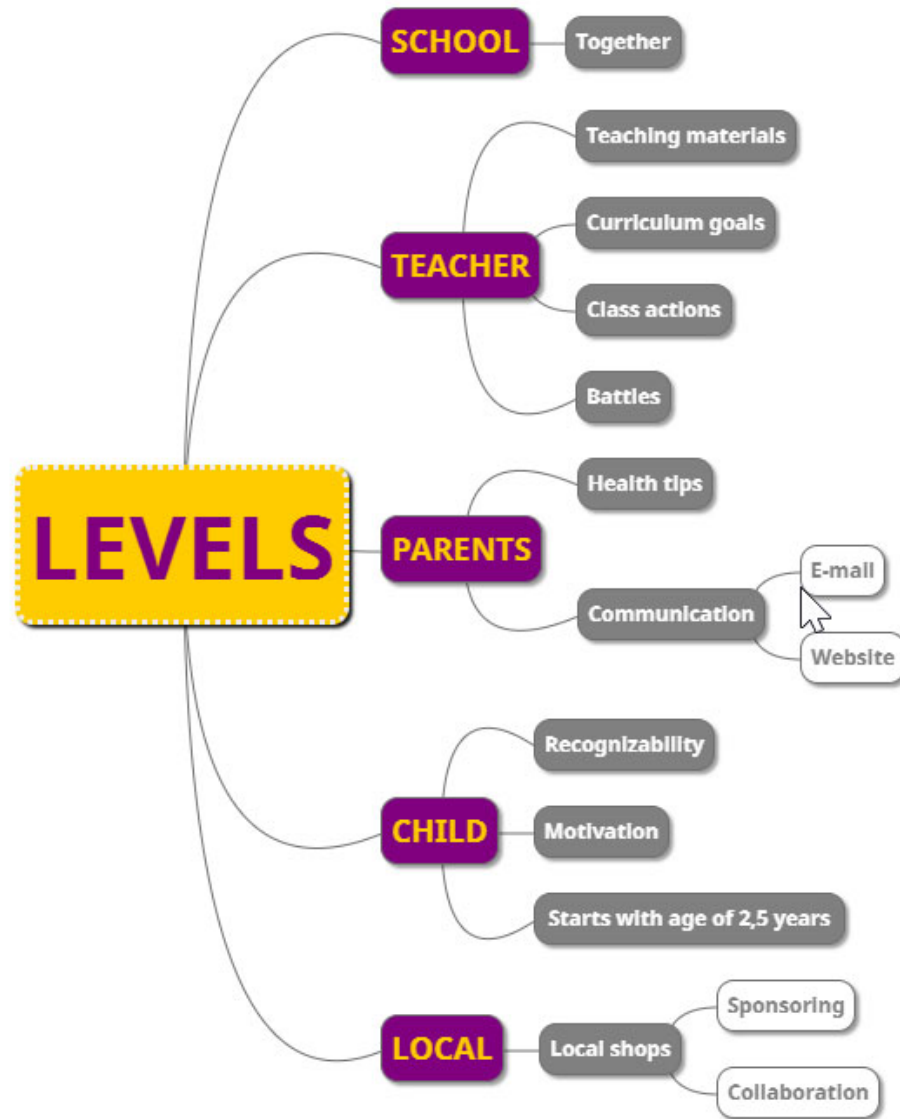




# How?

- 2 mascots 'Gaantje en Banaantje':
  - Class & gym visits
  - Videoclips
  - Website
  - Class battles
  - Joint actions







# The only way is

- Small actions -> increase awareness children & parents
- Integrated in the general school project as one of the eyecatchers
- Expand topics in the future:
  - Mental health (yoga, mindfulness)
  - Screen time
  - Healthy breakfast & lunchboxes
  - Initiatives from the children themselves