

Healthy Schools Healthy Students



Healthy Schools - Healthy Students is an e-newsletter published in partnership with Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids. The monthly newsletters provide information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories from Iowa schools working to promote healthy habits in their students and staff. If you would like to submit an article to feature your school or program, please send an e-mail to carrie.scheidel@iowa.gov.

Iowa Team Nutrition: [click here!](#)

Iowa Partners: Action for Healthy Kids: [click here!](#)

Competitive Foods

You may have heard, the Healthy Hunger Free Kids Act of 2010 includes a requirement that nutrition standards be set for all foods and beverages sold to students on campus during the school day, outside of school meals. The national standards are proposed and open for comment until April 9th. Iowa currently has nutrition standards in effect for foods and beverages sold outside of school meals since July 1, 2010, as a part of the Healthy Kids Act of 2008. To view a chart that highlights the differences in the proposed USDA rule and Iowa's Healthy Kids Act Standards, [click here!](#)

Students Taking Charge - High School Wellness Workshop

Students Taking Charge is a national movement of youth to mobilize, organize, and speak out for healthy and active schools in every state. We invite your school to bring a team of high school students to participate in a one-day workshop. The workshop will be held in partnership with Iowa Dept of Education, Iowa Dept of Public Health's I-STEP program, Iowa Partners: Action for Healthy Kids, and SIYAC (State of Iowa Youth Advisory Council).

The workshop is the place for high school students to:

- Develop leadership and advocacy skills
- Gain knowledge about school health issues
- Educate school leaders, media, and the general public on issues important to them
- Make new friends
- Enjoy the great outdoors of Iowa
- Share their creativity, ideas, and talents
- And, have fun!

Date: Thursday, April 4th, 2013

Time: 9:00am-2:30pm

Location: YMCA Camp – Boone, Iowa

On-line Registration: [Click here!](#)

Deadline to register: Friday, March 15th, 2013

One adult advisor and 3 students from a school can attend!



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Team Nutrition Program
Grimes State Office Bld
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Activity Scavenger Hunt

Looking for a fun idea for a class assignment that promotes physical activity?



Fuel Up to Play60 has announced an Activity Scavenger Hunt Challenge from March 4 - May 3rd!

Students need to photograph their friends completing five out of ten physical activity options. Photos that include captions can then be uploaded to the Fuel Up to Play60 website. For more information, [click here!](#)

To supplement the challenge, students could prepare a presentation to the class about easy ways to be active, write an essay about the pictures, or create posters that include the photos to promote physical activity.

Governor's Healthiest State Initiative - School Meals

Recently the Governor's Healthiest State Initiative featured school meals on their blog. [Click here](#) to check it out!



The school nutrition program needs the support of the school community to succeed! If your school has a Facebook page, post the link to the blog to share information on the initiative and how school meals are a part of the solution.



healthiest
— state —
initiative

\$ 1,000 Grants for Elementary Schools

Active Schools Acceleration Project (ASAP) is awarding grants totaling \$1 million to transform 1,000 elementary schools across the nation into active schools. Get everything your school needs to jump-start one of three award-winning programs: the 100 Mile Club, BOKS, or Just Move. Participating schools receive: \$1,000 seed funding, a game plan to follow, and a support network of champions across the country embarking on the same path. **Applications accepted through April 22, 2013.** For more information, visit www.ActiveSchoolsASAP.org



Doris Montgomery Receives the Dairy Council Service Award

Midwest Dairy Council is pleased to honor Doris Montgomery as the recipient of the 2012 Dairy Council Service Award in Iowa.

Doris is a registered dietitian and Community Health Consultant for the Iowa Department of Public Health. She is the State Coordinator for the Iowa Nutrition Network.

Doris has collaborated with Midwest Dairy Council on several occasions including: creation of classroom milk lessons that reach over 20,000 elementary students per year, the Iowa Nutrition Network's efforts to research and develop milk messages for moms and elementary-age students, and promotion of dairy messages (calcium-rich foods, vitamin D, DASH Diet) extensively in Chef Charles, a monthly nutrition education program at congregate meal sites in Iowa.

To check out Midwest Dairy Council's School Nutrition Resources, [click here!](#)

To check out the Pick-a-Better-Snack™ nutrition education lessons for K-3rd grade, [click here!](#)



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