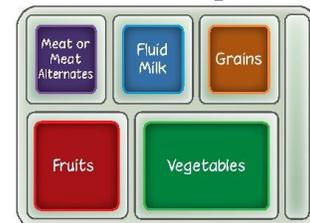


# Healthy Schools Healthy Students

## Build a Healthy Lunch



**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](mailto:carrie.scheidel@iowa.gov).

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

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

## Power Panther

Reserve Power Panther to attend your upcoming school events. Power Panther will help get students excited about *Eating Right and Playing Hard!* To reserve the Power Panther mascot costume, contact Patti at [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)



## Upcoming Events

### Walking Works for Schools Webinar Tuesday, September 11th

Learn how to implement walking programs that will energize the entire school community. The webinar will be held from 3:30-4:30pm will include how to sign-up a team for the Healthiest State Walk! To register, [click here!](#)

### Healthiest State Walk Wednesday, October 3rd

On October 3rd plan a school-wide one-kilometer Healthiest State Walk. It's a chance to show your school's commitment to making Iowa the healthiest state in the nation! To register, [click here!](#)

### Super Power Summit Wednesday, October 3rd

The Summit is a youth wellness initiative that empowers teams of middle school students to live an active lifestyle and to choose healthy food options, all while being advocates for school wellness. This fall the Super Power Summit goes to the Capitol! For more information, [click here!](#)

**SUPER-POWER  
SUMMIT**   
YOUTH WELLNESS INITIATIVE

### International Walk to School Day Wednesday, October 3rd

Join schools from around the world to celebrate International Walk to School Day on and raise awareness of the need to create safer routes for walking and bicycling. For more information, [click here!](#)

**Iowa Dept. of Education**  
Team Nutrition Program  
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## School Meals are Changing!

You may have heard that there are new requirements for school meals. The requirements build on the great work Iowa schools are already doing to provide more fruits, vegetables, whole grains, and healthier entrees. As a school employee, you have the ability to help make the school meal changes a positive and exciting experience for everyone. Continue to be a champion of healthy and nutritious school meals. Talk to parents, students and teachers about the benefits of the new meal standards. Here are some tools to help support your efforts:

### **Build a Healthy Lunch Meal Identification Kit:**

Each school district recently received a kit to assist students in selecting nutritious school meals. To see the components of the kit, [click here](#).

### **Communication Tools:**

Tools have been developed to help communicate with the school staff, parents and the community about the school meal changes. The tools include: letter templates, a lesson plan, a webpage template, and health messages, [click here](#) to access the tools.

Videos have been created for grades K-5, 6-8, 9-12, and adults. To view them, [click here](#)!

### **The School Day Just Got Healthier!**

USDA has created a collection of resources to help inform your school community about the changes to school meals. To view the tool-kit, [click here](#)!



## Wellness Success Story

Garner Elementary School in North Liberty has provided an additional way for students to get to and from school this year....walking school buses. The project is coordinated by the Parent Teacher Organization and involves groups of students led by volunteers. The walking school buses operate on Wednesdays and Fridays. Due to community partnerships, incentives for the walkers and volunteers have been added this year! To view an article about the project, [click here](#)!

## Take Home Message of the Month!

Here are some simple steps to implement at home with your own family or share with families that attend your school:

### **#1: Stop the Clean Plate Club:**

Don't focus on a clean plate, but concentrate on what is on the plate by offering healthy choices. The meal is done when the stomach tells the brain that it is full.

### **#2: Parents are Role Models:**

If you want your kids to eat healthy, you need to set a good example.

### **#3: Provide Variety:**

Expose kids to a variety of low-fat and fat-free dairy, fruits, vegetables and whole grains.

### **#4: Get Their Hands Dirty:**

Involve kids in food planning, selection, preparation & cooking.

### **#5: Encourage Activity After Dinner:**

The best way to encourage children to participate in physical activity is to join them! Try after dinner walks as a family!

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