

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!](#)

Fundraiser Idea!

The National Dairy Council has a school fundraiser to support nutrition and physical activity initiatives at your school. The *Fuel Up Cups School Challenge* includes selling heavy gauge plastic cups that include NFL, college, other professional sports logos as a fundraiser. For more info, [click here.](#)



Recess Before Lunch Opportunity!

Team Nutrition is partnering with ISU Extension and the Midwest Dairy Council to develop a Recess Before Lunch Pilot. Research has shown that moving recess before lunch improves cafeteria behavior, decreases visits to the school nurse, and students consume more food and drink more milk.



The pilot will take place in select elementary buildings during the 2013-14 school year. The pilot will include an assessment of plate and milk waste, lunch participation, milk sales, focus groups and school staff surveys. Schools that participate in the pilot will receive \$1,000 to go towards a milk cooler and \$500 for recess equipment to promote physical activity.

If your school is considering moving recess before lunch in your school and would like to be a part of this pilot, receive technical assistance, and provide input on a resource that will be shared across the country, please contact Carrie Scheidel at carrie.scheidel@iowa.gov for more information.

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Live Healthy Iowa Kids 10 Week Wellness Challenge

Interested in an opportunity to help our youth lead healthier lifestyles? Live Healthy Iowa Kid's has the perfect opportunity for your school! A 10-week wellness challenge will be held from January 28 - April 5, 2013, for adults and youth to make better food and beverage choices and be more active.

Registration opens December 3rd!

New for 2013, is the K-12 Cup Challenge and is designed to help create a culture of wellness in Iowa's schools. The school with the highest percentage of participation and completion among students and staff will win the traveling trophy for the year! All schools participating will receive a banner to display. For more information [click here](#), or contact Lisa at lisa@livehealthyiowa.org.

Team Nutrition is offering \$500 mini-grants to schools participating in the 10-week challenge that can be used to support food sampling and nutrition education. For more information, [click here](#) or contact Patti at patti.delger@iowa.gov.



Pledge to Make Every Kid Healthy

Help Action for Healthy Kids create a 100,000-person movement to make all schools healthier places by taking the **Every Kid Healthy Pledge** before December 31, 2012. All that's required is 10 seconds, your name and your email address. Once you've pledged, you'll get information on several easy ways to turn your commitment to keeping *Every Kid Healthy* into action.

[Click here to pledge today!!](#)

Iowa School Breakfast Challenge

Last school year the Iowa Dept. of Education partnered with the Midwest Dairy Council to hold an Iowa School Breakfast Challenge. The schools with the highest increase, were awarded cash prizes. Here are the results!



Gold: United CSD, Assumption High School, Dowling Catholic, and Cedar Falls CSD

Silver: St. Thomas Aquinas, Preston CSD, Waverly-Shellrock, and Bettendorf CSD

To help more students fuel up for school, the challenge will be held for a 2nd year! All districts are automatically a part of the challenge. For more information about the challenge and success stories of the 2011-12 winning school, [click here](#).

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