

Healthy Schools Healthy Students



April is National Stress Awareness Month. Stress can affect anyone, at work, home or school. We all have stress in our lives, including our commute to work, a deadline we are facing, keeping up with family tasks, the list goes on and on. When stress is something that you are dealing with for a long time, it can affect your overall health. To cope with stress, you need to make sure you have a support system in place, take time for yourself, and find balance. If you need an extra push to “let things go” [click on this link](#) to watch some people having a great time singing “Let it Go” from Disney’s Frozen, I promise it will make you smile! Be Well! *Carrie*



Success Story

Many schools across the state held events during National School Breakfast Week! South Hamilton had a “Breakfast of Champions” that included a photo of the high school basketball team on boxes of Wheaties. Waukee invited media to feature their grab n’ go breakfast. Ankeny featured some new menu items and sent information to parents. Below is a photo of some Ankeny students enjoying their first school breakfast!



Healthy Food is Good For You and Can Sell, Too!

The booster club in Muscatine, Iowa took a chance by working with researchers from the University of Iowa to expand their concession stand offerings to include healthy options. So how did it go? The study was published in the *Journal of Public Health*, and the results show profits remained intact, with average sales per varsity football game rising 4 percent, with healthier options making up 9 percent of all concession sales. Parents and students also said they were happy with the healthy-food choices, according to surveys cited in the study.



So what did they add to their menu? Apples, carrots and dip, chicken sandwiches, granola bars, soft pretzels, string cheese, and trail mix.



For more information on the research, [click here](#).

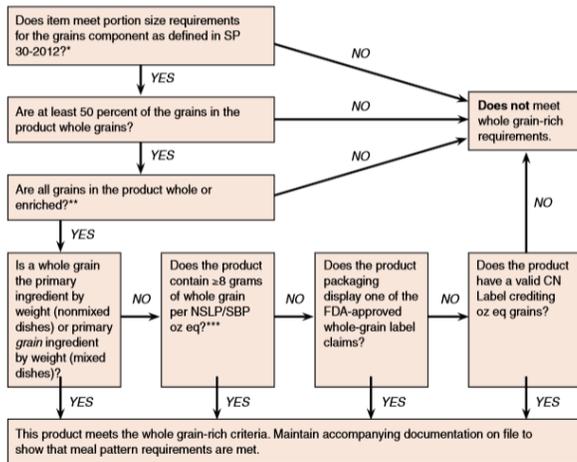
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Whole Grain Resource

USDA released a resource that provides an in-depth look at the whole grain-rich criteria for school meals. Starting next school year all grain based products must be whole grain-rich. Whole grain-rich products contain 100 percent whole grain or a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain. [Click here](#)

Does My Product Meet the Whole Grain-Rich Criteria?



Set Up Moving Stations!

Looking for activities for students that are in afterschool programming? Have student create physical activity stations around a room. They can use equipment in the room (tables and chairs), but make sure to provide some reusable materials such as cardboard for tunnels and water filled milk jugs for weights. It's a great way for students be creative as they come up with the stations, promote recycling, and a fun way to incorporate physical activity into existing programming.

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Smarter Lunchroom Workshop

Team Nutrition Directors, Patti Delger and Carrie Scheidel, will provide a session on **Smarter Lunchrooms** during the Manager's Update Workshop on June 19th in Cedar Rapids. Participants will assess their own cafeteria and learn how to incorporate simple, low to no cost techniques to improve school meal participation and profits, and decrease waste. For information on the Smarter Lunchroom Movement, [click here](#).

To register to attend the **Manager's Update Workshop** on June 19th in Cedar Rapids, [click here](#).

Move for Thought

Iowa Team Nutrition partnered with an ISU assistant professor, Spyridoula Vazou to create "Move for Thought." This kit is designed to help children increase their physical activity levels during the school day, as well as to help teachers facilitate learning and academic achievement. To check out, Move for Thought, [click here](#).

To collect qualitative data about the use of the kit, volunteer classrooms are needed. To volunteer, contact Spyridoula at svazou@iastate.edu.

An on-line learning community has been developed by professors in Education and Kinesiology at Iowa State University to provide support and knowledge on how to integrate physical activity with academics.

For more information, [click here](#).

