

# Healthy Schools Healthy Students



## The Sparkle Run 2014

The PTO at my daughter's school is coordinating their first ever 5K run/walk with a kids fun run. The organizers have been blown away by the response with over 1,000 people registered

(their goal was 200!). The "Sparkle Run" is in memory of Erin Moomey, student of Crocker Elementary in Ankeny, who lost her battle with cancer last year at the age of 11. Her memory will live on through a new playground at Blank Children's Hospital, something that she always wanted to make happen. All proceeds from the event will go towards the playground. It is so exciting to see the school community pull together for a great cause that promotes active lifestyles! Be Well! *Carrie*



## Success Story

The Howard-Winneshiek Community School District is a 2014 Healthy Iowa Award recipient, earning the award for achievements in helping to advance the health and well-being of students and staff in the K-12 school district. The Healthy Iowa Awards are presented by the Wellness Council of Iowa, Iowa Department of Public Health, and the Healthiest State Initiative.

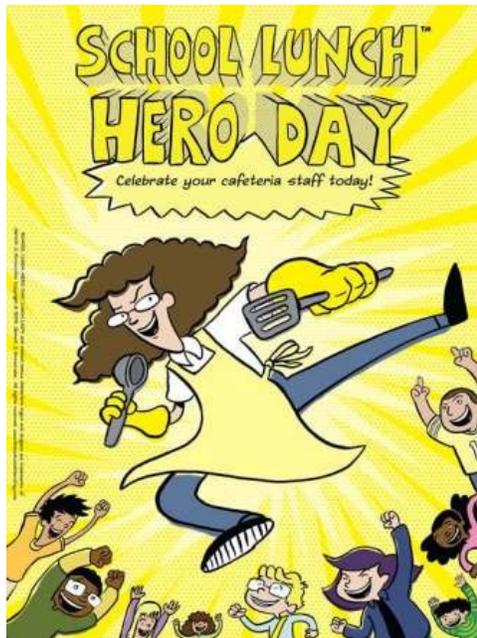


## School Lunch Hero Day - May 2nd

School nutrition staff strive to make lunchtime the favorite part of every student's day. Between following nutrition standards, navigating students' allergies, and encouraging students to make healthy choices, they are truly heroes.

On Friday, May 2nd, School Lunch Hero Day will give students, teachers, and parents an opportunity to show their appreciation for the women and men working in their school cafeterias. Encourage your students to honor their school lunch heroes with cards, bouquets and special recognition for their kind service.

Creative ideas and downloadable cards are available at [www.SchoolLunchHeroDay.com](http://www.SchoolLunchHeroDay.com).



**Iowa Dept. of Education**  
Team Nutrition Program  
Grimes State Office Bld  
[www.educateiowa.gov](http://www.educateiowa.gov)  
phone: 515.281.4758  
fax: 515.281.6548



## Team Nutrition Popular Events

School nutrition and physical activity events support school wellness policy goals and implementation. Are you looking for fun ways to promote nutrition and physical activity at your elementary or middle school? This Team Nutrition resource includes:

- Ideas for 20 themed events
- Spotlights of real-life events at schools across the country (including some Iowa schools!)
- Handouts, templates, and other free resources to support events
- Ways to team up for success
- Connections for school, home, cafeteria, classroom, community, and the media



To check it out, [click here!](#)

## Food Allergy Awareness Month

A food allergy occurs when the body has a specific and reproducible immune response to certain foods. Although the immune system normally protects people from germs, in people with food allergies, the immune system mistakenly responds to food as if it were harmful. Symptoms communicated by children with food allergies:

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth or ears) itches.
- My mouth feels funny.
- There's something stuck in my throat.
- My tongue feels full (or heavy)
- My lips feel tight.

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

For resources for students, [click here.](#)

## Fitness Break Cards

Bring a spring into your step at home, in your classroom, or during staff meetings. The Alliance for a Healthier Generation recently released free fitness break cards that provide instructions and visuals for a variety of stretches and exercises.

To check them out, [click here!](#)

Additional secondary classroom ideas, [click here!](#)



## Let's Move! Gardening Guide

Students and teachers across Iowa have started school gardens for benefits to the classroom. This hands-on learning environment, allows students to care for vegetables grow plus they have fun eating the fruits of their labor. Ready to start your own school garden? Michelle Obama's Let's Move Campaign has developed a School Garden Checklist to get you started. To check it out, [click here!](#)



Consider planting a little extra! Cultivate Iowa is a program sponsored by the Iowa Food Systems Council, promoting fresh produce donation and food gardening. To learn more about Cultivate Iowa and where you can donate fresh produce this season, [click here!](#)



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).