Healthy Schools  
Healthy Students

School Lunch Hero Day - May 2nd

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 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.
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.