

Healthy Schools Healthy Students



Is it spring yet? I saw this photo of palm trees in an email from Action for Healthy Kids and I thought we all might need a “tropical moment.” We have had quite the winter with snow, cold temperatures, and missed school days. While we can’t change the weather, we can make sure to keep our healthy habits of eating plenty of fruits and vegetables, being active inside and out, and getting plenty of sleep. Stay Warm and Be Well! Carrie



Success Story

A team of St. Joseph's middle school students from New Hampton attended the Super Power Summit last fall, where they received a \$500 grant. Every Tuesday, two Wellness Team members visited the cafeteria with samples of a food item. The older students always tried a sample before offering one to the younger students to set an example. It has been a great learning experience for the students. Some of the samples included: spaghetti squash, kale chips, tropical smoothies, and wheat berry salad.

School Wellness Training Opportunities

On January 28th a webinar was held to share information about the wellness policy requirements that are required by Iowa schools and what to expect during a state review. Updates on the Iowa Healthy Kids Act and the USDA's Smart Snacks were part of the webinar.

To view the recording, [click here](#).

To view the handouts from the webinar, [click here](#).

As a follow-up to the webinar there will be two, all-day workshops for Iowa schools for a more in-depth training on wellness

policies. School teams need to consist of two school staff and two middle or high school students. Funding opportunities, mileage reimbursement, and sub pay will be available. For an agenda and more information visit the registration page of the location you are interested in attending.

(The agenda is the same for each workshop).

Tuesday, February 25th - Cedar Rapids: [Click here!](#)

Tuesday, February 26th - Des Moines: [Click here!](#)



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Competitive Foods

Many of you are aware of the [Iowa Healthy Kids Act](#) that includes regulations for competitive foods. Competitive foods are foods sold out side of a reimbursable meal.

USDA has released an interim final rule for competitive foods, "Smart Snacks." USDA regulations that are more restrictive than Healthy Kids Act must be in place by the start of the 2014-15 school year. Iowa Healthy Kids Act nutrition committee has recommended the Iowa Healthy Kids Act nutrition standards to be the same as the "Smart Snacks" nutrition standards to reduce confusion. The recommendation has been posted for notice until March 11th and the State Board of Education will have the final ruling.



For a comparison chart, [click here!](#)

Questions? Contact Patti Delger at patti.delger@iowa.gov

Winter Olympics Activities

The 22nd Winter Olympics will be held February 6-23, in Sochi, Russia. After a quick web search for "Winter Olympics Classroom Activities" and you will find ideas, activities, worksheets, and lesson plans to help your students learn about past and present Olympic games, Olympic symbols, tradition, and competitive events. Looking to add a nutrition component? Team Nutrition's [Serving Up My Plate](#) curriculum includes a lesson on creating a "snack of champions." The lesson is for 3rd and 4th grades. [Click here](#) to check it out!

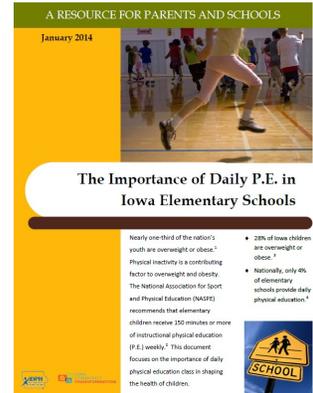


**SNACK OF
Champions**

Daily Physical Education Resource

Iowa Department of Public Health recently released a new resource, "The Importance of Daily P.E. in Iowa Elementary Schools." This resource focuses on the importance of daily physical education class in shaping the health of children. Tips, local school examples, and helpful resources are included.

To check it out, [click here](#). (It is located at the bottom of the page).



Heart Healthy Valentine's Day

Valentine's Day is a special day to recognize the people we love and care about, including our friends. School parties don't have to be all about the treats. Reinforce healthy habits by focusing on "sweet" activities and healthy treats. **Here are some ideas:**

- ♥ Create a mural and have students write what friendship means to them
- ♥ Make cards for family, friends or residents of a nursing home
- ♥ Play music and incorporate physical activity in the celebration
- ♥ Serve food on themed plates and napkins and decorate water bottles
- ♥ Create a heart healthy trail mix with dried cranberries, whole grain heart shaped cereal, chocolate chips, & pretzels
- ♥ Encourage non-food valentines with stickers, pencils, or bracelets. How about glow sticks? "You make the world glow!" For more fun card ideas, [click here!](#)
- ♥ Give heart stickers at lunch for "heart healthy" items



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