

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!](#)

Success Story

Waukee's food service department recently began featuring a nutrition employee of the month on the district's website. The employee is nominated by school staff. This staff recognition program is one way they are working to improve the quality of service, reward employees for their outstanding efforts, and showcase their school meal programs!

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



Team Nutrition Opportunities!

Empowering Parents for School Wellness Workshops - At Your School!

Would your school like to increase parents' understanding of the nutritional value of school meals and empower parents to be champions of school wellness? Team Nutrition is partnering with the Academy of Nutrition and Dietetics Foundation to provide 20 Iowa school districts with *Empowered Parents for School Wellness* workshops. The free 90 minute interactive workshop will be led by a dietitian and will be tailored with your school's input to emphasize the points most crucial to your district. If you are interested in having a workshop in your district, [click here](#) for an application. The application deadline is Nov. 27.

High School Breakfast Campaign - Looking for Interested High Schools!

Iowa Team Nutrition is partnering with the University of Iowa to develop a School Breakfast Campaign to encourage students to eat school breakfast. This student-driven campaign will be developed using a participatory social marketing process. One criterion will be a supportive administration and food service staff who are excited about increasing school breakfast participation. Teams of students will work with the University of Iowa to develop, collect, and analyze the research, in the form of a student on-line survey, focus groups, or intercept interviews. Three Iowa high schools will be selected to be a part of the project. If your school is interested, please contact Patti at patti.delger@iowa.gov.

Iowa Dept. of Education
Team Nutrition Program
Grimes State Office Bld
www.educateiowa.gov
phone: 515.281.4758
fax: 515.281.6548



How to Start a Food Drive

Schools often hold food drives for those of need during the holiday season. This type of project is a great way to get students engaged in their community, support a good cause, and promote nutrition along the way!



Here are a few tips as you plan a food drive:

- Call your local food pantry to indicate that you are planning a food drive.
- Hold contests between grades to see who can collect the most or build the best sculpture.
- Hold a MyPlate Food Drive where each grade brings a different food groups, focusing on nutrient dense foods.

Need additional ideas? Tariro Makoni and Maria Belding are high school hunger advocates from North Dakota and Iowa. They met through the World Food Prize Foundation's Global Youth Institute. They have created a guide for high school students on how to start a food drive. To check out the guide, [click here!](#)

Take a Parent to PE Week!

Mark Jungman, PE Teacher at West Elementary in Polk City wanted parents to come and see first-hand what physical education is all about. He was recently at a conference and heard about a school that invited parents to PE classes to help the parents see the "new physical education" that reaches all skills and abilities. This week (Nov. 4-8) is "Take a Parent to PE Week" at West Elementary. So far he has seen great parent participation. To check out photos from the week, visit their [Physical Education Facebook page](#).

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Great American Smoke Out

ISTEP (Iowa Students for Tobacco Education and Prevention) is a youth tobacco prevention movement in Iowa and is funded by the Iowa Department of Public Health. This year the ISTEP executive council has planned a variety of activities for the Great American Smoke Out scheduled for Thursday, November 21st.

One idea is to have "cold turkey" sandwiches as a part of school lunch to promote the new *Quitline Iowa* for youth ages 12-17. For stickers, flyers, and additional information [click here](#) or contact Robbyn Graves at robyn.graves@idph.iowa.gov.



National School Lunch Week Recap

What did your school do during National School Lunch Week ?

Here is a picture from Urbandale School District's Food Service Director, Cathy Conklin. The food service department had a float in the Homecoming parade!



Waukee School District always welcomes parents to join their child for school lunch, however during this week they had a "Take Your Parents to School Lunch Day!" They had a great response and it was a nice way for parents to experience school lunch firsthand during this observance.

Iowa Team Nutrition Director, Carrie Scheidel was a guest blogger on the *Spend Smart. Eat Smart.* website sharing her daughter's experience with school lunch. Check it out by [clicking here!](#)

