

Healthy Schools Healthy Students



I hope your school year is off to a great start! This monthly newsletter features schools that are making it happen, highlights resources, and provides ideas on how to make wellness the easy choice. I recently wrote a blog for ISU Extension's Spend Smart. Eat Smart. It provides back-to-school tips for busy families. I hope you find it useful for your family and/or families at your school. Please find the link below. Sharing wellness resources with families provides opportunities for them to support the great work that you are doing! Be Well! Carrie

Check out Solon's Smarter Lunchroom!

During the summer Solon's Food Service Director, Ginny Scott attended a Iowa Team Nutrition Smarter Lunchroom Training. She learned about easy things to do to make her school lunchroom smarter and received a sub-grant to implement some changes that included: new aprons, menu boards and supplies to paint a mural. Who are the amazing artists? Ginny and a volunteer parent! **WOW!**

Pinterest Idea of the Month!



Dip strawberries in yogurt and freeze for a healthy treat!

Please find link below.



Smart Snacks Regulation

Starting this school year, all foods sold at school during the school day (before school and 30 minutes after) will need to meet Smart Snacks nutrition standards. The regulation applies to foods sold a la carte, in the school store, fundraisers, and vending machines.

There are great tools available to help schools identify food items that meet Smart Snacks criteria. Check out resources for information about the Smart Snacks requirement and ways to encourage children to make healthier snack choices that give them the nutrition they need to grow and learn. [Please find the links below.](#)



P.A.L. Workshops

The PAL (Physical Activity Leader) learning system is an all-inclusive professional development resource within Let's Move! to support PE teachers, classroom teachers, school nurses, principals, and parents to champion physical activity efforts in their schools. Substitute teacher pay and mileage reimbursement is available at each workshop.

IAHPERD Conference - PAL Training:

October 3 and 4, 2014

Des Moines PAL Training:

October 22, 2014

Health. Moves. Minds

Questions?

Contact Angela at

angela.mitchell@iowa.gov or 515.725.2626.



[Please find registration links below.](#)

Healthiest State Walk

Each year the Iowa Healthiest State Initiative plans a state-wide 1k walk to represent Iowa's dedication to make Iowa the Healthiest State in the Nation!

Over the past three years, thousands of Iowans have participated in annual Healthiest State Walks! To keep the momentum going they have set the goal of 500,000 Iowans walking this year on September 8th! This is a great opportunity for schools to be part of a state-wide movement. Make sure to register so your school is included in the walk counts!



healthiest
— state —
initiative

[Please find link below.](#)

Fall Fitness Day

Fall Fitness Day is a free, one-day wellness event that challenges Iowa schools to get youth active for an additional 30 minutes on October 8th or anytime between October 6-10. Live Healthy Iowa Kids will award 25 - \$100 mini-grants to support Fall Fitness Day activities (applications due Sept. 12th). Schools registered by Sept. 17th will be entered into a drawing to have Live Healthy Iowa host Fall Fitness Day at their school! Questions? Contact Nicole at nicole.bruce@livehealthyiowa.org.



[Please find link below.](#)

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