We are looking for equipment ideas to be utilized during indoor and outdoor recess. What does your school have available for students beyond balls, hula hoops, and jump ropes? What has been most popular with students? What kind of activities take place during indoor recess that are favorites not only of students, but staff? Thanks!

Carrie

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Carrie

Bingo can be used to prompt activity breaks during a school day or an entire week while helping the students track their progress.

Super Power Summit - Indianola
Thursday, November 13 - 9:00AM - 2:30PM
An event that empowers teams of middle school students to live an active lifestyle and to choose healthy food options, all while being advocates for school wellness.

Deadline: Friday, November 7th!!

Building a Wellness Team
Wednesday, November 12th 2:00 - 3:15PM
Action for Healthy Kids is hosting a webinar about how to build a wellness team, goal-setting, tracking progress, and planning for sustainability.

The campaign is an initiative that challenges kids (ages 9 to 13) to look for and use the Nutrition Facts Label on food and beverage packages. The campaign includes fun, easy tips and targeted education to help make label reading a skill that youth are equipped with to achieve a healthy childhood weight. The colorful problem solving handouts and tip sheets could be shared with students electronically as a fresh way to learn about food labels! Please find link below.
School Breakfast Surveys We Need Your Help!

We partnered with the University of Iowa to develop two surveys to gather feedback around school breakfast in Iowa. We are gathering feedback from parents and principals.

**Breakfast Survey for Parents (link below):**

Please send the survey link out to parents requesting their feedback on their child(ren)’s breakfast habits and preferences. Your school will receive a building level report, to assist you in increasing school breakfast participation.

**Breakfast Survey for Principals (link below):**

Please send the survey link out to your principal to provide us a better understanding of what principals think about the school breakfast and to determine way to increase participation.

Both surveys are anonymous. If you have any questions, or would like a sample e-mail, please contact Patti Delger at patti.delger@iowa.gov.

National School Lunch Week Recap

**Oskaloosa School District:** Julie Miller, Food Service Director arranged to have celebrity servers during the week to help celebrate! The celebrity servers included the School Board President, Blue Zones Engagement Lead, the City Mayor and William Penn University Football Players. The celebrity servers were a hit with the students and the servers were surprised to experience how much work it takes to provide school meals. It was a great way to connect the community to the school, all while celebrating school lunch!

**Central Decatur School District:** Joy Evertson, Food Service Director partnered Power Panther, high school athletes and the PE teacher to promote healthy eating and physical activity. High school athletes and Power Panther visited every lunchroom, promoting school meals and the PE teacher organized a physical activity challenge!

Fruit and Vegetable Resource

This resource was developed as part of a Team Nutrition grant and is a collection of tools that can help engage students in trying new foods as part of a taste testing in the classroom or food served as a part of the National School Lunch Program. Tools include sample tasting schedule, tasting instructions for students, tasting strategies in the classroom, fun fact sheets, hand washing sign, food safety tips, words to describe foods, fruit and vegetable announcements, fruit and vegetable promotion ideas, posters, activity sheets, family newsletters, videos and songs, and free nutrition education resources. Please find link below.

PBIS and School Wellness: An Opportunity

Positive Behavioral Interventions and Supports (PBIS) is a sustainable, multi-tiered system of support focusing on safe, healthy, and caring environments in the school. Teaching behavioral expectations and acknowledging students for demonstrating appropriate behavior are key features of PBIS. PBIS and local school wellness policies provide an opportunity to create and support a healthy school environment. PBIS utilizes incentives for positive behavior, which do not need to involve candy and other foods since they can undermine children’s diets and reinforce unhealthy eating habits. Check out this resource for a wide variety of alternative rewards. Please find link below.
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**Pinterest: Gross Motor BINGO:**
https://www.pinterest.com/pin/303289356130036437/

**Super Power Summit Registration:**

**Building a Wellness Team Webinar:**
http://www.actionforhealthykids.org/events/event/195

**CDC: Read the Label: Youth Outreach Campaign**
http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm#educators_and_outreach

**PBIS and School Wellness:**

**Parent Breakfast Survey:**
https://uiowa.qualtrics.com/SE/?SID=SV_doOCRjSUTC3r

**Principal Breakfast Survey**
https://uiowa.qualtrics.com/SE/?SID=SV_23Hu3U1Lz0vhgl

**Fruit and Vegetable Resource:**
https://www.educateiowa.gov/fruit-and-vegetable-resource