

Healthy Schools Healthy Students



Pinterest Idea of the Month!

GROSS MOTOR BINGO *on the go!*

Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

get up, get moving
www.therespedtreehouse.com

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

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*



Upcoming School Wellness Training Opportunities

See registration links at the bottom of this e-mail.

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.



CDC: Read the Label - Youth Outreach Campaign

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.](#)



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Pinterest: Gross Motor BINGO:

<https://www.pinterest.com/pin/303289356130036437/>

Super Power Summit Registration:

<https://www.educateiowa.gov/event/super-power-summit-thursday-november-13th-2014>

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:

https://www.educateiowa.gov/sites/files/ed/documents/1415_np_sw_AlternativesFoodReward.pdf

Parent Breakfast Survey:

https://uiowa.qualtrics.com/SE/?SID=SV_d0OCIRjrSUETC3r

Principal Breakfast Survey

https://uiowa.qualtrics.com/SE/?SID=SV_23Hu3Ullz0vhghL

Fruit and Vegetable Resource:

<https://www.educateiowa.gov/fruit-and-vegetable-resource>