Healthy Schools
Healthy Students

National School Lunch Week
October 12-16th is National School Lunch week (NSLW), a time to celebrate the benefits of healthy school lunches! The theme this year is “School Lunch Snapshot” and is all about social sharing to promote the school lunch program! Social media sites are great platforms to reach parents. Consider some of these ideas to promote your celebration on-line:

- Add the NSLW web banners to the school’s website.
- Post photos of lunch trays that include a reimbursable meal. Make sure to take high quality photos. Taking photos of trays near a window that provides natural light can provide the best results.
- In captions of tray photos, highlight healthy components that will appeal to parents - fresh fruit and veggies, whole grains and low-fat or fat-free milk. Don’t forget the hashtag #NSLW with all your posts!
- Create a bulletin board with pictures of food service staff with short bios, including their favorite foods.
- Take photos of students enjoying school lunch! Check with your district on photo release requirements.

For additional ideas, click here.

I hope your school took advantage of this beautiful Iowa day with either a Walk to School activity or a Healthiest State Walk at the Whistle event! Little things like this can really send a positive message to students & staff. Be Well! Carrie

National Farm to School Month
October is Farm to School Month and Iowa Department of Agriculture and Land Stewardship wants to celebrate Iowa food, those growing it and those enjoying it! They are asking for schools to share their activities throughout the month with the following themes. There will be prizes! Only submit photos that can be posted on Facebook.

October 1-9: Share your favorite Farm to School Pics
October 10-16: Share your favorite local foods recipes
October 17-23: Invite/visit a local grower (share pics
October 24-30: Create your own F2S Video

For more information click here.
Please e-mail photos and recipes to Tammy at tammy.stotts@iowaagriculture.gov

Midwest Great Apple Crunch!
Schools across the Midwest are encouraged to participate in the Midwest Great Apple Crunch on October 22nd, a day to celebrate local foods and those growing it by taking a bite out of a locally grown apple during the event.

Classrooms participating can register at this link.

Spiderman Relaxation
Here is a Spider-Man Script for you to try out with your children or students to practice mindfulness, increase focus, and have a little relaxing fun!
School Wellness Conference

Schools can create environments that support healthy eating and physical activity by implementing policies and practices and providing opportunities for students to learn about and practice these behaviors. On Thursday, November 12th Iowa Department of Education along with partnering organizations will be holding a school wellness training at Iowa State University for school teams that will include the following learning opportunities:

- School Wellness and Academic Achievement: Dr. Greg Welk, Iowa State University
- School Wellness Policy Requirements: Carrie Scheidel & Patti Delger, Iowa Dept. of Education
- School Health Guidelines: Melissa Walker, Iowa Department of Education
- SWITCH Program, Iowa State University
- Shared Use Agreements and Safe Routes to School: Stacy Frelund, American Heart Association

Deadline to register: November 5th. Substitute teacher and mileage reimbursement ($0.39/mile) will be available. Lunch will be provided.

For more information click here or contact Carrie at carrie.scheidel@iowa.gov.

Action for Healthy Kids Webinars

Parents for Healthy Schools
Thursday, Oct 8th from 12:00-1:00
Will provide an overview of CDC’s Parents for Healthy Schools resources, designed for school groups (e.g., PTA/PTO, school wellness committee) to use to engage parents in helping schools create a healthy school environment for students with a focus on nutrition environment and services, physical activity & managing chronic conditions. Click here

Having Fun with Healthy Classroom Parties
Wednesday, Oct 14th from 3:00-3:30
Learn more about having fun with healthy classroom parties along with ideas and resources for parents, teachers, and students to incorporate as part of any classroom celebration. Click here

Fuel Up to Play 60 Funds!

The online application for Fuel Up to Play 60 funding is now available! Each school enrolled in the Fuel Up to Play 60 Program is eligible for up to $4000 to help with their wellness initiatives. The competitive funding program is designed to support schools that implement plays from the 2015-16 Fuel Up to Play 60 Playbook: Farm to School, In-Class Physical Activity Breaks, and more! Whether you are just starting out with Fuel Up to Play 60, or looking to expand and extend an initiative that’s already in motion, this funding opportunity can help! The deadline to apply is Nov. 4th! To learn more click here or contact Jen at jransom@midwestairy.com.

Lawton-Bronson Highlight!
The September issue included a picture of food art using apples to make an owl. The purpose was to make readers smile, Lawton-Bronson however took it one step further and turned it into a nutrition education lesson that included a discussion of where food comes from! Thank you Mary Siepker for sharing!
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.

It is the policy of the Department of Education not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, gender, disability, religion, age, political party affiliation, or actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code sections 216.9 and 256.10(2), Titles VI and VII of the Civil Rights Act of 1964, the Equal Pay Act of 1973, Title IX, Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act.

If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, please contact the legal counsel for the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, telephone number 515-281-5295; or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661, telephone number 312/730-1560, fax 312/730-1576, or email: OCR.Chicago@ed.gov.

Healthy Classroom Parties Webinar