

Healthy Schools Healthy Students



Pinterest Idea of the Month!



Looking for new break ideas? Roll a dice for some brain breaks!

Please find link below.

Fall is here! This issue includes training opportunities and resources to strengthen your school's wellness environment. Please forward this on to members of your district's wellness committee. What are your plans for National School Lunch Week? We would love to hear how you will be celebrating! *Carrie*



Upcoming School Wellness Training Opportunities

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

Kick Off School Wellness Webinar!

Tuesday, October 14 – 1:30 to 2:30 PM

Kick off your school wellness efforts by participating in this webinar! Topics will include: school wellness policy requirements, Smart Snacks review, fundraiser ideas, alternatives to using food as a reward, and upcoming workshop opportunities. Team Nutrition will be offering \$500 sub-grants.

Comprehensive Physical Activity and School Wellness Workshop

Wed., Oct. 22 - 8:30 AM - 3:00 PM

Interested in making physical activity and physical education the foundation for the academic success of your school? Join us and learn more about comprehensive school physical activity programs and how to implement one in your school!

Moving in Schools Webinar

Tuesday, Oct. 28 - 2:00-3:00 PM

Action for Healthy Kids is hosting a webinar in partnership with *Let's Move!* on how to develop a school culture where physical education and physical activity are fundamental to academic success.

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. Middle schools are encouraged to bring a team for an interactive day full of fun activities, empowering presentations, and networking.

High School Breakfast Promotion Materials



Iowa Team Nutrition partnered with the University of Iowa to work with 3 high schools (Waukee High School, Pleasant Valley High School, and Thomas Jefferson High School in Cedar Rapids) to identify barriers to teens participating in school breakfast, to explore the benefits of school breakfast as perceived by the teens, and to determine what changes need to be made to increase participation in Iowa schools.

The teens developed a **Twitter Handbook** to assist foodservice directors in increasing participation through a Twitter campaign and a **Best Practices Guide** that provides student developed solutions to common challenges. [Please find link below.](#)

UPDATED! HealthierUS School Challenge (HUSSC)



The HUSSC is a voluntary USDA, program which provides financial awards to schools that choose to take steps to encourage kids to make healthy choices and be more physically active. The updated criteria includes Smarter Lunchroom techniques that encourage kids to make healthy choices by using environmental cues such as better product placement and using creative names for healthier foods.

The new HUSSC criteria no longer requires food labels, menus, production records or six cent certification worksheets. Much less paperwork! [Please find the link below.](#)

National School Lunch Week

Celebrate (Oct. 13th-17th) with the theme of “Get in the Game with School Lunch!”

Here are some ideas to help celebrate:

- Hold a “Take Your Parent to Lunch Day!”
- Have local celebrities serve the meals (principal, mayor, high school athletes/cheerleaders, etc.)
- Have a school lunch coloring contest
- Share the “Build a Healthy Lunch” lesson
- Film a short school lunch video that can be played in the classrooms that includes reminders about building a healthy lunch!
- Have students read announcements that include fun facts about your school lunch program.

[Please find link below.](#)



Making Strides with School Meals Des Moines featured on Let's Move! Blog

Although implementing the meal standards has had some challenges, Des Moines Public Schools have been successful in making school meals nutritious and attractive to students by implementing a number of creative solutions and approaches, including new menu options, more fresh fruits and vegetables, the HealthierUS school challenge and more!

[Please find link below.](#)



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Kick Off School Wellness Webinar:

CSPAP Workshop

<https://www.educateiowa.gov/event/physical-activity-leader-and-school-wellness-workshop>

AFHK Moving in Schools Webinar:

<http://www.actionforhealthykids.org/events/event/203>

Roll Some Brain Breaks:

<http://www.pinterest.com/pin/316729786266726414/>

High School Breakfast Promotion:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-breakfast-program>

Super Power Summit Registration:

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

National School Lunch Week:

<http://www.schoolnutrition.org/NSLW2014/>

Build a Healthy Lunch Coloring Sheet:

https://www.educateiowa.gov/sites/files/ed/documents/1314_np_am_BuildHealthyLunchColoringContest.pdf

Build a Healthy Lunch Elementary Lesson:

https://www.educateiowa.gov/sites/files/ed/documents/1213_np_sns_BuildHealthy