Healthy Schools.
It’s a Team Effort.
Anne Cundiff RD, LD FAND
Kathryn Thompson RDN, LD

Objectives

• Identify at least one strategy you will use to incorporate nutrition education into your existing curriculum
• Identify at least one strategy you will use to incorporate physical activity into your existing curriculum
• List at least two wellness policy requirements

What is school wellness?
What would you like school wellness to look like at your school in the future?

School Wellness in Action

- Classroom physical activity breaks
- ‘Nudging’ healthy choices
- Alternative Breakfast Options
- Family activity nights
- Non-food fundraising
- Staff wellness
- School gardens
- School wide challenges
- Nutrition education
- Live Healthy Iowa Kids

Why does it matter?

Well-nourished, fit children are ready to learn.
Brains works better after physical activity.

Composite of 20 student brains taking the same test

After sitting quietly

After 20 minute walk

From National Center for Chronic Disease and Health Promotion "Healthy Kids. Successful Students. Stronger Communities" PowerPoint Presentation

Physical Activity = Academic Achievement

<table>
<thead>
<tr>
<th>Physical Activity Practice</th>
<th>Related Academic Achievement Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who are physically active</td>
<td>• Have better grades, better school attendance, and better classroom behaviors</td>
</tr>
<tr>
<td>Higher physical activity and physical fitness levels</td>
<td>• Improved cognitive performance</td>
</tr>
<tr>
<td>More participation in physical education class</td>
<td>• Better grades, standardized test scores, and classroom behavior</td>
</tr>
<tr>
<td>Time spent in recess</td>
<td>• Improved cognitive performance and classroom behaviors</td>
</tr>
<tr>
<td>Participation in brief classroom physical activity breaks</td>
<td>• Improved cognitive performance, classroom behaviors, and education outcomes</td>
</tr>
<tr>
<td>Participation in extracurricular physical activities</td>
<td>• Higher GPAs, lower drop-out rates, and fewer disciplinary problems</td>
</tr>
</tbody>
</table>

Physical Activity = Academic Achievement

• School-based physical education
• Recess
• Classroom-based physical activity
• After school activities

• Cognitive Skills and Attitudes
• Academic Behaviors
• Academic Achievement
Students who eat breakfast:

- Are better able to learn
- Achieve higher test scores
- Less likely to be absent from school
- Behave better in school

Benefits of School Wellness

- Academics
- Behavior
- Positive attitudes
- Food Literacy
- Less Illness, Absences
- Staff Satisfaction
- Stress Reduction
Integrating Nutrition Education into Existing Curriculum

FREE Resources from Team Nutrition

Ideas to Incorporate Nutrition Education

- Learn colors
- Learn the 5 senses
- Learn new vocabulary for adjectives
- Multiply/add/subtract/divide
- Measure using fractions
- Learn sequencing in a recipe
- Learn parts of a plant
- Graphs (i.e. # kids ate breakfast)
- Bonus spelling word of the week
- School garden
Sample Math Assignment

Harvest Dinner
It's once again time for the Warren School's annual Harvest Dinner. We are expecting about 1000 people. Our class will be making desserts for this special event. The ingredients being used are listed below. If all ingredients listed are for a serving dish of 8, how much of each ingredient do we need?

- 2 1/2 tsp olive oil
- 2 cups granulated sugar
- 1 tsp salt
- 1 1/2 cups flour
- 3 cups mashed bananas
- 3/4 cup sour cream
- 2 eggs
- 3/4 tsp vanilla extract
- 1/4 cup chopped pecans
- 2 cups powdered sugar

Remember to show all of your work and make it clear how you get your answer.

Bonus: What does this mean for us on cooking day?

Geography

Where in the world is our food from?

Science

Rethink Your Drink

[Image of various beverages]
Use adjectives and 5 senses to describe food

Iowa Core

21st Century Skills
• Civic Literacy
• Employability Skills
• Financial Literacy
• Health Literacy
• Technology Literacy

Health Literacy
• Know and use concepts related to health promotion and disease prevention
• Analyze influencing factors on health enhancing behaviors
• Advocate for personal, family, and community health
• Achieve and maintain health enhancing level of physical activity
• Practice preventive health behaviors
Integrating Physical Activity into the School Day

Move for Thought

• 10 activities that can be integrated with any subject
• Teacher will need to prepare the academic content
• Developed with the goal of promoting intrinsic motivation as well as perceptions of self-oriented competence

Let’s Move for Thought!

Stories in Motion

www.educateiowa.gov/physical-activity

A Day in Space
A Trip to the Moon
A Day at the Farm
A Visit to the Vegetable Patch
At the Yoga Park
Basketball Practice
Camp Out
Fast at the Lake
Journey to the North Pole
Jungle Safari
One Tree Poppy
Planes, Trains and Automobiles
Spring into Spring
Supermarket Shopping
The Iowa State Fair
Through the Seasons
Under the Big Top
Walk and Bike Safety to School
Dancing in the Garden
More Physical Activity Resources

Physical Activity Breaks, Brain Breaks, and Energizers

- **Living Up and Walking in Line Strategies:** Creative ways to guide students to line up and actively break for walking in line with the teacher-created handout by Karen Sizemore. Great for classroom teachers, before and after school teachers, and associates.
- **Indoor Fitness Breaks:** Can’t get outside for recess? Print and post these exercises for an active inside recess or physical fitness break. Provided by Alliance for a Healthier Generation.
- **In School Activity Breaks:** Check out 100 ideas for active learning!
- **Physical Activity Card Deck:** Physical Activity Break: Grab a deck of cards and get active.
- **Activity: **
  - **Hillis Elementary:** FREE videos that are ready to use, as well as one-page printable instructions. A health tip of the day is included and many are classrooms of students demonstrating the activities.
  - **Description:** FREE short videos are ready to use.
  - **Kids Yoga Poses:** Kids demonstrating yoga poses. Fun names like the Giraffe Pose and the Butterfly Pose.
  - **Art Move Activity Cards:** A set of activity cards for K-6 that show the movement, provide instruction and curriculum standards (from New York). Also access the [web site for video demonstrations](#).

Use Pinterest!

Little Sharing Library

- Hillis Elementary – Des Moines
- Little Free Library
- Located by school garden and playground
- For children and families to visit during the evenings, weekends, and summer months
- Take a book, leave a book concept
Get Students Excited about Moving

• Make it a fun part of their day
• Play games with kids
• Reward with physical activity:
  • Extra recess time
  • Games they love
  • New games

Monthly E-Newsletter

Published by Iowa Department of Education's Team Nutrition Program in partnership with Iowa Partners: Action for Healthy Kids

To receive the e-newsletter, email:
schoolmeals@iowa.gov
Time for a “Fitness Break!”

School Meals

Fueling Kids

Federally assisted meal program
Nutritionally balanced, affordable meals
Based on Dietary Guidelines for Americans
Fueling Kids

- Increased Fruits
- Increased Vegetables
- Increased Whole Grains
- Calorie Limits
- Reduce Sodium
- Local Control

Fueling Kids

- Learn more about your district
- What are challenges in your district
- What are recent successes & things to look forward to
- What is your Schools Breakfast and Lunch participation rate
- What time do you serve breakfast
- How much actual sit down time do kids have to eat lunch
- Is lunch before or after recess

Connecting the Cafeteria to the Classroom

- Invite Food Service Director or Manager
- Take a tour of the kitchen
- Develop a “class approved” menu
- Develop creative names for fruits and vegetables
- Ask what new things they tried at lunch
- Explain what makes a school meal
  - Build a Healthy Lunch Lesson
  - Color, Cut, and Paste Activity Sheet
Wellness Policy Requirements

Healthy, Hunger-Free Kids Act

- Nutrition promotion, nutrition education, physical activity, and other school-based activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official

School Wellness Policy Building Annual Progress Report

Support the Policy

- Where to Start:
  - Form a team
  - Assess where you are now
- Develop an action plan
- Assess the results
$500 Team Nutrition Sub-Grant

- Taste-testing of healthy foods
- Signage, nutrition education materials
- Physical activity equipment (up to $50)
- Wellness-related books for the library
- Promote and school breakfast/lunch
- Afterschool cooking club or family class
- Farm to School
- Deadline to apply: February 19, 2016

Keys to Changing the Environment

- Administrative support
- Staff participation
- Communication, communication!

Anson Elementary
Northeast Iowa

• School-wide Assemblies/Wellness Challenges
• Healthy Snack Cart/Vending Machine Sales
• “Bolt Cart” snacks
• Smoothies & Healthy Concessions Options
• Wellness Fairs
• Afterschool Wellness Programs
• Cafeteria Makeovers
• School Gardens

Steps to Success

5 Steps to Success

1. Form a School Building Wellness Team
2. Incorporate nutrition education into the curriculum
3. Integrate physical activity opportunities throughout the school day
4. Promote and Support School Meals
5. Apply for the HealthierUS School Challenge: Smarter Lunchroom Award

THANK YOU!

Remember:
• Take small steps
• Celebrate each success
• Wellness is a work in progress
Questions?

Content expertise contributed by:

TEAM NUTRITION IOWA

KIDS eat right.

References