



Healthy Schools. It's a Team Effort.

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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?²



Well-nourished, fit children are ready to learn.

Nutrition = Academic Success



Nutrition = Academic Success



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



2/9/2016



Integrating Nutrition Education into Existing Curriculum



FREE Resources from Team Nutrition



TEAM IOWA Order Form for FREE Nutrition Education and Promotional Materials

Contact Name: _____ Contact Phone: _____
 Contact E-mail: _____ Contact Person: _____
 Mailing Address: _____ City and Zip: _____

Quantity Nutrition Education Materials

- Discover MyPlate Nutrition Education for Preschoolers**
 Research suggests that young children benefit from exposure to, and learning about, healthy eating behaviors. This resource includes a song, food group cards, and an interactive presentation. Order materials for a group.
- Learning MyPlate (Preschool)** 1-8.2
- Learning MyPlate (Kindergarten)** 2-8.2
- Learning MyPlate (First Grade)** 3-8.2
- Learning MyPlate (Second Grade)** 4-8.2
- Learning MyPlate (Third Grade)** 5-8.2
- Learning MyPlate (Fourth Grade)** 6-8.2
- Learning MyPlate (Fifth Grade)** 7-8.2
- Learning MyPlate (Sixth Grade)** 8-8.2
- Learning MyPlate (Seventh Grade)** 9-8.2
- Learning MyPlate (Eighth Grade)** 10-8.2
- Learning MyPlate (Ninth Grade)** 11-8.2
- Learning MyPlate (Tenth Grade)** 12-8.2
- Learning MyPlate (Eleventh Grade)** 13-8.2
- Learning MyPlate (Twelfth Grade)** 14-8.2

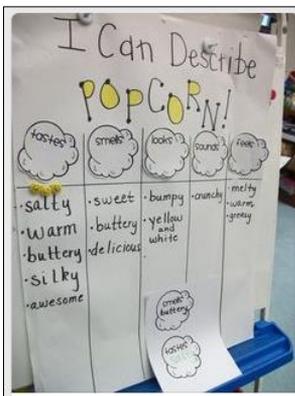




Ideas to Incorporate Nutrition Education

- 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





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

More Physical Activity Resources



Physical Activity Breaks, Brain Breaks, and Energizers

[Lining Up and Waiting in Line Strategies](#) Creative ways to guide students to line up and activity breaks for waiting in line with this teacher created handout by Karen Bagby. 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 135 ideas for active learning!

[Physical Activity Cue Cards](#) for elementary age students

[50 Things to do with a Beach Ball](#)

[Deck of Cards](#) Physical Activity Break Grab a deck of cards and get active

[JAMmin' Minute](#) 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

[GoNoodle](#) FREE short videos are ready to use

[Kids Yoga Poses](#) Kids demonstrating yoga poses. Fun names like the Giraffe Pose and the Butterfly Pose

[Just 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!



Great clip of movement to help remember the responsibilities of each of the three branches of

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



Time for a
"Fitness Break!"

HealthierGeneration.org

STAYS THE HEALTHIER GENERATION

staff
FITNESS BREAKS

Wall SITS



Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold, keeping the abs contracted, for 20-60 seconds. Come back to start and repeat, holding the squat at different angles to work the lower body in different ways. To add intensity, hold weights or squeeze a ball between the knees.

HOLD FOR 30-60 SECONDS, REPEAT 10 TIMES

2/9/2016



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

School Name: Wellness Contact Name/E-mail:

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <small>(add new lines for goals as needed and change goal titles based on local policy language)</small>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers to implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. EXAMPLE: Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1.					
2.					
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1.					
2.					
3.					
4.					
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1.					
2.					
3.					

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



St Jude Elementary



East Elementary





Story Walk at Wings Park Elementary, Oelwein, IA

You read a story as you walk!



NE Iowa Food and Fitness

Northeast Iowa



- School-wide Assemblies/Wellness Challenges
- Healthy Snack Cart/Vending Machine Sales
- “Bolt Cart” snacks
- Smoothies & Healthy Concessions Options
- Wellness Fairs
- Afterschool Wellness Program
- 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:



References



1. www.nationalwellness.org Accessed 2-25-14.
2. Hillman CH, Erickson KI, Kramer AF. Be smart, exercise your heart: exercise effects on brain and cognition. *Nature Reviews Neuroscience*. 2008;9(1):58-65.
3. <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/stories-motion-physical>. Stories in Motion. Iowa Department of Education website. Accessed 5-20-15.
4. www.healthetips.com Accessed 5-20-15.
