

How to form and utilize a Student Wellness Council



Tuesday, February 19 from 3:30-4:30pm

Team Nutrition

- Carrie Scheidel
- Iowa Department of Education



TEAM NUTRITION  IOWA™

Healthy School Environment

- Provides students nutrition education
- Healthy foods available
- Quality PE
- Physical activities
- Bulletin boards, announcements, teacher/student recognition, etc.
- Wellness is a part of major school events



School Wellness Policies

- **Child Nutrition and WIC Reauthorization Act**
 - June 30, 2004
 - Every school district enact a wellness policy by the first day of 2006-07
- **Healthy Hunger-Free Kids Act**
 - 2010
 - Monitoring and informing



School Wellness Policies

- **Include at a minimum, goals for**
 - Nutrition education
 - Nutrition promotion
 - Physical activity
 - School-based activities to promote student wellness
 - Nutrition Guidelines for foods



Public Notification

- **Required to inform and update the public (including parents, students, and others in the community) about the content and implementation.**
 - Effective Fall 2012



Stakeholder Involvement

- Required to involve parents, students, school food service, physical education teachers, school health professionals, the school board, school administrators, and the public in the development.



Why Involve Students?



- Students are stakeholders
- Support the policies they helped create
- Best advocates for healthy schools

Are students interested?

- The right to a safe and healthy school environment
- Increase physical activity and healthy food options
- A role model for their siblings and peers
- Improve their own health
- Want to make a difference



Student Recruitment



- FCCLA
- FFA
- Student Council
- Multi-Media/School Paper
- Student Ambassadors
- I-STEP
- SADD

- Reach out to existing student groups
- Ask school staff and teacher for recommendations
- Post information in hallways, website, morning announcements

Successful Student Participation



- Group needs to have an identity!**
- Wellness Warriors
 - BeeWell
 - Healthy Choices

- Be clear about roles and expectations
- Create more than one student position
- Prioritize students in your action plan
- Cultivate leadership in their peers

Changes to Advocate For

- Programs
 - Taste testing
 - Video Contest
- Practices
 - Adding healthy items to vending
 - Adding after school physical activities
- Policies
 - Adopting nutrition criteria for fundraising
 - Requiring in-class activity breaks



Elementary Students

- Poster contests
- New food item taste testing
- Morning announcements
- School Gardens
- Breakfast Club
- Walk to school program
- MyPlate Food Drive
- MyPlate Week
- Menu naming contests



Monday	Tuesday	Wednesday	Thursday	Friday
		Ankeny CSD		Chicken Patty on Bun * w/Condiments Beef Potato Fries K-Ray Vision Baby Carrots w/Dip Strawberries Milk
4 Cheese Stick w/Marinara Sauce § Green Beans Mighty Munchy Celery Sticks w/Dip Mandarin Oranges Milk	5 Spaghetti § w/Homemade Meat Sauce Pasta Salad w/Dressing K-Ray Vision Baby Carrots w/Dip Banana Milk	6 Hot Taco w/Salsa and Shredded Lettuce & Cheese § Raisin Puffed Beans Cherry Tomatoes w/Dip Pineapple Milk	7 Chicken & Gravy w/Dinner Roll * Mighty Mashed Potatoes Mixed Greens Salad w/Dressing Fruit Cocktail Milk	8 Porkom Chicken w/SBO Sauce * and Dinner Roll § Savory Cocktail Carrots Cucumber Fries w/Dip Applesauce Milk
11 Sweet & Sour Chicken w/Brown Rice * Mighty Munchy Celery Sticks w/Dip Cherry Tomatoes w/Dip Fruit Cocktail Milk	12 PBJ Pork on Bun * § Corn Brain Power Broccoli w/Dip Orange Wedges Milk	13 Cheese Ravioli § Romano Salad w/Dressing K-Ray Vision Baby Carrots w/Dip Strawberries Milk	14 Chicken Nuggets w/SBO Sauce and Dinner Roll * Power Punch Peas Green Pepper Rings w/Dip Pineapple Oatmeal Chocolate Chip Cookie § Milk	15 Hamburger on Bun w/Condiments § Coleslaw Unkneaded Baked Beans * Peaches Milk
18 No School	19 Pasta w/Homemade Meat Sauce § Mixed Greens Salad w/Dressing Cauliflower Clouds w/Dip Peas Milk	20 Super Beef Nachos w/Salsa and Shredded Lettuce & Cheese Corn Cucumber Fries w/Dip Apple Slices Milk	21 Mini Corn Dogs w/Condiments * Calico Baked Beans * Mighty Munchy Celery Sticks w/Dip Hotdogs Banana Cake Milk	22 French Toast Sticks w/Crupp § Powerful Potato Puffs Crazy Crunchy Baby Carrots w/Dip Orange Juice Cup Milk
25 Cheese Pizza § Super Power Spinach Salad w/Dressing Cauliflower Clouds w/Dip Orange Wedges Milk	26 Chicken & Noodles w/Dinner Roll * Mighty Mashed Potatoes K-Ray Vision Baby Carrots w/Dip Strawberries Milk	27 Lazagna Roll Up * Mixed Greens Salad w/Dressing Turbo Power Tomato Slices w/Dip Applesauce Milk	28 No Salad Bar Homemade Chili w/Cheese & Crackers Brain Power Broccoli w/Dip Mighty Munchy Celery Sticks w/Dip Pineapple Cinnamon Roll § Milk	

Middle/High School Students

- Taste testing
- Menu development
- Breakfast Buddies
- PA Announcements
- Recipe Contest: Iron Chef Style
- Design posters and bulletin boards
- Active Assemblies
- Street Marketing
- Parent Teacher Conferences
- Vending Machine/Store
- Video Challenge



Youth in Action for a Healthy Iowa

VIDEO CONTEST

- Clinton High School
- http://www.youtube.com/watch?v=RZF2rPZuGH4&safety_mode=true&persist_safety_mode=1&safe=active



An integrated school, parent, and community approach can enhance the health and well-being of Iowa students. Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids have partnered to develop this guide to identify specific strategies and actions that schools can take to increase community engagement in school wellness activities.

Farm-to-school • Joint Use Agreements • Media Relations • Family Fun Nights
• School Fundraisers • Walk-to-School • Newsletter Templates • & More!
To view the guide, visit: www.tinyurl.com/schoolwellnesscommunityguide

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(Iowa Students for Tobacco Education and Prevention)



Youth Led



Tobacco Prevention Focused



Statewide



Community Partnerships



Questions



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- Facebook.com/turnyourbackontobacco
- Twitter: @Istep_IA
- YouTube: IowaSTEP



Grant Schmitt

- I-STEP Executive Council
- Ottumwa Community School District



JEL/I-STEP/Substance Abuse Task Force

- I've been with this program since the 7th grade and will continue do this work for the rest of my life. I joined this group for multiple reasons.

Reason #1

- I believe tobacco companies are getting away with murder. They know their products kill people but they still sell them because to them money is more important than millions of lives.

Reasons #2

- I want people's stories to end. Enough of the families and friends being torn apart. The dead are not the only victims, so are the survivors. These people deserve justice.

Reason #3

- I believe in giving youth a future or a chance in life, something tobacco and booze won't give them. Tobacco and booze will get them in jail or 6ft under. This is why I fight.

Cassie Johnson

- I-STEP Executive Council
- Van Buren Community School District

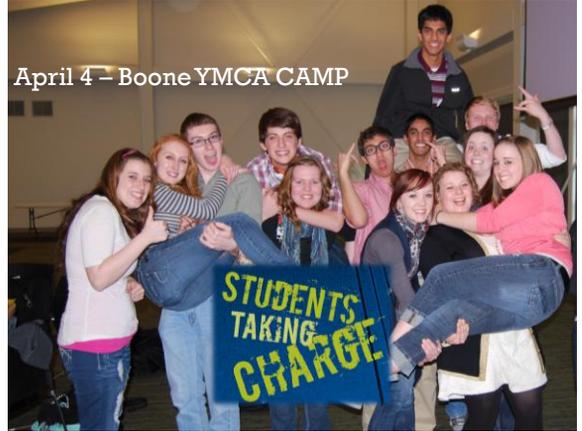


\$250 Mini-Grants

- Iowa Partners: Action for Healthy Kids
- Student Led Wellness Initiatives
- Nutrition and Physical Activity
 - Healthy snack store
 - Taste testing
 - Walking clubs
 - In-class activity breaks
 - School garden supplies
 - Poster Contest
- Deadline: March 15, 2013



April 4 – Boone YMCA CAMP



Questions?

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