



2012-2013

SCHOOL WELLNESS TEAM ACTION PLAN

Application

“The primary aim of education is not to enable students to do well in school, but to help them do well in the lives they lead outside of the school.”

-Ray McNulty, ICLE Iowa High School Summit, December 10, 2007

Current Trends:

Currently, **1 in 3** children & adolescents in the U.S are overweight or obese. This is costing our country an estimated **\$22** billion a year in direct medical expenses. There is no way around it, childhood obesity is a national epidemic affecting all of us.

There are many efforts at the local, state, and federal level to reverse these trends. It will continue to take the hard work of everyone to create healthier environments.

Kids do better, when they feel better:

A healthy, happy child performs better in the classroom has better attendance, and less behavioral problems. Schools are the public tables where students spend a majority of their waking hours, and eat two or sometimes three meals a day. Schools are, in part, responsible for growing the generation of productive citizens and leaders. Let's equip this generation with every possible asset—including knowledge and tools to be healthy and happy.





OUR PARTNERSHIP WITH SCHOOLS

Our Collaborative:

The Northeast Iowa Food & Fitness Initiative (FFI) in partnership with Luther College, Iowa State University Extension and Outreach, and Upper Explorerland Regional Planning Commission is a six-county effort dedicated to creating healthy places where all children and families can thrive. Schools are the hubs of our communities. We are working hard to help schools create a culture of wellness throughout the school day.

Our Commitment to Schools:

The FFI will provide schools with ongoing resources to build wellness into their school environments, including the 2012-2013 School Wellness Action Plan and direct assistance from a Resource Contact assigned to your school.

School Commitments = Schools Success:

The FFI will support school districts in the region that have made commitments to develop and support the following: **an active school wellness team, the 2012-2013 School Wellness Action Plan, The FFI School Resource Contact Plan of Work.** We expect all schools working with the FFI, to engage youth in the process of planning, decision-making and programming.

Resource Contacts: The Resource Contact is a volunteer AmeriCorps/FoodCorps member serving to create healthier school environments. The FFI provides necessary cash match, travel expenses, training and supervision for all members. Resource Contacts will have responsibilities to more than one school district.

Resource Contacts are available to:

- Support a school wellness team and action plan activities.
- Work with youth to engage them in leadership roles through education and empowerment programs.
- Identify programs and opportunities related to wellness within the school day that will benefit individual districts.
- Help Identify grant opportunities and collaborate on application process (NOTE: A Resource Contact must working in conjunction with school personnel on any fundraising, and may not spend more than 3% of their time grant writing/fundraising.)
- Build school capacity and transform school environments.
- Provide nutrition, food system and physical activity education throughout the district, helping integrate these topics into the curriculum.
- Work with food service staff on procurement of local food/creating healthier/tastier school meals.
- Help build school gardens.
- Build connections with schools to regional resources and partners that will assist with school wellness activities.

GROWING YOUR SCHOOL WELLNESS TEAM

- I. **Evaluate your assets:** Complete an assessment of your school’s overall health environment. What school wellness efforts have been successful? What are areas needing improvement?

The following toolkits can help you assess your school environment and can be found on the FFI website: www.iowafoodandfitness.org

- Local School Wellness Policy Evaluation Checklist
- C.D.C School Health Index
- Healthier U.S. School Challenge Application

- II. **Involve students:** School wellness teams exist to improve students’ health. As such, students need to be integrated into the decision-making process. Youth can be are strong advocates for healthy schools and are powerful spokespeople with school decision-makers and community members. Use these helpful tips when collaborating with youth:

- Be clear about roles and expectations.
- Prioritize youth involvement in all your activities.
- Create one or more youth positions on the school wellness team.
- Provide opportunities for youth to develop their skills on the team.

- III. **Review your vision:** A school wellness team can serve many purposes in a school. Defining your team’s purpose will provide focus, which will improve the efficiency and effectiveness of your team. Record your team’s statement of purpose, and review it on a regular basis. Your team may choose one or several of these purposes:

1. Advocate for creating a healthier school environment.
2. Educate the school community about the school environment and increase support for health initiatives.
3. Suggest school policies that will promote health.
4. Plan and implement programs for students and staff.
5. Evaluate the health environment in the school.



DIRECTIONS FOR COMPLETING SCHOOL WELLNESS TEAM ACTION PLAN APPLICATION 2012-2013

Action Plan Deadline: May 15th, 2012

Each school submitting an action plan will receive \$500 towards their wellness team projects.

- Complete 2011/12 Reflection
- Completed Action Plan Application
- Complete Resource Contact Plan of Work
- Grant Assistance Request Form
- Signatures of the Superintendent, Lead Administrator, Wellness Team Leader, three Resource Contact Point Persons, and current Resource Contact.
- Copy of your school wellness policy and most recent policy evaluation
Date last evaluated: _____

**Hard copy must be received by May 15th: Deliver via Resource Contact or mail to:
Emily Neal, FFI Coordinator of School Outreach, Luther College, 700 College Dr.,
Decorah, IA 52101**

**In addition, please e-mail final copy to: Emily Neal, FFI Coordinator of School
Outreach, Luther College, nealem01@luther.edu.**

IMPORTANT: Your current Resource Contact will be available to help your team complete the application, please schedule a time to review with them.

We recommend a two hour meeting for this process.

*If you do not currently have a Resource Contact assigned to your district, one will be provided for you. Please contact Emily Neal, nealem01@luther.edu to make arrangements.



SCHOOL WELLNESS ACTION PLAN APPLICATION

School/District:

New Hampton Community School District

Mailing Address:

206 West Main Street, New Hampton, IA 50659

***Lead Administrator on the project (Name/email/phone):**

Donita Joens/ d_joens@new-hampton.k12.ia.us/ 641-394-2259 ext. 1110

****School Wellness Team's Chair (Name/email/phone):**Donita Joens/ d_joens@new-hampton.k12.ia.us/ 641-394-2259 ext. 1110

*****Resource Contact School Point Persons:**

Cindy Moore, Linda Kennedy, and Jim Russ

Date and time of School Wellness Team Meetings: six specific dates required, or designated monthly meetings, ie. 1st Wednesday of every month, 7:00A.M.:

Last Wednesday of each month: September 26, October 31, November 28, January 30, February 27, March 27, and April 24

Resource Contact Day Request: In order to maximum resources and make more effective use of time, the FFI plans to pre-set a calendar of when Resource Contacts will visit your school. Please list your preferences:

1 st Choice:	Monday	Tuesday	<u>Wednesday</u>	Thursday
2 nd Choice:	Monday	<u>Tuesday</u>	Wednesday	Thursday
3 rd Choice:	Monday	Tuesday	Wednesday	<u>Thursday</u>

**Lead administrator: please list the administrator most closely associated with the school wellness team, who will directly stay updated on the work of the school wellness team via membership on the team or monthly wellness updates.*

***Wellness Team Chair: responsible for facilitation of the school wellness team meetings, may or may not be the FFI youth coach.*

****Resource Contact Point Persons: We require three points of contact for the Resource Contact with individuals who will help orient them to the school and connect with students, staff and community. Suggestions would include: a school staff member, a teacher, administrator, a parent and/or community member.*

SCHOOL WELLNESS TEAM MEMBERS

NAME	POSITION/ROLE	EMAIL
I.E. ERIN GREEN	HIGH SCHOOL TEACHER	ERINGREEN@HEALTHYSCHOOL.EDU
KATHY BABCOCK	PUBLIC HEALTH	KBABCOCK@IOWATELECOM.NET
MINDY ELLSWORTH	DIETICIAN	ELLSWORTH@MERCYHEALTH.COM
MARILYN GROTE	MS PARAPROFESSIONAL	M_GROTE@NEW-HAMPTON.K12.IA.US
JODI HOLLISTER	FOOD SERVICE DIRECTOR	J_HOLLISTER@NEW-HAMPTON.K12.IA.US
CAROL HOVEY	3RD GRADE TEACHER	C_HOVEY@NEW-HAMPTON.K12.IA.US
DONITA JOENS	MS PRINCIPAL & WELLNESS CHAIR	D_JOENS@NEW-HAMPTON.K12.IA.US
LINDA KENNEDY	ES PRINCIPAL	L_KENNEDY@NEW-HAMPTON.K12.IA.US
EMILY KLEISS	CWC	CWC@NEW-HAMPTON.K12.IA.US
LURIE MARZOLF	NH PARKS & REC	NHPR@IOWATELECOM.NET
CINDY MOORE	PE TEACHER	C_MOORE@NEW-HAMPTON.K12.IA.US
TOM RASMUSSEN	SCHOOL BOARD MEMBER	PHARMER95@MCHSI.COM
BETSY ROESLER	PUBLIC HEALTH	SPFSIGCHICKASAW@GMAIL.COM
DONNA SCHMEIDEL	FACS TEACHER	D_SCHMEIDEL@NEW-HAMPTON.K12.IA.US
LINDA TIEMESSEN	SCHOOL NURSE	L_TIEMESSEN@NEW-HAMPTON.K12.IA.US
JOANNE TUPPER	PARENT	JOTUPPER@IOWATELECOM.NET
SARAH UPDEGRAFF	HS PRINCIPAL	S_UPDEGRAFF@NEW-HAMPTON.K12.IA.US
BILL BOYD	HS PHYSICAL EDUCATION TEACHER	B_BOYD@NEW-HAMPTON.K12.IA.US
SCOTT HOGELAND	HS PHYSICAL EDUCATION TEACHER	S_HOGELAND@NEW-HAMPTON.K12.IA.US
VIRGIL PICKAR	COUNTY SUPERVISOR	VPPICKAR@IOWATELECOM.NET
TARA PERKINS	NEW HAMPTON PARKS & REC COORDINATOR	NHPR@IOWATELECOM.NET
RICK MOBERLY	MERCY FAMILY CLINIC DOCTOR	RICK.MOBERLY@GMAIL.COM
JAY JURRENS	NHCSD SUPERINTENDENT	J_JURRENS@NEW-HAMPTON.K12.IA.US

KELLY O'DONNELL	HIGH SCHOOL AD/LIAISON OFFICER	K_ODONNELL@NEW-HAMPTON.K12.IA.US
JIM RUSS	FFA INSTRUCTOR	J_RUSS@NEW-HAMPTON.K12.IA.US
ANITA QUIRK	ELEMENTARY TEACHER	A_QUIRK@NEW-HAMPTON.K12.IA.US



2011-2012 SCHOOL WELLNESS TEAM REFLECTION

Please take time to discuss the following questions with your team. Submit typed responses along with the application. Your current resource contact may assist you with documenting your answers.

1. Share a specific story about some successes your school wellness team experienced this year. They can be significant projects or successes related to improved community engagement—team-building accomplishments, parental involvement, school and community awareness for wellness, etc.
 - Greenhouse installed and harvested from the high tunnel in the fall for produce
 - Increased community awareness for healthy food from the greenhouse project
 - Two walking school buses were started in the fall of 2011
 - Wellness walks K-8 were continued and have improved peer and staff relationships
 - Nutrition education classes in the elementary building
 - Improved lunch menu

2. What conditions, factors, or situations contributed to these successes?
 - Broad network of community members on the school wellness team
 - Good administrative support and support
 - Parent support is growing for walking school bus
 - Flexibility of staff to make accommodations for wellness activities
 - Financial support for the greenhouse and the Fuel Up to Play 60 grant

3. What are some setbacks you experienced this year? What can your team do to move past these setbacks? What can your school do to move towards a school culture of wellness?

- Buy-in from the high school level of students/staff/schedule
 - Need more buy-in from staff for being role models for the students
 - In-service was not held for three continuous hours- broke into chunks of time
 - Staff attend workshops or host the FFI in-service to increase health education
4. How did your work align with your action plan goals? Were you successful in meeting your goals? Why or why not?
 - Walking School Bus- implemented successfully
 - Go the Distance Day- participation from the elementary and middle school
 - Live Healthy Iowa Challenge- did not participate as a school district, some outside participation
 - Harvest log- implemented successfully
 - School in-service- cancelled due to snow day but the depression presentation, walking activity, and diabetes presentations were all held but not on the same day
 5. What readiness factors need to be in place for the coming year to increase your chances for success?
 - Increased promotion of the Live Healthy Iowa Challenge
 - Competitions between building levels or between staff
 - Encourage food service and staff buy-in for wellness activities/eating
 6. Food Activities/Policies: What current/ongoing projects are being implemented at your school relating to: nutrition, procurement of local healthy food, school lunch reform policies, and food education?
 - Greenhouse produce is being used by food service and Family Consumer Science classes
 - Nutrition lessons at the elementary
 - Posters/signage in the cafeteria
 - Wellness mural
 - Food service attended the 5th Season Workshop
 - Food service- whole grain breads, salad bar, more fresh fruits/vegetables
 - Diabetes talk from Mercy Family Clinic for third and sixth grade students
 7. Fitness Activities/Policies: What current/ongoing projects are being implemented at your school relating to active transportation to and from school, increased physical activity in the classroom or additional fitness activities (i.e. morning mile, mileage clubs)?
 - Two walking school buses at the elementary
 - Wellness walks at the elementary and middle school levels
 - Middle School activity logs
 8. What specific voice have youth brought to your wellness team? What have youth been able to accomplish as a part of your school wellness team that may not have been able to be accomplished without them?
 - Youth promotion of the green house
 - FFI 4-H team meetings and hosted Senator Bartz
 - Hear what motivates youth directly from the youth



SCHOOL WELLNESS GOALS AND POLICY TARGETS 2012-2013

*This year, in an effort to fully expand the potential of Resource Contacts we ask that each school identify a minimum of **five** goals and indicate how they will achieve these goals. Please consider and address the following for each goal: ongoing and/or newly developed activities/projects that will align with the goal, desired participation by the Resource Contact and school commitment to the goal, and, if applicable, desired grant programs to support the goal (see Grant Assistance Request Form).*

The following list of topics, when addressed, can have a significant impact on wellness throughout a school district. They are provided as a guide to think about wellness comprehensively as you build your Action Plan:

- Nutrition Education
- School Food (Federally reimbursed meals, a la carte, concessions, classrooms, after-school, etc)
- School Garden
- Physical Activity, including Safe Routes to School
- Parent Outreach
- Staff Wellness
- Energy Use and Waste Management (recycling, composting)*

*Additional resources may be available to a school district wishing to expand their work into school sustainability, including waste and energy audits, composting and recycling programs, etc. Please let your Resource Contact know if this is of interest in your district. The health of our environment is indicative of the health ourselves.

Steps to Success: As a team, work together to brainstorm the following:

1. Brainstorm priorities for the year, building of previous goals and programs.
2. Brainstorm policies that could be put in place to support your goals.
3. In order to achieve your goals, do you need human resources? Monetary assistance?
4. Is there an existing grant program that can help you meet your goal? ie. Fuel Up to Play 60
5. What are the necessary education and encouragement activities needed to achieve your goal? Will there be resistance? How can you work to overcome resistance?

1. Goal/Policy Targets: Write down what specific goals your team wants to accomplish during the 2012-2013 school year. Think about why and how goals will be achieved.

2. Current and ongoing projects/activities that support goals: Briefly describe what is currently going on in your district in relation to the goals.

3. Newly proposed projects/activities that support goals: What would you like to do this year?

4. FFI resource request: Please indicate what resources you are requesting from the FFI to help you achieve your goals. While we cannot promise full assistance on requests, we will do our best to meet the needs of each district. This may include assisting schools in procuring outside funds for projects, and/or providing the Resource Contact as extra hands for projects.



5. School commitments

to goals: What resources will the school put towards the goals (ie. money, space, time, etc.)? Who will be responsible to making sure activities and projects happen to support goals?

SAMPLE GOAL AND POLICY TARGET FORM

Example 1:

1. Goal/policy target: Increase the amount of physical activity in the middle school by 10 minutes each day, along with more outdoor middle school class experiences.

2. Current and ongoing projects: Currently our middle school students have a 15-minute recess at the end of the day.

3. Newly proposed projects/activities:

- Take a 10-minute walk around the schoolyard after lunch. In inclement weather, we will play music over the intercom and have students and staff walk in the hallways.
- Participate in *International Walk to School Day* on October 5th, 2012 with an all-school walk from the park. Participate in *Go-the-Distance Day* with an incentive to walk/bike to school on May 6th, 2013.
- Register three teachers for the *Whole Wellness, Whole Curriculum Workshop* offered by the FFI.
- Apply for a grant to purchase a class set of G.P.S units. The units can be checked out by staff to utilize during the school day.
- Create a class set of durable bucket seats for use in an outdoor lab.

4. The FFI resource request:

- Help develop a Community Foundation and/or A.E.A grant to purchase G.P.S units.
- Set-up a training with County Conservation for interested staff to learn how to use G.P.S units for classroom activities.
- Provide *Whole Wellness, Whole Curriculum Training*.

5. School Commitment:

- Rearrange class schedules to allow for walking after lunch.
- Advertise to teachers about the G.P.S training opportunity and how it can be used in a variety of subject areas.
- Mr. Smith will talk with local hardware store about the donation of 25, five-gallon buckets to be used in an outdoor lab.

Example 2:

1. Goal/policy target:

Decrease the amount of sugar consumed by students during the school day

2. Current and ongoing projects:

Last year, parents in the elementary were given a list of healthy snack alternatives to bring in for

birthdays and class treats.

3. Newly proposed projects/activities:

- Work with staff and parents to encourage monthly birthday celebrations in lieu of celebrating each individual birthday. Celebrations will include one special treat and extra recess/wellness time. We hope to eliminate the multiple times per month students receive sugary birthday treats.
- Work with staff through education and outreach (presentation at an all-staff meeting in August, and create a hand-out about reward alternatives) to encourage teachers to not use candy as a reward.
- Work with the FFI to train food service staff on preparing desert alternatives made without sugar for school lunch.
- Work with the high school FFI 4-H Youth Team to develop and test healthy snack alternatives for high school students involved in after-school sports. Implement taste-tests.
- Recommend to the administration a change in hallway policy, requiring no food or drink allowed in the hallway, except a water bottle.
- Apply for the Silver Level of the Healthier U.S. School Challenge.

4. The FFI Resource request:

- Help gather materials and statistics about why reducing sugar during the school day is important. Distribute to students, staff and send home to parents.
- Give presentation, along with help from school nurse, Ida Makeitbetter to the rest of staff.
- Train food service staff on preparation of desert alternatives without sugar.
- Help develop and prepare taste-tests with high school youth.
- Provide examples of other districts who have a no food/drink hallway policy.

5. School commitment:

- Presentation to staff planned for August 13th, 2012—time to be announced.
- Print handouts to parents, staff and students.
- Ida Makeitbetter will provide necessary assistance on this project.

New Hampton Community School District Wellness Goals 2012-2013

1. Goal/Policy Target: Increase community awareness of wellness activities and participation

Current and ongoing projects: Information is shared in school newsletters. Town meetings are another source to share information with the public. Healthy practice tips were shared in the all three building level announcements for students, staff, and community members.

Newly proposed projects/activities: Wellness page on the school webpage, wellness column in the local newspaper, radio spots, and continue newsletters and town meetings. Our local hospital nutritionist will look into “Kids Eat Right” cooking lessons for parents. Increase partnership with the Chickasaw Wellness Center. Continue using the daily announcements for healthy living tips. Share nutrition information with athletes at the back-to-school talk with the high school athletic director. “Life of an Athlete” may be used for this discussion. School nurse may establish a Health Career Club for interested high school students. Offer healthy eating/physical activity information at parent/teacher conferences and/or student registration. Advertise the Healthy Thought of the Day/Week on the school marquee.

FFI resource request: Knowledge of best practices to reach community and help with

coordinating the school webpage, and prioritizing time for writing articles for the local newspaper.

School commitment: Create a webpage with wellness activities and information, writing columns for the newspaper/announcements, visiting with the local radio station about wellness initiatives, visiting with the CWC coordinator about activities, and maintaining a partnership with the local hospital/staff.

2. Goal/Policy Target: Increase nutrition education in all building levels.

Current and ongoing projects: Elementary lessons are led by the FFI resource contact and the third/sixth grades had a diabetes assembly.

Newly proposed projects/activities: Expand nutrition and diabetes lessons to all building levels. We could also use high school students from FFA and FCS to supplement lessons for students in grades K-8.

FFI resource request: Resource contact to lead nutrition lessons and help coordinate FFA and FCS student presentations.

School commitment: Make time in schedules to allow for nutrition lessons as well as diabetes sessions. Also, allow time for the high school students to interact with the K-8 staff. Another commitment is to make time taste-testing quarterly for students K-12.

3. Goal/Policy Target: Increase staff wellness opportunities next year.

Current and ongoing projects: Wellness walks for staff members, "23.4 Hours" video, food service attended workshops, and wellness team attended the spring FFI Conference at Luther College. Continue with the health screenings when possible and promote using alcohol responsibly.

Newly proposed projects/activities: Wellness in-service will be implemented for the '12-'13 school year, promote teacher education workshops, and promote the Live Healthy Iowa program. Potentially work with CWC members for free class days to motivate staff to attend/join classes/CWC.

FFI resource request: Contact Emily Neal about doing an in-service for the upcoming school year. Promote teacher education workshops and Live Healthy Iowa.

School commitment: Set aside one in-service to wellness activities and motivate at least one team from each building for Live Healthy Iowa.

4. Goal/Policy Target: Increase physical activity at the high school level.

Current and ongoing projects: Regular physical education classes

Newly proposed projects/activities: Incorporate wellness walks into the schedule and using DVDs for classes after school, and intramurals after school. Look into the LHI Challenge for high school students.

FFI resource request: Knowledge of best practices for high school physical education classes to increase physical fitness- possible individualized courses/classes

School commitment: Wellness walks will occur once/week and discussion will take place on methods of increasing physical fitness awareness.

5. Goal/Policy Target: Increase the use of the greenhouse produce.

Current and ongoing projects: Two greenhouses are built and produce is being from the high tunnel in the fall of 2011. Spring planting is taking place with harvesting throughout the summer/fall of 2012. Hydroponic plants are planted. Food service used produce in the fall of 2011 with an anticipated increase in the fall of 2012.

Newly proposed projects/activities: Increase greenhouse products into actual meal-planning rather than solely used in the salad bar area. Increased selling of products to the community, more products used in Family Consumer Science classes for cooking, and taste-testing opportunities.

FFI resource request: Help with promotion of the school garden and kitchen use in the school lunch program.

School commitment: Continue to use greenhouse products in the school cafeteria and Family Consumer Science classes. Advertise extra food products for sales with community members. Encourage food service personnel to attend FFI workshops and the use of local foods.

RESOURCE CONTACT PLAN OF WORK

Resource Contacts will be available to schools starting the **week of September 10th, 2012**. While your school may be given a new contact each year, Resource Contacts will be prepared to “hit the ground running” and given the necessary information and training to bring them up to speed on your district plans and goals. In order to help make the transition smooth and further embed wellness initiatives within the school climate, we ask schools to make the commitments below:

- Work space with wireless access: this can be a corner in a work-room, library, or office. The FFI will provide a lap top to all Resource Contacts
- Place within school for cooking with students, as appropriate
- School ID badge
- Formal introduction to all staff prior to October 1st, 2013
- Welcoming friendly environment in which to work
- Three identifiable school point persons for the Resource Contact to utilize as necessary for support and guidance (we encourage a parent and two school staff)
- Create a wellness page on the website, with a “know your Resource Contact” section
- Identify a minimum of one classroom for 10 hours of focused nutrition education (see form below)

Resource Contacts will be available to your district on a regular basis each week. Please make sure you have indicated which day of the week would be best for your district to have the Resource Contact at your school on School Wellness Plan Application (page 6).

In order to receive regular assistance from a Resource Contact schools must provide an additional set of activities and responsibilities they would like the Resource Contact to participate in. These should relate to the following:

- Support a school wellness team and action plan activities
- Provide nutrition, food system and physical activity education in classrooms, helping to integrate these topics into the curriculum
- Offer after-school education programs relating to wellness
- Work with youth to engage them in leadership roles through education and empowerment programs
- Help build school gardens
- Work with food service staff on procurement of local food/creating healthier/tastier school meals
- Identify programs and opportunities related to wellness within the school day that will benefit individual districts
- Build school capacity and transform school environments.

Please indicate in the chart below what ongoing activities would you like your Resource Contact to engage in at your school? These are supplemental to the Action Plan goals, activities that enhance the climate of wellness in your school. Refer to your school's Action Plan goals and policy targets along with the supporting activities/projects. Provide a school/community contact for each activity, along with a timeline for events. You may need to use an additional sheet of paper.

Ongoing Activities	Description	School Contact	Dates
Maintaining the school webpage and local newspaper columns	Coordinate webpage with district technology coordinator and will submit quarterly newspaper articles	Linda Kennedy- Elementary Principal Jeremiah Cantu/Mary Frese- Technology Coord. Sarah Updegraff- HS Principal New Middle School Principal Wellness Committee	Ongoing
Nutrition lessons	10-hour nutrition lessons in one classroom (fourth grade)	Linda Kennedy- Elem. Principal Anita Quirk- 4 th grade instructor	Ongoing
Quarterly taste tests	Help w/ preparing foods with high school students and lunch room personnel	Cafeteria supervisors in each building Jim Russ- FFA instructor Donna Schmeidel- FCS instructor	September December February April
School garden lunchroom usage	Meet w/ cafeteria supervisors to plan for lunches which incorporate greenhouse produce	Cafeteria supervisors Jim Russ- FFA instructor	Fall of 2012 and throughout the school year
Develop youth teams at each building level	Meet w/ student building representatives	Building principals Jim Russ and Donna Schmeidel- FFI coaches	Ongoing

STATE, FEDERAL AND GRANT PROGRAMS FOR WELLNESS

There are numerous state and federal programs available to schools that will assist with school wellness projects, school gardens, etc. Some of these programs provide considerable recognition for schools embarking on strong wellness initiatives. While many of the best wellness policies and programs need little in the way of funding, we know that sometimes schools are could use innovative equipment for their kitchens, gardens, gymnasiums, etc.

As you develop your Action Plan, we encourage you to think about how to fund the projects you are interested in pursuing. Below is a list of some of the more popular programs which we feel can benefit schools on their road to wellness. The FFI will work in partnership with your schools to help you achieve your goals. We are, on a limited basis, available to assist with small grant writing projects and applications for the Healthier U.S. Schools Challenge and Safe Routes to School Certification Program. State and Federal Guidelines prohibit AmeriCorps/FoodCorps members from spending a significant portion of their time with these endeavors, but they can contribute some attention towards well thought out plans.

Healthier U.S. School Challenge (HUSSC):

HUSSC is a voluntary certification initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. Many schools find that applying for the challenge is a valuable learning process helping focus a school wellness team on areas needing improvement. Schools may achieve three levels of distinction: bronze, silver, and gold, with each level incentivized with a monetary award. For more information visit: www.fns.usda.gov/tn/healthierus/index.html

Safe Routes to School (SRTS) Partnership:

SRTS Partnership serves as a hub for schools, organizations, and businesses to communicate and share SRTS new, success stories, best practices, and resource opportunities. Schools can commit to SRTS as an entry-level partner. Through the implementation of various programs and activities schools can progress to bronze, silver, and gold level partnerships. While schools will be the core of the partnership, it will rely on both state and local organizations and businesses to provide resources and support to SRTS partners. By working with these larger groups, the school will be able to better communicate and cooperate with those who have similar goals and initiatives. This will streamline many SRTS programs and allow for greater efficiency at a local level. SRTS programs include: walk to school events, morning mile, mileage clubs, bike safety events, etc

Fuel Up to Play 60/Team Nutrition:

Fuel Up to Play 60 is a fun, interactive program that encourages schools to become a healthier place. Sponsored by the National Dairy Council and the National Football League, school plans blend nutrition and physical activity programs together for up to \$4,000 worth of funding. Schools must sign-up to be a Team Nutrition School in order to participate in *Fuel Up to Play 60*.

Whole Kids Garden Grant, and other Garden Grant Opportunities:

School gardens are a vital educational tool. Every seed planted sprouts a new opportunity for kids to cultivate healthy eating habits. Teaching kids to garden helps them learn about complex topics like sustainability, conservation, food systems and community awareness, as well as an appreciation for food from seed to plate. There are many rounds of garden grants being offered each year. Work with your Resource Contact to find one that will suit and fit your needs.

Additional Local, Regional, Private Foundation Grants:

With so much attention being given to the childhood obesity epidemic, there are many organizations willing to support schools in their efforts to create healthy environments. Community Foundations, Toyota Tapestry Grants, Subaru Healthy Sprouts Grants, and Rockwell Collins, etc are some of the organizations that may be willing to support your school. As we learn about grant opportunities, we often pass them along to the school wellness teams for you to make decisions on whether or not the program may work for your school.

Please indicate below, if at this time, there are any significant grants or programs your school wishes to apply for this year, and would like the assistance of the FFI:

Possible Fuel Up to Play 60 Grant



SIGNATURE PAGE

By signing the document below, I acknowledge that I have read the following document and clearly understand my role in perpetuating school wellness as outlined in the above Action Plan.

(Superintendent)

(Lead Wellness Team Administrator)

(Wellness Team Chair)

(Resource Contact School Point Person)

(Resource Contact School Point Person)

(Resource Contact School Point Person)

(2011/12 Resource Contact)

(The Northeast Iowa Food and Fitness Initiative School Outreach Coordinator, Emily Neal)

SUPPORTED OPPORTUNITIES

These are ongoing activities offered by the FFI and/or regional partners. Please highlight or check activities your school would like to participate in, these activities should be woven into your school goals.

Data Collection:

- Spring Data Collection with Student Travel Tally:** As a means of tracking your school's progress, the National Center for Safe Routes to School provides surveys for teachers and parents. Once completed, this data can be sent to the NCSRTS to be processed and compared with past years.
- Community Mapping & Assessments:** G.I.S mapping and other assessments for walkability can be done throughout the region, examples include mapping various one to two mile routes around a school, Walking School Bus routes, sidewalk assessment, and crosswalk availability.
- Annual School Food Service Survey:** Conducted annually to track increases in purchases of local foods and to evaluate food outreach and education activities.

Walk and Bike to School Events:

- Go-the-Distance Day: May, 2013:** Go-The-Distance Day is a FREE one-day event for Iowa Schools. Its purpose is to show Iowa youth that physical activity is fun and a healthy choice, while increasing public support of physical activity!
- Bike to Work/School Week: May, 2013 and International Walk to School Day (I-Walk):** In May it is national bike to work week! October is Walking Month. Why not make it a community celebration by encouraging students to bike to school!
- Walking School Bus House Party:** Organize Walking School Buses and/or Bicycle Trains in the neighborhoods around the school. Walking School Buses and Bicycle Trains are comprised of students walking or biking to school together. The routes are pre-designated and have an adult chaperone.
- Walking Competition:** Host a month long walking/biking competition between classes. Create an award to give to the class with the most students walking or biking to school.
- Mileage Club:** The Mileage Club is based on a non-competitive philosophy that encourages students to be active together. Students set mileage goals and run or walk to reach their goal. Mileage Club participants learn discipline, how to set goals, make new friends and have fun!

- Crossing Guard Training:** Crossing Guard Training involves teaching older students the necessary skills to facilitate safe walking and biking transportation for the school. With adults, students gain leadership and awareness as they help others safely meet their active transportation needs.

Community Events:

- Safe Routes to School (SRTS) Presentation:** Help establish safe walking and biking routes to and from school for children and families while encouraging an active lifestyle. State and local SRTS experts will direct school administrators, community members and parents in a community forum presentation and includes a walkability assessment, education and encouragement.

Staff Wellness:

Staff Wellness Opportunities

If your school is interested in offering wellness opportunities specifically for staff we can help find a program that fits your needs. Let us know if you would like us to help formulate a program that meets your school's needs!

- **Stress-Less Challenge:** Each week the Stress-Less Challenge focuses on a different strategy to reduce stress. The weekly strategies are small, easy things you can do anytime and anywhere. The four weeks are: Move More, Laugh a Little, Money Management, and Make yourself a Priority. This is a free program.
- **Lieutenant Governor's Challenge:** A 12-week reward based program focuses on healthy fitness and nutrition choices. This is a free program.
- **Live Healthy Iowa 100 Day Challenge** The Live Healthy Iowa 100 Day Challenge is a team based weight loss and physical activity program that will assist you in making positive changes that lead to a healthier lifestyle. There is a fee for this program.

Local Food Procurement:

School Food Consultation: Food service directors receive one-on-one assistance from the FFI staff to set three to five local food procurement goals for the school year.

Producer Visits: The FFI will help find local farmers to visit your cafeteria or classroom! Complemented with local taste-tastes, this unique experience engages students in the lunchroom like nothing else, and proves to get children to try local food.

Home Grown School Lunch Week: This event provides a time for food service to showcase local food. Local food is incorporated into the weekly menu and is labeled for students to see. Education and advertising can be integrated as well.

5th Season Workshop for Food Service Staff: Designed to bring food service staff together to learn cooking techniques, learn recipes for using local foods and prepare and preserve local produce to use during the winter.

- School Food Service Networking Meeting:** Hosted each year to share new information and provide a way for food service across the region to share experiences and learn from each other.

School Garden:

- School Garden Harvest Logs:** School gardens are not only beautiful, but they are economical. Fill out a School Garden Harvest Log to find out how much money your garden is making.
- Deepening Your School Garden Work For Food Service Staff and Educators:** Learn how to use garden produce in school meals, how to make kid-approved healthy recipes, how to link a garden to classroom curriculum, and how to showcase your school's garden.

Teacher Trainings:

- Whole Wellness-Whole Curriculum: AEA continuing education workshop:** Learn about the importance of infusing healthy living into your curriculum. Learn activities, lessons and designs that align with the Iowa Core Curriculum, and create a healthy learning environment for students! Learn about Action Math, Edible Science, and Healthy History! This 15-hour course can be taken for recertification or graduate credit with the AEA.
- District-Wide School Wellness In-service:** A two or three-hour wellness in-service lead by the FFI School Outreach Team members will include sessions for elementary, middle and high school teachers, FCS/vocational agriculture teachers, food service staff, and administration.

Date of desired in-service: _____

Contact: Emily Neal, Coordinator of School Outreach: nealem01@luther.edu

Youth Leadership:

Youth engagement is a key component in our work as youth advocate for system and policy change for healthier food and fitness environments. The FFI has partnered with ISU Extension and Outreach and the Iowa 4-H program to provide county and state resources to support youth engagement and leadership opportunities in schools.

FFI 4-H Youth teams will receive their own Youth Team Action Plan for the 2012-2013 school year within the coming months.