

School Wellness News

Volume 2, Issue 6 April/May 2007



Distribute copies to interested staff:
Superintendent
Principal
Business Manager
School Food Service
School Counselor
FACS, PE, Health,
Elementary Teachers
Wellness Committee
Members
Teacher Break Rooms

No Child Left on Their Behind: Incorporate Physical Activity Opportunities

Adequate physical activity is vital for kids to learn better, maintain a healthy weight, reduce stress and improve sleep. Certainly, it's challenging for students to be fit in a world where kids are bused or driven to school, may not get enough physical education, and don't compete in sports. Kids stay indoors in even safe neighborhoods, and play too many video games and watch too much TV. So what can local school districts do to "Leave No Child on Their Behind?" A combination of approaches should be considered to substantially address childhood obesity. Consider the following key approaches to increase student physical activity levels.

Physical education: Require quality physical education with minimum standards for all school age children K—12. Refer to the *2006 Shape of the Nation Report: Status of Physical Education in the USA* to help guide local and state policy- www.aahperd.org/naspe/ShapeOfTheNation. This report provides current information on the status of physical education in Minnesota in the following areas: time requirements, standards, curriculum, instruction, student assessment and program accountability, physical education teacher certification/licensure, and body mass index (BMI) collection.

Transportation policy: Determine pick-up stops for kids to walk a distance rather than stopping at the door. Create safe bike and walking routes to school. Organize a walking school bus in which a parent or senior volunteer walks a route to school "picking up" neighborhood kids along the way. This strategy can reduce school area traffic with less kids being dropped off and picked up.

Classroom activity: Providing students with short activity breaks actually helps them concentrate better during class. By consistently incorporating 5 - 10 minutes of activity each day, kids can burn up to 300 calories extra a week.

Competitive, non-competitive and affordable sport opportunities: Sports participation varies from school to school. Children who are low-income or overweight often don't participate in competitive school sports. Offer before and after school activities for all youth to participate and feel competent. High schools now offer teen leagues such as intramural basketball, indoor soccer, badminton, and volleyball. Teens can pay a small fee and receive a t-shirt for participation. Actively encourage/recruit kids to participate in fitness opportunities.

Included in Issue

Movement in the Classroom!	2
MN PE Poll Results	2
Enjoy Highly Nutritious Salad Greens	3
Salads-to-Go	3
Growing Greens in the Classroom	3
Promote the Summer Food Service Program	4

Movement in the Classroom!

A growing area of interest in school-based interventions is the strategy of integrating physical activity into academic classes. Teachers who have implemented physical activity as a part of academic classes report liking this approach because of meeting kids learning styles, breaking up the monotony of regular teaching, and enjoying the curriculum (Donnelly et al.) Additionally, keeping kids active throughout the day stimulates brain activity and improves concentration.

The Take 10!® Program is a model program that schools are using in various states. Take 10!® allots 10 minutes in core subjects to reinforce academic concepts in math, science, reading, social studies, etc. Examples of activities are SUMS in Motion, Math on the Run, and Pumping Up with Spanish. Curriculum content includes activity cards and student worksheets for each grade level, K-5. Visit the Take 10!® website for ordering information: www.take10.net.



Another resource available for teacher's is the *Activity Bursts in the Classroom—ABC for Fitness* program developed by David Katz, Director of the Prevention Research Center—Yale University School of Medicine. ABC materials are available at no cost on the website: www.davidkatzmd.com.

Here's an example of movement in the classroom:

Math and Fitness: ABC for Fitness lesson

1. Have each student stand beside their desk, or arrange them so each has enough room to do a squat thrust or other activity.
2. Students repeat doubles equations while performing squat thrusts/other activity.

Appropriate for K-2

- * "1 + 1 = 2, that's true"
- * "2 + 2 = 4, close the door"
- * "3 + 3 = 6, pick up sticks"
- * "4 + 4 = 8, that's great"
- * "5 + 5 = 10, clean the den"
- * "6 + 6 = 12, put up shelves"
- * "7 + 7 = 14, that's keen"
- * 8 + 8 = 16, looking lean"
- * 9 + 9 = 18, time to clean"
- * 10 + 10 = 20, that's plenty"

Tidbits: Minnesota Physical Education Poll Results

- * 88% of Minnesotans strongly or somewhat agree that physical education should be a daily part of the school curriculum for all students at every grade level.
- * 71% of Minnesotans strongly or somewhat agree that 45 minutes per day should be devoted to PE for kids in grade K-6.
- * 78% of Minnesotans strongly or somewhat agree that PE should not be eliminated to focus on meeting stricter academic standards.
- * 87% of Minnesotans believe that physical activity helps kids do better academically.

Poll conducted by the American Heart Association and presented at Mayo Clinic 2007 Action on Obesity Summit.

Enjoy Highly Nutritious Salad Greens

Salad greens are highly rated for their superior nutritional value. The darker the salad green, the more nutrition it packs. **Eat greens every day!**

Two cups of green leaf lettuce provides:

- * More than 100 percent of the recommended Daily Value (DV) for Vitamin A, and more than 150 percent of the recommended DV for Vitamin K. Vitamin A is essential for healthy vision, while Vitamin K is necessary for proper bone growth.
- * An excellent source of Vitamin C which may help to prevent against heart disease.
- * A good source of magnesium, which helps support the immune system, maintain normal blood sugar levels and support normal bone growth.

Vary Your Salad Greens

Growers produce many kinds of salad greens including spinach, romaine, butterhead, red and green leaf lettuce, turnip and mustard greens, Swiss chard, kale, bokchoy and watercress. Try taste testing different varieties as a student activity.



Salads-to-Go

Kid Favorite

Salad Toppings

Cold peas
Cucumber slices
Grape tomatoes
Green pepper
Cauliflower
Sunflower seeds
Diced ham
Low-fat cheese

Chicken Taco Salad-to-Go

2 cups mixed or leaf lettuce
Tortilla chips
1/4 cup kidney beans (1/2 oz. protein)
1/2 oz. low-fat cheddar cheese
1 oz. pulled chicken pieces
1/2 tomato diced
1 oz. salsa in a soufflé cup
Layer in order listed.

Spinach Salad-to-Go

2 cups spinach
1 hard-boiled egg, quartered
3/4 oz slices of rolled ham
1/2 oz cheese in 3-inch julienne strips
1 mushroom, sliced
3 grape tomatoes
Layer in order listed.

Salad-to-Go Recipe Source: *Fruits and Vegetables Galore* USDA FNS-365, 2004

Growing Greens in the Classroom

Supplies

3 cups or pots
Potting soil
Seeds of three leafy green lettuce varieties: green, red, oak

Grow Greens

1. Fill pots with potting soil.
2. Plant a different lettuce seed variety in each pot. Put seeds on top of soil. Sprinkle a little soil on top of seeding.
3. Keep pots in a cool place if possible (lettuce seeds need light to germinate.) Keep soil moist/watered.
4. Record observations in a plant journal during growing.
5. After four weeks, have a class discussion on the similarities and differences in the plants. **Taste test greens!**

Salad greens and tomatoes are now grown year round in Minnesota green house operations. These green houses use energy saving methods, including passive solar and geo-thermal heat pumps, to protect the environment and save costs.

Contact us to receive a newsletter:
University of Minnesota Extension
Moorhead Regional Center
715 11th Street N, Suite 107C
Moorhead, MN 56560
rcmoorhead@extension.umn.edu

Phone: 218-236-2003
E-mail: vanof001@umn.edu

Building Healthy Futures
www.extension.umn.edu

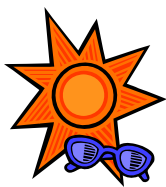


University of Minnesota Extension is an equal opportunity educator and employer.

University of Minnesota Extension connects research-based resources to communities. This newsletter provides information to help implement your local school wellness policy and teach kids and families about nutrition and active living.

**Editor/Writer: Sara VanOffelen, RD, MPH
Regional Extension Educator—Health & Nutrition**

Promote the Summer Food Service Program in Your Community



*Do you know an organization that serves kids in the summer?
Are kids hungry in your community?*

The Summer Food Service Program (SFSP) exists to provide nutritious meals to children during summer vacation when school meals are not available.

Who May Sponsor the SFSP?

- ◆ Public or private nonprofit schools
- ◆ Units of government
- ◆ Private nonprofit organizations
- ◆ Public or private nonprofit camps
- ◆ Public or private nonprofit universities or colleges

Sponsors of non-camp sites, must serve (1) in an area where at least 50 percent of the children who live in that defined area are eligible for free or reduced-price meals in the National School Lunch program; or (2) where at least 50 percent of the children enrolled in the summer program are eligible for free or reduced price meals. A camp site must offer a regularly scheduled food service as part of a residential or day camp program.

What kinds of meals will be served?

SFSP may serve breakfast, lunch, supper, or snack, depending on the site.

How do you apply for the program?

Organizations interested in participating in the SFSP this summer may obtain application materials by completing the Survey of Interest form,

<http://education.state.mn.us/mdeprod/groups/Nutrition/documents/Form/004473.pdf>

And either faxing it to 6512/582-8501 or mailing it to:

Minnesota Department of Education—Food and Nutrition Service

1500 Highway 36 West
Roseville, MN 55113-4266

Attn: Jenny Butcher

For questions contact FNS:

Phone: 651-582-8526

MN Toll Free: 800-366-8922



Encourage cities to maintain park and recreation programs during the summer. Kids gain more weight in the summer than during the school year and need facilities to stay active and feel safe. (VonHippel, Am-Journal of Public Health, 2007.)

Support Summer Healthy Foods and Physical Activity Opportunities for Kids!