



School Wellness Newsletter

Spring
2010

Spring
into
Action

K-8 PE bill

House Bill 3141 requires that K-5 students receive 150 minutes of PE and students grades 6-8 receive 225 minutes per week. The instruction needs to be a sequential, developmentally appropriate curriculum that is designed to help students adopt and maintain physical activity throughout their lives. School districts need to meet the minute requirements by 2017-18. For details go to: www.ode.state.or.us/search/page/?id=2488

shape up

Shape Up Across Oregon, the statewide motivational fitness program endorsed by the Governor is offered at no cost to all elementary and middle schools. Last spring, more than 79,000 students accepted the Shape Up challenge! At a time when obesity is a top health issue, Shape Up offers schools an activity-based educational experience which promotes healthy lifestyles. Mark your calendar for 2011. Learn more at www.shapeupacrossoregon.org

your feedback

We want your feedback about this newsletter. Please visit www.surveymonkey.com/s/SWN2010 to share your comments. The first five people to complete the survey will receive a classroom set of 30 resistance bands perfect for energizers.



got energy?

spring into action with energizers

Help students increase physical activity and have fun with energizers. The CDC's Physical Activity Guidelines for Americans suggest that kids need at least 60 minutes of physical activity every day, and not just any activity but a mix of aerobic, muscle strengthening, and bone strengthening activities.

Examples of the three categories of physical activity:

- Aerobic activity: running, jumping jacks, swimming, dancing, bicycling, brisk walking, skating
- Muscle strengthening: climbing, tug-of-war, bicep curls, push-ups, sit-ups, squats
- Bone strengthening: jumping rope, hopscotch, skipping, running, gymnastics

As kids get older, they tend to be less physically active. Use energizers to model active behavior and encourage healthy habits. Remember that short bursts of activity throughout the day can add up to 60 minutes a day.

Try these quick 2-3 minute energizers in your classroom:

- Hop on both feet for 1 minute, do 10 squats, 10 push-ups, and 10 knee lifts
- Hop on left foot 10 times, hop on right foot 10 times, do 10 jumping jacks, and 10 cross country ski strokes
- Stand up, turn on music for 3 minutes of free dance

Read more about the CDC's Physical Activity

Guidelines at www.cdc.gov/physicalactivity/everyone/guidelines/index.html



fresh fruits and vegetables

Oregon Department of Education Child Nutrition Program is entering its third year of administering the Fresh Fruit and Vegetable Program. The program, which began as a USDA pilot, funded 44 schools in 2009-10 to provide fresh fruits and vegetables during the school day.

Invitations to apply for the FFVP will go out in March to schools with at least 50% free/reduced enrolled students. If your school fits this criterion, consider applying.

For more information go to: www.ode.state.or.us/search/page/?id=2415

healthy schools for kids.

let's get movin'!

May is walk + bike challenge month!

Oregon schools are gearing up for the third annual Walk + Bike to School Challenge, a friendly competition that encourages students to walk and bike to school for the whole month of May. Last year, 60 elementary and middle schools and over 4,000 individuals participated in the event. This year, high schools and universities are also invited to participate. Older students will have access to an online trip-tracking system which allows them to compare mileage and challenge their friends.

School coordinators at elementary and middle schools help students track their trips on the Challenge scorecard. This year, registering your school and

reporting results online is easier than ever thanks to a generous grant for web improvements from Kaiser Permanente.

The event kicks off May 1, ends May 31, and culminates with a special Walk + Bike to Baseball celebration event at PGE Park in Portland on June 11. Event participants and winners will be recognized on the field, and the overall winner will throw out the first pitch of the Beavers baseball game.

For more information, visit www.walknbike.org. Registration opens in March!



healthy snacks fuel kids

Let's face it. Kids need nutrient-rich snacks to be properly fueled. Classroom concentration and afterschool activities should not be fueled by crackers and pretzels alone. Healthy snacks include a balance of food groups. Encourage snacks that combine fiber-rich whole grain breads and cereals, protein-rich foods like hummus, lean meats, and nuts*, and calcium-rich low-fat dairy products such as yogurt, cheese, and milk.

Try these easy, not too messy, ideas:

- * Apples with peanut butter*
- * Tortilla chips with bean dip
- * Whole grain crackers with cheese and a slice of turkey

- * Dried fruit, nuts*, and sunflower seeds
- * Breadsticks or pita chips with hummus
- * Pitted dates stuffed with an almond*
- * Celery sticks with peanut butter* and raisins (ants on a log)
- * Banana slices with yogurt for dipping
- * Baby carrots or sliced cucumbers with tzatziki

* Be cautious of peanut or other nut allergies

Help parents and kids plan tasty, healthy snacks with Build-a-Snack activity masters at www.oregondairyCouncil.org/resources/free_downloads/#Build-A-Snack

staff wellness corner

Comprehensive school wellness policies and programs should address the health and wellness of students and school staff. In this way, health becomes fundamental to the climate and culture of the entire school community. To establish a staff wellness component:

- Identify a staff wellness coordinator
- Secure administrator support
- Form a wellness committee
- Develop a mission, objectives and goals
- Assess the needs and interests of staff
- Identify resources within the school and district
- Create written policies
- Implement key activities
- Evaluate the policy and programs at set intervals

additional resources

Energizers for school – National Association for Sport and Physical Education

www.aahperd.org/naspe/publications/teachingTools/upload/Integrating-PA-into-the-School-Day-Web-9-14-09.pdf

Energizers for the classroom – North Carolina PE is Active

www.ncpe4me.com/energizers.html

Fuel Up to Play 60 – Order a free school wellness kit

www.fueluptoplay60.com

Healthy Snack Calculator – Community Health Partnership

www.communityhealthpartnership.org/strategic_obesity/school_calculator.php

about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations and agencies:

- * Alliance for a Healthier Generation
- * Bogli Consulting
- * Community Health Partnership
- * DHS, Public Health Division
- * Healthy Kids Learn Better
- * Oregon Action for Healthy Kids
- * Oregon Dairy Council
- * Oregon Department of Education
- * Oregon School Nutrition Association