



# School Wellness Newsletter

Fall 2009 School Success Stories

## US healthy challenge

Congratulations to Willamina School District for achieving the USDA Team Nutrition silver award. Criteria includes being a Team Nutrition school; offering nutritious meals; meeting USDA nutrition standards; providing nutrition education, physical education and activity; and adhering to guidelines for foods served/sold outside the National School Lunch Program. Learn more about Team Nutrition at <http://www.fns.usda.gov/tn/>

## pumping up PE

In July, Lane County School District 4J received a grant from the Carol M. White Physical Education Program for \$494,606. These grants are to initiate, expand, or enhance physical education programs, including after-school programs, for K-12 students. Grant recipients must implement programs that help students make progress toward meeting state PE standards. Additional grant information can be found at <http://www.ed.gov/programs/whitephised/index.html>

## local produce tastes great

When children taste fresh-picked, local produce they ask for seconds. This July, Prairie Mountain School in Bethel offered children a taste of raspberries, blueberries, and cucumbers from Thistledown Farm. Gervais High School served fresh green beans from Jones Farm Produce for lunch and local peaches and cherries on the salad bar. A cooking demonstration with kale and garlic was held at Boones Ferry Primary School in the West Linn-Wilsonville SD. Serving local food through farm-to-school activities is an exciting way to teach children about Oregon foods and support local farms. Learn more at <http://www.ode.state.or.us/search/page/?id=2646>



## ODE school wellness awards

Each year, the Oregon Department of Education (ODE) selects 3 winners for the School Wellness Award. Oregon schools who are actively working to improve student and staff wellness may apply. Applications are reviewed by a Blue Ribbon Panel appointed by Superintendent Susan Castillo. The panel narrows down the applicants and Superintendent Castillo makes the final selection.

### 2009 Winners

Blossom Gulch Elementary (Coos Bay SD)  
Centennial Learning Center (Centennial SD)  
Mosier Community School (North Wasco County SD)

Winning schools receive a \$2500 award, a recognition banner and an ODE plaque signed by Superintendent Castillo and Child Nutrition Director, Joyce Dougherty. The awards are made possible through a sponsorship with Nutrition Education Services/Oregon Dairy Council. ODE Child Nutrition Specialists along with Nutrition Educators from the Oregon Dairy Council offer additional resources and support to winners throughout the year.

The School Wellness Award is in its third year. Information about past award winners can be found at [www.oregondairycouncil.org/resources/nutrition\\_and\\_kids/](http://www.oregondairycouncil.org/resources/nutrition_and_kids/) Schools can apply for this award starting in October with applications due Friday, January 15, 2010. For an application visit <http://www.ode.state.or.us/search/results/?id=270>

If you know of a deserving school please share this information and encourage them to apply.



## after-school enrichment

Four school districts in Oregon have received dollars to implement 21st Century Community Learning Center grants to support the creation of programs that provide academic enrichment opportunities during non-school hours for children, particularly students who attend high-poverty and low-performing schools. Woodburn, Gervais, Sheridan and Redmond School Districts will participate in Coordinated School Health Institutes to review their needs and determine the after-school programming needed to meet the health needs of their students and school community. Partners facilitating this opportunity include: Oregon Department of Education, Department of Human Services, Oregon Action for Healthy Kids, Alliance for a Healthier Generation and Bogli Consulting. For more information on the grants, visit <http://www.ed.gov/programs/21stcccl/index.html>

# healthy schools for kids.

## let's get movin'!

Walk and Bike to School Day is just around the corner...October 7th to be exact! Be sure to register as soon as possible at [www.walknbike.org](http://www.walknbike.org). The first 180 schools to register will receive student incentives and raffle items.

Walk and Bike to School Day serves as a kick-off to building awareness about the benefits of walking and biking to school, and it is a fun and energy-filled day for students, parents, and school staff. Please see the website for information on how to coordinate a Walk and Bike to School Day event at your school.

Here are a few tips to encourage walking and biking throughout the school year:

- Hold a workshop for parents and students on walking and biking safety

- Host monthly walk and bike to school events
- Encourage students to create walking and biking posters for the hallway
- Gather prizes and have students enter their name for walking and biking drawings
- Encourage students, parents and staff to write letters to the local newspaper about the benefits of walking and biking to school
- Sign-up your school to participate in the 3rd annual Walk and Bike Challenge Month in May 2010



## building healthy schools

Six Oregon schools received national bronze recognition at the 4th Annual Healthy Schools Program Forum in New York City on August 6th. Sacramento Elementary (Parkrose SD), Blossom Gulch Elementary (Coos Bay SD), and the Oregon City High School Academies -Mt. Bachelor, Mt. Ashland, Mt. Hood, and Mt. St. Helens - (Oregon City SD) join 108 honorees from across the nation transforming their schools into healthier places for students to learn and staff to work.

Over this past school year, schools made huge strides from taking advantage of open morning time to increase physical activity, surveying staff for strategies to help them address their own wellness, involving students and parents on wellness councils, and increasing healthier school food options. Schools have also connected with community partners, such as local clinics, hospitals, and fitness centers to expand offerings.

The Healthy Schools Program takes a comprehensive approach to helping schools create healthier environments by working with them to improve access to healthier foods; increase physical activity opportunities before, during and after school; enhance nutrition education; and establish school employee wellness programs. Support is tailored so that every school creates its own local approach that matches the specific needs of its community. Currently, over 5000 schools from across the United States are receiving free support.

Anyone can make a difference in the health of a school by joining the Healthy Schools Program. To find out more, visit <http://www.healthiergeneration.org/> for free tools, tips, resources and updates on ways to help make our children's generation a healthier generation.

## staff wellness corner

### Take Care of Yourself

As the school year begins choose to take care of yourself as well as your students. Here are a few tips:

- \* Eat breakfast or pack a nutritious mid-morning snack
- \* Remember to drink plenty of fluids
- \* When feeling stressed, go for a quick walk around your building

### A Little Friendly Competition

How about rousing up a friendly staff wellness competition? Be a good role model, make your health a priority, and be more effective in your work. Here's how to make it happen:

- \* Divide staff into teams
- \* Focus on one or two aspects of wellness (example: drink a glass of milk at lunch.
- \* Set a reasonable timeframe – long enough to see results but short enough to be enjoyable
- \* Reinforce accountability by posting team progress for students and staff to see
- \* Reward the winning team with a fun group physical activity, such as kayaking, roller skating or hiking

## additional resources

School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools. Find information, tools and resources for school employee wellness at <http://www.schoolempwell.org>

Robert Wood Johnson Foundation Center to Prevent Childhood Obesity. Find information about school nutrition and physical activity at <http://www.reversechildhoodobesity.org/content/school-nutrition>

## 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