



School Wellness Newsletter

Spring
Cleaning

Spring
2011

showcase: griffin creek elementary

Congratulations to Griffin Creek Elementary for being one out of 179 schools nationwide to receive an award from the Alliance for a Healthier Generation! "We believe that creating and sustaining a healthy school environment requires commitment from everyone", explains Principal Ginny Hicks. Griffin Creek leads by example; creating a wellness program for staff called "2B Fit + 2B Strong = 4 Ever Healthy."

To get started they formed a wellness committee, gained administrative support and applied for a wellness grant from OEA Choice Trust. Griffin Creek's goals are to improve health, fitness and manage stress. As a result of planning and committed leadership, 95% of their staff actively participates in the program! Staff have successfully quit smoking, collectively lost over 150 pounds, and improved their mental wellbeing. Their dedication to health has created a cultural shift that promotes physical activity and healthy eating school wide for both students and staff. Check out OEA Choice Trust's "Journey to Wellness" website at www.oechoice.com where you can find grant guidelines and grant applications to help start your staff wellness program.



dust-off wellness policies

Steps for Success

Make wellness a priority: Support your district wellness policy by reading it, asking questions, and join the district or school wellness committee.

Collaborate: Join local, state, and national school health initiatives.

Plan change in gradual steps: Prioritize needs and develop a measurable plan of action utilizing available resources, partners, and community facilities.

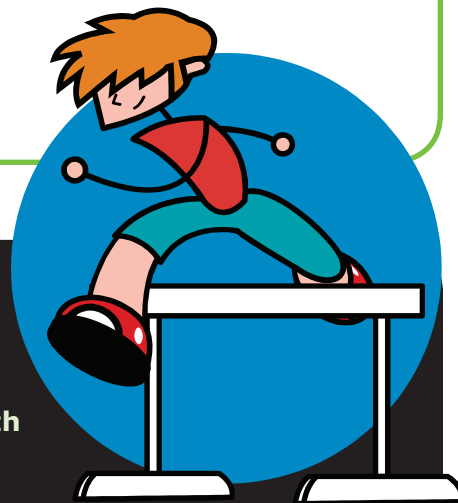
Be an active role model: Start a walking club in the morning, take fitness breaks in the classroom, and eat with the kids.

Build a powerful success story: Share with local media, parents, community members, and county or state government.

Celebrate change: Celebrate with fun physical activity & sampling of local farm foods.

Sustain motivation: Continue to be a champion and get others involved.

Resources for district wellness policy:
www.oregonactionforhealthykids.org



coming up

May is Walk + Bike Challenge Month

Oregon schools are gearing up for the fourth annual Walk + Bike to School Challenge Month, a friendly competition that encourages children to walk and bike to school during the whole month of May! Is your school registered? More information and registration is available at www.walknbike.org.

Oregon Summer Food Programs

The Summer Food Service Program helps fill the nutrition gap when school is out for summer. The program provides nutritious meals at no charge to all children age 18 and younger at participating feeding sites. To participate, just show up. Select your county for a map and list of Summer Meal Sites near you www.summerfoodoregon.org/ Please pass this information along to everyone.

healthy schools for kids.

let's get movin'!

Fitness Friday

Promote fitness and health in your school by conducting a weekly Fitness Friday event. Fitness Friday is a time for the entire school, staff and students, to come together and celebrate the successes of their school, energize the students, inspire the staff and build a "we can" attitude. Make Fitness Friday a part of the weekly school routine and school culture!

Fitness Friday Ideas:

- * Promote fitness and health activities in your community and school. Discuss the importance of exercise, health and the importance of play.
- * Make this a time for school announcements and celebrate your schools successes.
- * Do fitness activities (push-ups, sit-ups, jumping jacks).
- * Perform a dance routine where students and staff follow in unison. Dance examples: "CHA CHA SLIDE", "CHICKEN DANCE" and "HOKEY POKEY".
- * Sing your school song or develop a Fitness Friday chant or slogan.



food, farms and gardens

Are you interested in having more locally grown food served in the cafeteria? Does your school have a garden? Do you want to support healthy weight in children? Farm to School and School Garden wellness policies help make all these things happen. Dust off your wellness policy. Look for wording that supports purchasing from local farms, farm tours, and school garden activities linked to the classroom curriculum. If your policy doesn't include farm to school language, now is the time to propose it. Consider policy language like "Staff is encouraged to utilize food from school gardens and local farms in kitchen classrooms and cafeterias based upon availability and acceptability." And while you're dusting, check to see who is involved in your school wellness committee. Is there a farmer or a local chef? They can be advocates for farm to school and school garden wellness policy.

Find model school wellness policy language at www.foodsecurity.org/F2Cwellness.html

wellness: 7 steps

A new resource found at www.oechoice.com is The Blueprint for Wellness. It is based off WELCOA's Seven Benchmarks of result-oriented workplace wellness programs, and modified to fit school settings. In brief the steps include:

1. Obtain Administration and Board Support
2. Establish a Wellness Coordinator and Team
3. Collect and Analyze Data
4. Develop an Operating Plan
5. Provide Appropriate Wellness Events
6. Creating a Supportive Environment
7. Evaluate Outcomes

additional resources

Health and PE Updates: To sign up for newsletters www.ode.state.or.us/search/page/?id=1843.

Oregon Agriculture In The Classroom (AITC) aitc.oregonstate.edu/

Information, resources and funding opportunities: www.oregonactionforhealthykids.org

Shape Up Across Oregon www.shapeupacrossoregon.org

TV-Turnoff Week: April 18-24 www.commercialfreechildhood.org/

School Snack Calculator www.orphi.org/healthy-schools-a-childcare/school-food-environmentnutrition

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
- * Oregon Public Health Institute
- * OHA, Public Health Division
- * Healthy Kids Learn Better
- * Oregon Action for Healthy Kids
- * Oregon Dairy Council
- * Oregon Department of Education
- * Oregon School Nutrition Association