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MIXED METHODS ANALYSIS OF SCHOOL WELLNESS PROGRAMS IN
NEBRASKA AND INDIANA: A DESCRIPTIVE STUDY

by

Jessica A. Robinson

A THESIS

Presented to the Faculty of
The Graduate College at the University of Nebraska
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Major: Nutrition and Health Sciences

Under the Supervision of Professor Wanda M. Koszewski

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May 2011

MIXED METHODS ANALYSIS OF SCHOOL WELLNESS PROGRAMS IN
NEBRASKA AND INDIANA: A DESCRIPTIVE STUDY

Jessica A. Robinson, M.S.

University of Nebraska, 2012

Advisor: Wanda M. Koszewski

The battle against childhood obesity is being fought on many fronts. Schools have become one of the major fronts that the battle against childhood obesity is being fought. In 2004 the Child Nutrition Act passed by Congress required all school districts receiving funds for the National School Lunch Program to create a wellness policy. Since then there have been many research projects conducted to learn more about these policies, their effectiveness, and their implementation as programs in the schools. Thus far, no such research has been done in Nebraska or Indiana. The purpose of this descriptive study is to describe how schools in Nebraska and Indiana are implementing wellness programs in their schools (K-12). A concurrent triangulation mixed methods approach combined quantitative survey data and qualitative descriptive data to create an overall description. The data was taken from Action for Healthy Kids applications from both states for the 2009-2010 and 2010-2011 school years and interviews conducted by the researcher. Survey data from both years revealed gradual, but insignificant increases in most categories. A total of 560 descriptions, from both states and both school years, including interviews, were analyzed and coded into themes. The themes and survey data support that a variety of wellness programs are being implemented in schools in Nebraska and Indiana focusing on improving nutrition, increasing physical activity,

meeting national guidelines, and improving overall health. Overall, the programs are received in a positive light and schools have reported encouraging results observed from these programs such as, increased physical activity, healthier food choices, positive attitudes toward wellness, increased focus and even improved BMIs.

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Chapter 1: Introduction

The epic battle against childhood obesity is being fought on many fronts, including families, grocery stores, advertising, etc. Schools have been identified as an ideal front to fight the battle against childhood obesity since most children spend eight or more hours at school each school day. To fortify this battlefield, The Child Nutrition and WIC Reauthorization Act of 2004 required all school districts to create and implement a local school wellness policy addressing nutrition and physical activity. Many studies have been conducted on the evaluation and efficacy of these policies. Most of these studies were quantitative in nature and involved comparing programs with the policies they were based on or on analyzing the words of the policies themselves. Little research has been conducted investigating the experiences of those that put the policies into practice or on the application of the actual programs themselves.

Research studies have shown that implementing wellness policies and programs in schools can have a positive impact on children's health and help decrease childhood obesity. While many states have conducted in depth analysis on school wellness policies in their schools, no such research has been conducted in the states of Nebraska or Indiana. There has also been no known research on the programs being implemented in Nebraska or Indiana schools as a result of those policies. Especially, no qualitative studies have been done on school wellness programs in Nebraska or Indiana.

The purpose of this descriptive study is to describe how schools in Nebraska and Indiana are implementing wellness programs in their schools (K-12). The questions that were explored are, "What programs are being implemented in schools in Nebraska and

Indiana?” “How are they received?” and “What impact do these programs have on school wellness?” These questions will be explored through both qualitative and quantitative measures. The reason for collecting both survey and qualitative data is to corroborate the two forms of data to bring greater insight into the problem than would be obtained by either type of data separately. This mixed methods study used a concurrent triangulation mixed methods design in which qualitative and quantitative data were collected in parallel, analyzed separately, and then merged.

In this study, Action for Health Kids Gold Medal Program surveys were used to describe the programs being implemented as well as the analysis of interviews with selected program coordinators, and program descriptions. Action for Healthy Kids is an organization that was created to support the implementation of school wellness policies and programs. The surveys used in this study were collected as part of an application used in an award program provided by this organization. The applications provided information related to specific changes being initiated in the schools as well as barrier and outcome descriptions. These data painted a picture of how the battle against childhood obesity is being fought in schools in Nebraska and Indiana.

Chapter 2: Literature Review

Childhood obesity is an increasingly prevalent problem in the United States. As this problem has grown and affected more and more American youth, research has sought to learn more about this growing epidemic and find solutions. Childhood obesity research has focused on three major environments that a child takes part in. The first is the family environment, second is the community and third is the school environment. While the majority of the research presented in this review will focus on the school environment, it is important to acknowledge that research is being done within the first two environments as well.

Family Environment

Humenikova & Gates (2008) conducted a study involving American and Czech children and parents to identify environmental factors that were related to BMI-for-age. The study used parent questionnaires and children's BMI calculations of 47 American and 97 Czech parents and children. The questionnaire measured parenting style, positive and negative food socialization practices and food preparation and grocery shopping practices. The study found that fruits and vegetables were significantly less available in American households compared to the Czech households. The American parents were more likely to have an authoritative parenting style and less likely to use negative explanations for foods. These factors were associated with lower BMI-for-age in the Czech children, but the sample of American children was too small to create a regression model. This study found that the family environment includes many factors that affect

childhood obesity. There are many studies like this one that focus on the family environment to explore factors related to obesity and to try to find solutions.

Community Environment

The community environment also has a great impact on the lifestyles of the children and many studies have been conducted to explore the factors relating to obesity in this environment. Fletcher, Cooper, Helms, Northington & Winters (2009) measured the impact of the Kids for Healthy Eating and Exercise club in a community of African American youth in a town in Mississippi. This study involved 12 high school students who had a BMI greater than 25. The program involved meal plans, nutrition education, and physical activity daily or weekly for a year. Subjects had lower BMIs, increased activity levels, greater knowledge of nutrition and increased positive lifestyle choices. While this study included only a small sample of youth in one community of African Americans in one state, it did demonstrate that an intervention within the community can have a positive effect on BMI and lifestyle choices.

Huberty, Balluff, O'Dell & Peterson (2010) also valued the importance of the community environment as they developed their community collaborative program entitled Activate Omaha Kids in Omaha, Nebraska. They collaborated the efforts of many individuals and organizations in the community to focus on reducing childhood obesity in the Omaha area. The strategies they used gave structure and focus to the planning process and allowed 75 individuals from various backgrounds such as healthcare, school, family, local businesses, churches and public service organizations to create, evaluate and raise funding for a plan in a period of nine months. This plan united individuals from all

aspects of the community by focusing on the goal of addressing childhood obesity.

Baseline data were collected to assess obesity levels and will be collected again when the current initiative and programs are completed. Many programs such as this one are being implemented and studies are being conducted in the community environment to search for solutions to the childhood obesity epidemic.

School Environment

The third environment that may have a great impact on childhood obesity is the school environment. Because most schools are regulated by government legislation and district policies, and also because children spend so much time in school, the school environment is an ideal target to focus on in the battle against childhood obesity. Nanney & Davey (2008) focused on the importance of addressing childhood obesity in the school environment. Schools can be affected by policy and as pointed out in this commentary, “Policies are often more permanent than public health programs and are seen as having the greatest potential to eliminate obesity and health disparities” (Nanney & Davey, 2008, p.1436). The focus of their commentary was the need to evaluate policies and programs to measure the impact on childhood obesity, especially in those populations that have a greater prevalence of obesity. The remainder of this review will focus on the policies and programs that have been implemented in the school environment.

Federal and State Legislation

On June 30, 2004 Congress passed the Child Nutrition and WIC Reauthorization Act (CNRA) of 2004 (Child Nutrition, 2004) stating that all school districts in the nation participating in the national school lunch program would have to create a school wellness

policy (SWP) by June 30, 2006. This legislation mandated that each SWP needed to contain goals for physical activity, nutrition education and school-based activities that promote wellness, nutrition guidelines for all food available at school, a plan for implementing the policy, regulations for school lunch that were not less restrictive than federal guidelines, and involve students, parents and community members. As a result of this legislation school districts across the nation began creating and implementing SWP. These policies and the programs that stemmed from them became an area of interest for many researchers.

Dodson et al. (2009) also realized the importance of policies in addressing childhood obesity when they stated that policies “might offer one of the most efficient means of improving and protecting public health” (Dodson et al, 2009, p. S162). When this research team realized that 420 pieces of legislation were introduced at the state level in the United States between 2003 and 2005 to address topics such related to school wellness, they set out to discover enablers and barriers of passing policies addressing the childhood obesity epidemic. They interviewed 16 policy makers in 11 states representing diverse political parties, obesity rates and geographic regions using semi-structured interviews and analyzed the transcribed interviews for themes. The participants identified the involvement community members in drafting and advocating policy and media coverage as powerful enablers of getting policies passed. In terms of barriers the participants identified lobbyists of food and beverage companies as a hindrance, as well as misinformed voters. This research study emphasizes not only the importance of policy

in the fight against childhood obesity, but also the need for community members to work together to be informed on these policies.

Perceptions of SWP

While SWP are thought to be powerful tools in the fight against childhood obesity, these policies are not always easy to implement and it is important to understand the reactions and perceptions of those involved in the implementation of those policies. Agron et al. (2009) collected surveys, and conducted focus groups and interviews with 2,900 school leaders and wellness advocates across the nation to gather information on their perceptions on SWP and to learn more about barriers and needs for this population. The study divided the participants into four target groups: school board members, school board association members, school wellness advocates and state public health nutrition directors. Results found that while all groups were mostly positive toward SWP and their effect on childhood obesity, school board members and school board association members were much more confident that the policies being implemented reflected the best practices than school wellness advocates and state public health nutrition directors. Key barriers were identified as funding issues, lack of time, and lack of support from stakeholders such as parents and students. This study illustrated some variance in perceptions on SWP. Future studies to explore the variance in perceptions or the barriers mentioned may be warranted.

Similarly Roberts, Pobocik, Deek Besgrove & Prostone (2009) wanted to explore reactions to and experiences with the policy of principals and food service directors at junior high schools in the state of Texas. This study gathered information from 24

principals and 10 food service directors randomly selected from 10 of the 20 school regions in the state. The principals and food service directors were interviewed using semi-structure interviews. The interviews were recorded and transcribed word for word and analyzed for themes. Some of the major themes found in this study were “resistance to the policy, policy development process, communication, government role, parental role, food rewards, fund raising, and leadership” (Roberts et al., 2009, p. 294). The overall reaction from the principals and food service directors in this study was positive. Some however wished for changes to be made in either the policy or the methods of communication and implementation. Understanding the perceptions and needs of those involved in creating and implementing policies can identify ways that the community can improve their support of these policies.

Tools for Evaluating SWP

Some research teams realized the need for adequate tools to evaluate SWP well. Schwartz et al. (2009) developed a coding tool to evaluate SWP. Using 60 SWP from Washington, Connecticut, Pennsylvania, and Minnesota, they validated their coding tool by pairing out-of-state researchers with in-state researchers to code the same wellness policies. The coding system was consistent between researchers and measured the strength and comprehensiveness of the policies. Using this process they developed a 96-item coding tool to evaluate SWP. Although the study was limited by a convenience sample this coding tool may prove beneficial for measuring SWP with a state for strength of policy and comprehensive coverage of all necessary components.

Nuehouser, Lilley, Lund, & Johnson (2009) were concerned that there was not a reliable cost-effective instrument to test whether these newly implemented policies to increase the nutritional value of foods available in schools, were beneficial. The purpose of this study was to test a new instrument against an established instrument (food journals) to measure reliability and validity. In order to be effective, the instrument needs to be cost-effective, easy for adolescents to use and understand, and reliable. This study developed a new instrument to measure the consumption of certain beverage and snack foods in middle-school aged children. The final instrument was then used in the study with 46 participants from two middle schools, one was a suburban school and one was an inner city school in Washington. Students answered the 19 question survey at the beginning and end of the study and kept a 4-day food journal. Analysis revealed that the survey was a reliable tool to measure the effectiveness of school food policies. There was no significant difference between the survey and the food journals. This tool is an easy, cost-effective tool that is appropriate for use with adolescents.

Evaluating SWP

Following the CNRA in 2004 on local wellness policies Serrano et al. (2007) set out to evaluate the progress of the school districts in Virginia early in 2006, just a few months before the federal deadline for the policies. This study was the first to measure progress of the policies on a statewide level. The researchers developed a survey to measure the timeline, methods and goals of each districts policy. They sent the survey to 132 School Health Advisory Board coordinators that were involved in the creation of the policies in their districts. They had a 69.7% response rate producing 92 surveys in return.

Of the 92 respondents only 2 indicated that they had a final policy in place, despite the deadline being only 3 months away at the time. Most of the policies were still in progress. The majority of the goals within the policies focused on food and nutrition guidelines such as guidelines for competitive foods sold in vending machines or a la carte. Next popular were guidelines for physical activity, including goals about recess and physical education. Goals for nutrition education included classroom education and health fairs. While this study was limited because the policies were still in progress, it represents the first evaluation of federally mandated SWP.

Metos & Nanney (2007) looked at the SWP of 31 out of the 40 school districts in Utah. Descriptive analysis was done on each district's policy. Each policy was analyzed for compliance with federal regulations, state regulations and for the strength of language within the policy. The federal regulations matched up with the constructs from the CNRA, the stated regulations were compiled by a committee that looked at past legislation and programs implemented in Utah and in other states and the language strength was based on the type of verbs that were used in the policies. This study found that 77% of the school districts complied with all five federal components, but results varied greatly for the state components. The language strength analysis found that most policy statements used language suggesting that the behavior was recommended but not required. While most school districts complied with the policy regulations, very few policies were worded with language that would make them powerful and effective. This study was conducted in only one state; it would be valuable for each state to conduct research like this to assess the strength and adherence of the SWP within their state.

Moag-Stahlberg, Howley, & Luscri (2008) conducted a study evaluating local SWP across the nation. A sample of 256 SWP from all states, except Hawaii, was evaluated for compliance with federal requirements and those of Action for Healthy Kids. None of the policies addressed all of the requirements of Action for Healthy Kids, but 68% met the minimum federal requirements. Many areas were missing from most policies including how funds would be used to implement the policies, requirements for physical education, and teacher and staff training. Although this was not a representative sample of policies across the nation, it does raise concern that policies are not meeting necessary requirements. It would be important for each state to conduct an in-depth evaluation of SWP to identify specific areas of concern and improvement.

Heard, Longley & Sneed (2009) looked at the effects of the CNRA of 2004 on the formation and implementation of wellness policies in school districts across the nation. Phase 1 of their study evaluated the strength of wellness policies in all 50 states on a scale of zero to five with five being the strongest. Phase 2 conducted phone interviews with food service directors involved in developing the wellness policy in their district. Phase 3 delivered a survey to a random sample of 847 food service directors from medium or large school districts across the nation. The survey asked food service directors about components in place before legislation in 2004 and after the policies were in place in 2007. Phase 1 found that in 2006, 22 states had strong enough policies to score a five or higher. Phase 3 found significant changes in all components of survey after implementation of the policy. Components included nutrition education, nutrition

guidelines for foods served at school, physical education, etc. This study illustrated many positive effects of SWP as a result of federal legislation.

Johnson, Bruemmer, Lund, Evens & Mar (2009) evaluated the impact of sugar-sweetened beverage policies in middle schools in Washington. The researchers divided their study into three parts to measure the efficacy of the beverage policies on middle school students' exposure to and consumption of sugar sweetened beverages. First, they used the policy coding tool developed by Schwartz et al. (2009) to analyze the policies of each of the 28 school districts. Second, they calculated the exposure of sugar-sweetened beverages per student at each school. Thirdly, they used the Beverage and Snack Questionnaire created by Neuhouser et al. (2009) to measure the consumption of sugar-sweetened beverages of all seventh graders at the participating 64 schools. This study found that the schools that had stronger district beverage policies had a lower exposure of sugar-sweetened beverages. Similarly, those schools that had lower exposure rates of sugar-sweetened beverages also reported lower consumption rates, as well. The study concluded that policies, if written strongly, can have a positive effect on the school environment and consequently children's health choices.

Implementing School Wellness Programs

Once the SWP are established they need to be put into place. Samuels et al (2009) measured the adherence of school policies in the state of California. School in this state were required to implement food regulations regarding competitive foods sold in schools 100% by 2007 and adhere to the beverage policy 50% by 2007. This study involved 56 schools and utilized a survey distributed to food service directors and a database tool

called FoodBEAMS designed to catalog competitive foods and beverages available at the schools. Schools were then analyzed using the surveys and database for adherence to the state-mandated policies. Although beverage policies had a longer deadline, schools showed greater adherence to them than to the food policies. This could be attributed to the fact that the beverage policies were based on the type of beverage allowed and the food policy was very nutrient based and requires more knowledge and calculations to implement. Schools in California were found to be making progress toward adherence to the policies which once again demonstrated positive changes made through policies.

Probart, McDonnell, Hartman, Weirich, & Bailey-Davis (2006) led a study to identify factors that affected and predicted sale of competitive foods in high schools and the participation in school lunch program. A survey was sent to a random stratified sample of food service directors at 271 high schools in Pennsylvania. The schools were stratified based on enrollment, free and reduced-price lunch participants, region and urban/rural location. The survey collected information about the school and foodservice program, sales of competitive foods through vending machines and a la carte items, soda advertisements, policies related to competitive foods and demographic information. This study found that participation in free or reduced-lunch was negatively associated with a la carte sales and that a la carte sales increased with earlier lunch times. Soft drink advertisements had a negative relationship with school lunch participation. This study concluded that many important factors were identified about competitive foods and school lunch participation in high schools in Pennsylvania. Further research lies in

conducting similar studies in other states and also exploring further some of the identified factors.

Many schools have been concerned with making changes to competitive foods because they fear profit losses. Brown & Tammineni (2009) investigated this concern by focusing on changes in beverages sold at 15 Mississippi schools. They asked each of the 15 participating schools to change marketing strategies to include pictures of physical activity, non-sugar-sweetened beverages, or school logos around vending machines and places where beverages were sold. They also asked each school to increase the number of water, 100% fruit juice and sports drinks sold to 50% of beverages offered, and to decrease the prices of these drinks by 10-25 %. Ten of the 15 participating schools found that beverage profits increased during the year that these changes were implemented. These findings are encouraging to schools that may be concerned about losing profits due to changes in policy.

Pilot Studies

Some studies have shown the benefit of implementing SWP through pilot studies. Slawta, Bentley, Smith, Kelly & Syman-Degler (2008) designed a pilot program entitled Be a Fit Kid to be implemented as a 12-week after-school physical and nutrition education program to address increasing childhood obesity rate in elementary schools. Seventy-five children from 4 elementary schools participated in this study. Children participated in physical activity and education during the program, such as running, strength training, jumping and leisure-activities like hiking and ice-skating. The nutrition education portion included education on healthy foods, food sampling, and ready packets

for their parents. Measurements were taken before and after the program to assess improvement. Significant improvements were seen in physical activity, nutrition knowledge, body composition and some lipid profile values. Intake of healthy foods increased in 75% of the participating children. Be a Fit Kid was a successful program implemented to teach children about physical activity, nutrition and empower them to make healthy changes in their lifestyles.

Powers, Struempler, Guarino, & Parmer (2005) recognized the importance of nutrition education in fighting childhood obesity. They implemented a nutrition education program with second and third-grade students. The study involved 1100 children with 702 participating in the intervention group and 398 participating in the control group. Both groups were given pre and post-assessment using a tool called “Pizza Please” that included an interactive game and a questionnaire. The intervention group received six weeks of nutrition education on fruit, vegetable and dairy consumption, food guide pyramid topics, and food-nutrient topics. Children in the intervention group showed significantly greater changes in nutrition knowledge and dietary behaviors. This study shows that nutrition education in elementary schools can have a positive impact on nutrition knowledge and dietary intake to improve the health of elementary age children.

Conclusion

Research studies have shown that implementing wellness policies and programs in schools can have a positive impact on children’s health and help decrease childhood obesity. While many states have conducted in depth analysis on SWP in their schools, no such research has been conducted in the states of Nebraska or Indiana. There has also

been no known research on the programs being implemented in Nebraska or Indiana schools as a result of those policies. Further research is needed in Nebraska and Indiana to evaluate these policies and programs to determine if they are effective and how they can be improved.

Chapter 3: Methods

The purpose of this descriptive study was to gain greater understanding of how school wellness programs are being implemented in schools in Nebraska and Indiana.

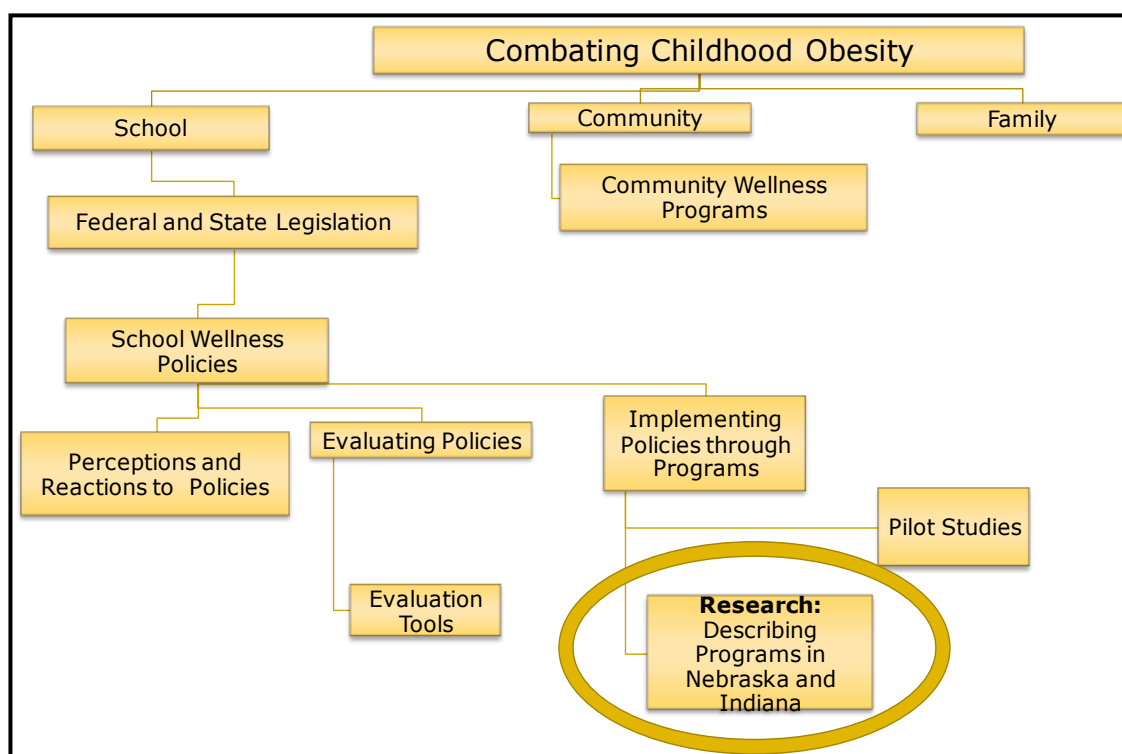


Figure 3.1 Where does this study fit?

This mixed methods study addressed school wellness programs implemented in Nebraska and Indiana. A concurrent triangulation mixed methods design was used in which qualitative and quantitative data were collected in parallel, analyzed separately, and then merged. (See Figures 3.2 and 3.3)

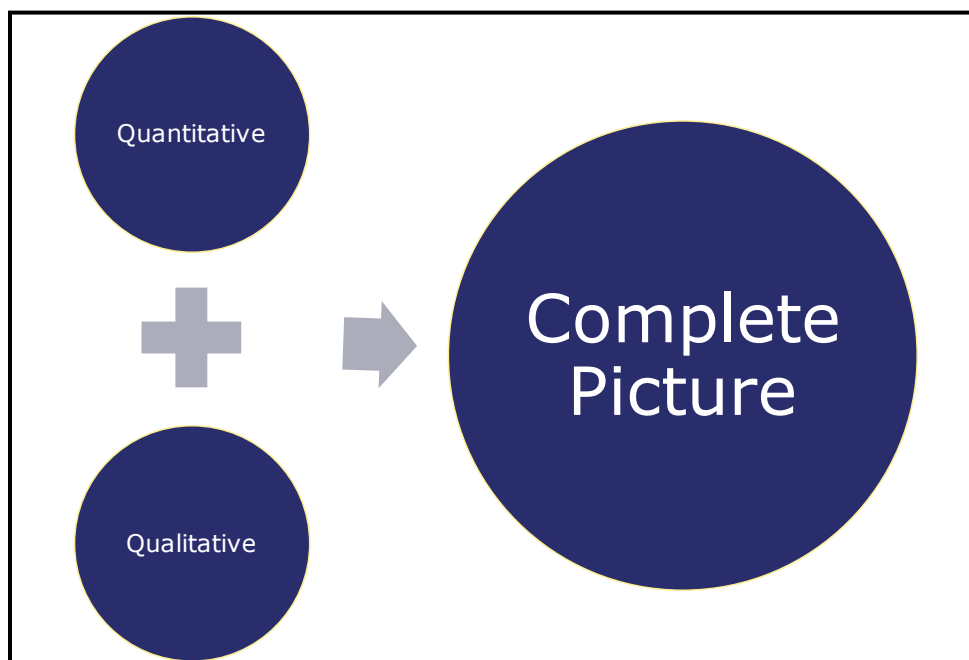


Figure 3.2 Concurrent Triangulation

Action for Healthy Kids (AFHK) Gold Medal Program Applications from both states was used for both the quantitative and qualitative portions of this study. The applications consist of both a survey portion and a descriptive portion. The AFHK Gold Medal Program Applications were completed by members of the schools' wellness

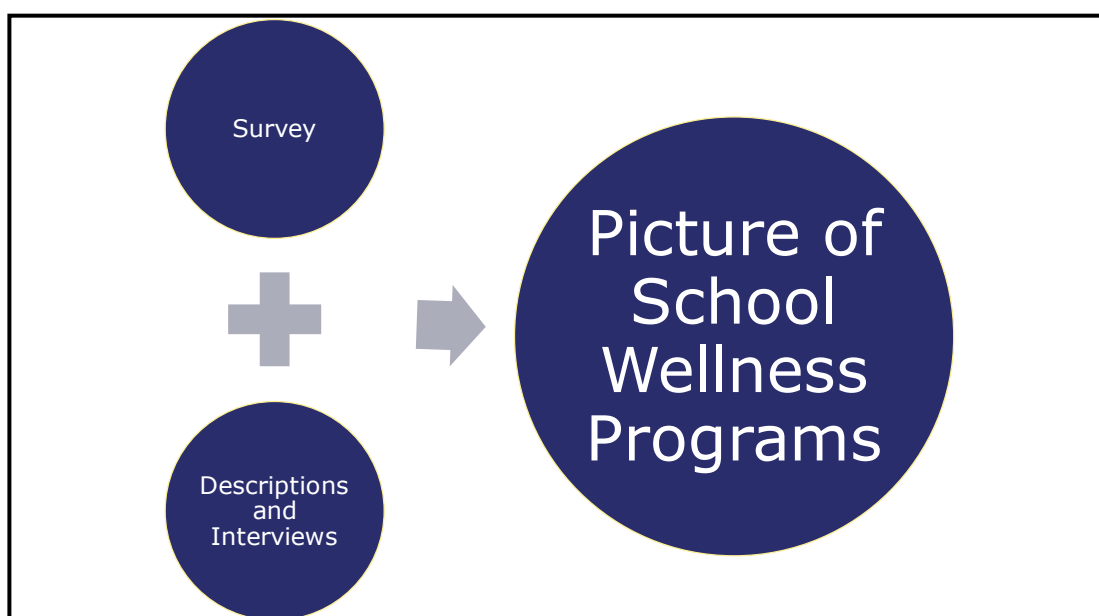


Figure 3.3 Concurrent Triangulation in this Study

teams. School wellness teams include individuals such as school nurses, principals, school food service directors, teachers and parents. Each school designated one individual as the school's wellness contact. The applications were then scored based on the answers given (See Appendix D). The total number of points received placed the school in one of four categories: gold, silver, bronze, and honorable mention. The breakdown of points for the Nebraska application is featured below (See Figure 4.4). Because the names of schools and individuals were removed from the data prior to analysis, there were no known risks associated with this study.

Point Breakdown				
	Elementary	Elem/Middle (K-8)	Middle	High
Part I	0	0	0	0
Part II	12	12	12	12
Part III	400	405	375	380
Part IV	19	19	19	19
Total (Max Possible)	431	436	406	411
Gold (90-100%)	387.9	392.4	365.4	369.9
	427	432	402	407
Silver (80-89%)	344.8	348.8	324.8	328.8
	387.469	391.964	364.994	369.489
Bronze (70-79%)	301.7	305.2	284.2	287.7
	344.369	348.364	324.394	328.389

Figure 3.4 Nebraska Award Breakdown

In addition to the AFHK applications, interviews were conducted with school wellness contacts from selected schools in Nebraska. These interviews were included as part of the qualitative analysis of this study.

Data Collection

Approval was received from the Internal Review Board at the University of Nebraska for this study. All of the data for this study was collected previously.

Applications were collected from 41 schools across Nebraska and 131 from Indiana during the 2009-2010 school year and during the 2010-2011 school year from 61 schools in Nebraska and 132 schools in Indiana. This study was conducted using data from Nebraska and Indiana because they were the only two of the several states contacted to respond to a request for data for the study. Applications were submitted on-line and include four parts: school information, school wellness program description (including a success story), school survey, and a school wellness policy. This study focused on the data included in the school survey and the school wellness program description.

The interviews with school wellness contacts were conducted. The verbatim transcripts from these interviews were added to the data for this study. Informed consent was signed by participants for interviews to be conducted for a class project and again for use of the interviews in this study.

Survey

Part III of the AFHK application is the School Survey. In the Nebraska application (see Appendix A) this survey consisted of 73 questions and consists of three sections: School and Community Wellness (19 questions), Nutrition Services/Nutrition Education (27 questions) and Physical Education/Physical Activity (27 questions). Part III of the Indiana application had 90 question split into seven sections: Coordinated School Health Advisory Committee (6 questions), Implementing Wellness Policies (12 questions), School Health Services (11 questions), Physical Education/Physical Activity (21 questions), Nutrition (31 questions), Staff Wellness (4 questions), and Parent/Community Involvement (5 questions). While some of the questions in the

surveys vary, many of them are the same or gather similar information. Here are some examples of the questions asked in the surveys:

- Which statement best describes the purpose of your school wellness committee?
- How often does your school wellness committee meet?
- How often are foods with whole grains offered?
- Does your school offer an Expanded Breakfast Program?
- Have you implemented food purchasing and/or preparation practices to reduce the fat content of foods (e.g., purchasing specification for pre-prepared foods requiring lower fat content, use low or reduced fat cheese, draining cooked ground beef, etc.)?
- Is physical education taught by a teacher with a license in physical education?
- Does your school offer students opportunities to participate in intramural sports and sports clubs?
- How many minutes per day, on average, does your school provide ALL students with an opportunity for UNSTRUCTURED physical activity (e.g. recess, open gym, etc.)?

Interviews

A typical purposeful sample of school wellness coordinators in Nebraska who participated in the Action for Healthy Kids Gold Medal Award Program in 2009-2010 was used for the interviews. Interviews were originally conducted as part of a research class project. Participants signed informed consent forms prior to the interviews and again for the interviews to be used in this study. Since there were no gold medals

awarded to any of the Nebraska schools that year, two coordinators of schools that received silver medals, one from a school that received a bronze medal and one from a school that received an honorable mention were interviewed, for a total of four participants. This seemed to be enough participants to provided saturation of themes.

The interviews were semi-structured and were recorded and later transcribed. The questions that were used to lead the semi-structured interviews were as follows:

Will you briefly describe your current wellness program?

What influenced you as you created and implemented this wellness program?

What challenges did you face in creating and implementing this wellness program?

What supports do you have from the community as you implement your program?

What impact have you seen from your program?

Is there anything else you would like to share with me about your program or experience?

Wellness Program Descriptions

Part II of the Nebraska AFHK application consisted of six open ended descriptive questions; pictures of the programs in action were also requested. These questions asked for explanations of the program, funding, involvement, as well as challenges and outcomes of the program, specifically:

1. Program Description:
2. List measurable program goals and how they relate to your school wellness policy:

3. Total number of students involved or impacted by the program (include grade levels reached):
4. Total cost of program and funding source (if applicable):
5. Obstacles/challenges encountered and how you overcame them:
6. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

Similarly Part II of the Indiana AFHK application requested a 350 word description of the program including the same six item description (Section A), as well as a 350 word assessment by a student (Section B), as outlined below.

Section A: Healthy School Programming – Best Practices

Write a description (350 word limit) of your school's most prized healthy school programs/initiatives. The description must include the following:

- Name of school
- Name and contact information for the program
- Program description and measurable goals
- Total number of students affected
- Total cost of program, if any
- How the program was funded
- Obstacles/Challenges you encountered
- Overall results of the program

Section B: Student Assessment

Please provide a brief summary (350 word limit) of why your school should be a Healthy Hoosier School. This summary should be written by a student and include the name of the school in the summary.

Data Analysis

The analyses for this study were used to describe the school wellness programs in Nebraska and Indiana, and were both quantitative and qualitative in nature.

Survey

The information from the survey was compiled into Excel and then analyzed using SPSS software. The Nebraska Evaluation and Research (NEAR) Center was consulted during this analysis. Data was analyzed for trends among the schools. Names of individual schools were removed before analysis to ensure anonymity and to reduce bias. The results were reported in frequencies and percentages.

Survey answers were recorded as a point value assigned by AFHK for each answer. These values were then computed for frequencies by year and state, calculated as a percentage of the numbers of answers given and then translated back to the survey answers.

Interviews

The transcripts from the interviews were compiled and analyzed for common themes using ATLAS.ti 6.2 qualitative data analysis software. This process included coding individual sections or paragraphs and then grouping the codes into themes. These themes provided a succinct description of the information gathered in the interviews. All names and school affiliations were removed from the transcripts.

Wellness Program Descriptions

The program descriptions and success stories were compiled and analyzed for common themes using ATLAS.ti 6.2 software. This process involved coding individual

program descriptions and then grouping the codes into themes. This exploratory analysis provided greater insight into the programs that are currently in place in Nebraska and Indiana schools. All names of individual schools were removed before qualitative analysis to ensure anonymity and to reduce bias.

Validation

The NEAR center was consulted during quantitative analysis to provide validation. For the qualitative portions, a sample of 28 (5%) of descriptions were reviewed and analyzed by a colleague to validate consistency.

Chapter 4: Results

Section 4A: Quantitative Results

There were a total of 40 completed surveys for Nebraska in 2009-2010. For Indiana that year there were 131 completed surveys. The numbers for both states increased in 2010-2011 with 61 schools in Nebraska completing surveys and 132 schools in Indiana. For some questions answers were not reported. In this case, the questions were analyzed with the number of complete answers and the missing answers were eliminated. For example, if there were originally 131 survey, but 10 left the question blank, the reported percentage would reflect the answers from the 121 surveys that answered the question.

Demographics

Demographic data was analyzed separately for each state and school year and then compared for significance between the states. Table 4.1 and Table 4.2 illustrate the comparison of demographics between Nebraska and Indiana. There was a statistically significant ($p=0.000$) difference between states for the number of students receiving free lunch, reduced lunch and free and reduced lunch combined for both years.

A significant difference ($p=0.000$) was also found between states for enrollment numbers in the schools. All ethnic categories were found to be statistically significant ($p<0.05$) except for Native American and Hispanic groups. Both male and female groups were also found to be statistically significant ($p<0.05$) between states.

Table 4.1 2009-2010 Demographics

Demographic	State	Mean # students/school	Std. Dev	p=
Free Lunch	Nebraska	78.68	66.894	0.000*
	Indiana	137.91	122.679	
Reduced Lunch	Nebraska	27.62	17.725	0.001*
	Indiana	41.43	30.216	
Free and Red.	Nebraska	106.3	81.702	0.000*
	Indiana	179.33	145.176	
Enrollment	Nebraska	365.3	255.083	0.000*
	Indiana	670.24	370.383	
Native American	Nebraska	7.62	30.367	0.227
	Indiana	1.48	2.152	
Asian	Nebraska	8.76	13.071	0.017*
	Indiana	16.68	27.9	
Hispanic	Nebraska	20.95	29.409	0.157
	Indiana	30.12	48.528	
Black	Nebraska	21.65	38.137	0.007*
	Indiana	60.22	144.207	
White	Nebraska	292.43	241.585	0.005*
	Indiana	435.7	342.934	
Male	Nebraska	177.89	138.714	0.000*
	Indiana	335.28	176.958	
Female	Nebraska	173.51	134.506	0.000*
	Indiana	317.43	167.478	
*= p<.05				

Due to the significant difference between population and survey numbers between the states, no further comparison was conducted between the states. The results of such an analysis would have been biased by the differences between the populations, therefore it would not been an informative comparison.

Table 4.2 2010-2011 Demographics

Demographic	State	Mean # students/school	Std Dev	p=
Free Lunch	Nebraska	68.27	57.834	0.000*
	Indiana	138.58	112.439	
Reduced Lunch	Nebraska	25.66	16.405	0.000*
	Indiana	44.88	31.5	
Free and Red.	Nebraska	93.93	71.766	0.000*
	Indiana	183.51	138.735	
Enrollment	Nebraska	314.28	189.321	0.000*
	Indiana	685.12	537.835	
Native American	Nebraska	4.46	19.717	0.234
	Indiana	1.37	1.87	
Asian	Nebraska	7.03	12.165	0.002*
	Indiana	21.7	48.09	
Hispanic	Nebraska	21.22	31.601	0.190
	Indiana	29.02	47.904	
Black	Nebraska	12.56	29.974	0.001*
	Indiana	72.24	181.831	
White	Nebraska	247.64	154.12	0.000*
	Indiana	454.02	454.064	
Male	Nebraska	151.07	93.184	0.000*
	Indiana	295.89	142.011	
Female	Nebraska	141.85	87.776	0.026*
	Indiana	288.26	148.339	
*= $p<.05$				

Results for Nebraska

Frequencies were totaled for both years and then compared for significant changes. A few questions had some missing responses. The results were calculated as a percentage of the total answers received for the question.

Nutrition. Table 4.3 illustrates the results from the Nutrition portion of the survey. All schools that completed the surveys participated in the National School Lunch

Program and a majority participated in the National School Breakfast Program (80% in 09-10 and 83.6% in 10-11). Over two-thirds of Nebraska schools have food service managers that have a higher education degree or certification (66.7 % and 68.3%).

In 2009-2010 87.5% of schools reported making changes to reduce the fat content of foods, this percentage increased to 90% in 2010-2011 ($p=0.695$). While the percentage of schools reporting milk vending machines decreased from 32.5% in 2009-2010 to 21.3% in 2010-2011 ($p=0.208$), the number of schools reporting milk vending machines remained constant at 13. However, the percentage of schools reporting policies promoting healthy or non-food fundraisers and classroom parties increased from 47.5% to 63.9% ($p=0.102$).

Reports of nutrition education and standards remained relatively the same between both years. The number of schools that are considered a closed campus raised by 2.7%, but was not statistically significant.

Staff members made healthy changes by restricting access to unhealthy foods in staff vending machines and lounges. The percentage of schools reporting this restriction significantly increased from 70% to 88.5% ($p=0.020$). The number of school reporting this change increased from 28 to 54. Another significant change was noted among schools that prohibit using food as a reward. This percentage increased from 37.5% to 90.2% ($p=0.023$). The number of schools making this change increased from 15 in 2009-2010 to 37 in 2010-2011. The schools also reported an increase in prohibition of withholding food as punishment from 80% to 90.2%, although this increase was not found to be statistically significant ($p=0.148$).

The number of schools reporting offering at least 4 choices of fruits/vegetables daily increased (57.5%, 67.2%, $p=0.576$), as did the percentage of schools offering fresh fruits and vegetables daily (80%, 88.5%, $p=0.370$). Neither change was found to be significant. It is interesting to note that the number of schools reporting offering whole grains daily decreased from 60% to 50.8% ($p=0.572$). Encouragingly, however, the percentage of schools reporting offering low-fat or skim options of milk remained constant at 100%.

Table 4.3 Nebraska Nutrition Results

Question	2009-2010 # (%)	2010-2011 # (%)	p=
Participate in National School Breakfast Program	32/40 (80)	51/60 (83.6)	0.643
Participate in National School Lunch Program	40/40 (100)	61/61 (100)	
Have closed-campus	35/40 (87.5)	55/61 (90.2)	0.674
Food service manager has degree and certification	26/39 (66.7)	41/61 (68.3)	0.862
School Cafeteria has pleasant atmosphere	39/40 (97.5)	59/61 (96.7)	0.822
Implemented practices to reduce fat content of foods	35/40 (87.5)	54/60 (90)	0.695
Milk vending machine	13/40 (32.5)	13/61 (21.3)	0.208
Policy for healthy or non-food fundraising and parties	19/40 (47.5)	39/61 (63.9)	0.102
Limit or restrict access to staff vending machines	28/40 (70)	54/61 (88.5)	0.020*
Nutrition education required	32/40 (80)	50/60 (83.3)	0.671
Nutrition curriculum consistent with USDA	36/40 (90)	55/61 (90.2)	0.978
Nutrition curriculum based on national and state standards	32/40 (80)	49/61 (80.3)	0.968
Use cafeteria as a learning laboratory	18/40 (45)	23/61 (37.7)	0.465
Prohibit using food as reward	15/40 (37.5)	37/61 (90.2)	0.023*
Prohibit withholding food as punishment	32/40 (80)	55/61 (90.2)	0.148
At least 4 choices of fruits/vegetables per day	23/40 (57.5)	41/61 (67.2)	0.576
Fresh fruits and vegetables offered daily	32/40 (80)	54/61 (88.5)	0.370
Foods containing whole grains offered daily	24/40 (60)	31/61 (50.8)	0.527
Offer low-fat or non-fat milk during meals	40/40 (100)	60/60 (100)	
<i>*Based on Chi-square analysis level of significance is a $p < 0.050$</i>			

Physical Activity. Table 4.4 shows the results of the physical activity portion of the survey. While none of the physical activity changes were statistically significant, there were several increases observed between the two years. By 2010-2011 all Nebraska schools reported having physical education taught by a certified teacher, increasing from 95% the year before ($p=0.078$). There was also an increase in percentage of physical education curriculum based on state and national standards from 82.5% to 93.4% ($p=0.746$).

All schools for both years reported having enough equipment for everyone to participate during physical education. There was an increase reported for the percentage of schools incorporating physical activity into the classroom (82.5, 90.2, $p=0.261$). There was also an increase in intramural sport and sports clubs being offered at the school from 77.5% to 90.2% ($p=0.080$).

An increase was noted for the prohibition of using physical activity or the withholding thereof as punishment (60%, 68.9%, $p=0.361$). There was also an increase in prohibiting substitutions for PE from 85% to 93.4% ($p=0.165$). Schools also reported an increase in providing programs for families and community members to experience physical activity as well (80%, 91.8%, $p=0.083$). Although the percentage decreased, the number of school reporting students engaged in moderate or vigorous activity for 20 min or more in physical education increased from 39 to 58 ($p=0.249$). The percentage of schools providing 30 or more minutes of unstructured physical activity to all students during the day increased from 40% to 50% ($p=0.503$).

Table 4.4 Nebraska Physical Activity

Question	2009-2010 (%)	2010-2011 (%)	p=
Physical Education taught by a certified teacher	38/40 (95)	61/61(100)	0.078
PE curriculum based on state and national standards	33/40 (82.50)	57/61 (93.4)	0.084
Grades based on achievement, not just participation	38/40 (95)	54/61 (88.5)	0.264
Use of regular assessments to monitor learning	38/40 (95)	57/61 (93.4)	0.746
Adequate equipment for student use at same time	40/40 (100)	61/61 (100)	
Prohibit use of physical activity or withholding as punishment	24/40 (60)	42/61 (68.9)	0.361
Prohibit substitutions for PE	34/40 (85)	57/61 (93.4)	0.165
Incorporate physical activity into classroom	33/40 (82.5)	55/61 (90.2)	0.261
PE teachers receive annual professional development	36/40 (90)	57/61 (93.4)	0.531
PE department aligned with mission statement of school	32/40 (80)	49/60 (81.7)	0.835
Intramural sports and sports clubs	31/40 (77.5)	55/61 (90.2)	0.080
Parent/community programs to promote physical activity	32/40 (80)	56/61 (91.8)	0.083
Students engaged moderately/vigorously for 20+ min in PE	39/39 (100)	58/60 (96.7)	0.249
30+ min of unstructured physical activity for all students	16/40 (40)	30/60 (50)	0.503
<i>* Based on Chi-square analysis level of significance is a p <0 .050</i>			

Results for Indiana

For an unknown reason, several answers were missing from the Indiana set of data. For most questions about 5-10 answers were missing. Missing answers were discarded and percents were calculated from the total of responses. The reported results are based on these adjusted totals. The results are presented in tables with the number of responses and the percentage out of total responses given in parentheses.

Nutrition. Table 4.5 displays the results from the nutrition portion of the Indiana survey. There were slight increases in the number of schools that reported serving salad, fruit, vegetables, and whole grains at lunch every day. None of these were determined to be significant. The schools reported a slight decrease for serving fresh fruits and vegetables every day. This change was also not significant.

Table 4.5 Indiana Nutrition Results

Question	2009-2010 (%)	2010-2011 (%)	Significance
Salad at lunch everyday	82/121 (67.8)	88/127 (69.3)	0.584
Fruit at lunch everyday	115/122 (94.3)	123/127 (96.9)	0.457
Fresh Fruit at lunch everyday	79/122 (64.8)	78/127 (61.4)	0.528
Vegetables at lunch everyday	114/122 (93.4)	122/127 (96.1)	0.361
Fresh Vegetables at lunch everyday	84/122 (68.9)	80/127 (63)	0.418
Whole grains at lunch everyday	77/122 (63.1)	88/127 (69.3)	0.327
Implement practices to reduce fat content of foods	118/122 (96.7)	122/124 (98.4)	0.222
Closed campus	120/122 (98.4)	126/127 (99.2)	0.493
No contract with outside restaurants	121/122 (99.2)	111/127 (87.4)	0.001*
Policy for at least 20 min to eat lunch	120/122 (98.4)	118/127 (92.9)	0.086
Recess before lunch for all grades (elementary)	50/122 (41)	54/127 (42.5)	0.647
Teachers reinforce/enhance nutrition education	108/122 (88.5)	105/126 (83.3)	0.240
Promote consumption of fresh fruits/vegetables	121/122 (99.2)	124/127 (97.6)	0.333
Promote milk consumption	121/131 (92.4)	127/127 (100)	0.245
Offer 3 varieties of low-fat milk	116/122 (95.1)	115/127 (90.6)	0.168
Visual aids to promote healthy food choices	121/131 (92.4)	124/127 (97.6)	0.365
Policy for healthy or non-food fundraisers	94/121 (71.8)	98/127 (77.2)	0.523
Policy for healthy or non-food parties	107/131 (81.7)	106/127 (83.5)	0.369
<i>* Based on Chi-square analysis level of significance is a $p < 0.050$</i>			

There was a significant decrease in the number of schools reporting no contracts with fast food restaurants ($p=0.001$). Ten fewer schools asserted their refusal to contract

with outside restaurants than the previous year. There was a light decrease in the number of schools reporting a policy of providing at least 20 minutes for their students to sit and eat lunch from 120 to 118 schools. This decrease was not significant.

The number of schools promoting fresh fruits and vegetables increased slightly ($p=0.333$) as did the number of schools promoting milk consumption ($p=0.245$). The number of schools reporting a policy on healthy or non-food fundraising increased from 94 to 98 ($p=0.523$).

A unique question on the Indiana survey asked if the school district employed or consulted a registered dietitian. For 2009-2010 81 out of 121 and for 2010-2011 88 out of 125 schools reported having a dietitian for their school district. This response was also analyzed for significance among award level (i.e. gold, silver, bronze) for each year and was found to be independent of award level ($p=0.112$; $p=0.178$)

Physical Activity. Table 4.6 illustrates the results and significance of the physical activity responses.

There was a significant increase in the number of schools providing 20 minutes of unstructured physical activity from 9.2% to 20.8%, an increase of 15 schools ($p=0.018$). Another significant difference was noted between the number of schools reporting a policy that prohibits substitutions for physical education, decreasing from 105 schools to 92 schools. Another decrease was noted in the number of schools reporting a prohibition of using or withholding physical activity as a punishment from 94 to 89 schools. This decrease was not found to be significant.

Table 4.6 Indiana Physical Activity

Question	2009-2010 # (%)	2010-2011 # (%)	p=
PE taught by a licensed PE teacher	117/122 (95.9)	122/127 (96.1)	0.594
PE curriculum based on state standards	121/122 (99.2)	121/127 (95.3)	0.062
Assessment based on skills	115/122 (94.3)	120/127 (94.5)	0.938
Use of formative assessment to monitor learning	112/122 (91.8)	119/126 (94.4)	0.426
Adequate equipment for optimal student participation	118/121 (97.5)	123/127 (96.9)	0.750
Prohibit use of physical activity/ withholding as punishment	94/122 (77)	89/127 (70.1)	0.213
Teachers incorporate physical activity in classrooms	109/122 (89.3)	116/127 (91.3)	0.594
Prohibit substitution for PE	105/121 (86.8)	92/126 (73)	0.016*
Intramural sports or sports clubs	109/122 (89.3)	116/127 (91.3)	0.594
Require PE for entire school year	84/121 (69.4)	99/124 (79.8)	0.104
Students engaged moderately/vigorously for 20+ min in PE	121/121 (100)	125/125 (100)	0.310
20 minutes of unstructured physical activity for all students	11/120 (9.2)	26/125 (20.8)	0.018*
<i>* Based on Chi-square analysis level of significance is a $p < 0.050$</i>			

The number of schools reporting a licensed physical education teacher increased insignificantly. Similarly the number of schools using assessments based on skills and assessments to monitor learning increased without statistical significance.

The percentage of schools requiring physical education all year increased from 69.4% to 79.8% ($p=0.104$). An increase was also seen in the number of schools offering intramural sports or sports clubs from 109 to 116 ($p=0.594$). The percentage of schools reporting students engaged in moderate or physical activity for 20 or more minute during physical education remained constant at 100 percent of reporting schools.

Section 4B: Qualitative Analysis Findings

There were 556 descriptions submitted from both states during 2009-2010 and 2010-2011. In addition to the four interview transcripts there were a total of 560 entries for qualitative analysis. All entries were reviewed and analyzed by the researcher. The Nebraska entries were analyzed separately from the Indiana entries. This allowed for trends to be observed for each individual state and collectively.

The questions that were explored during analysis were, “What programs are being implemented in the schools?”, “How are they received?” and “What impact do these programs have on school wellness?” The following sections describe how these questions were answered.

Emerging themes: Nebraska

There were a total of 90 school descriptions and four transcribed interviews for the state of Nebraska. Appendix K contains a list of codes pertaining to the Nebraska data.

What programs are being implemented in the schools? In exploring this question, Nebraska schools described programs that could be categorized as nutrition programs, physical activity programs, combined programs, and culture building programs.

Nutrition. Within each of the main categories there were a variety of programs, illustrating that there are many different ways to accomplish the same goal. Some of the nutrition programs that were described included a variety of nutrition education

techniques including 5-4-3-2-1 GO! and a food group dragon. There were also programs and changes that focused on improving the school meal experience, such as increasing the number or variety of fruits and vegetables sold at lunchtime or changing the snacks sold in vending machines. Many programs focused on creating enjoyable experiences with food such as Tasting Adventures (one of many food tasting programs), cooking club and providing a free breakfast item during Breakfast week.

Many schools stated that as healthier choices or options were made and experimented with they were often accepted. One school described the changes they saw as they added a salad bar to their lunch room.

“There was clear interest on the students’ part for an expanded salad bar and healthier “ala carte” alternatives. Students not only said they would eat healthier options and more salad (if the salad bar was expanded to include more fresh fruits, vegetables, and low-fat protein such as cheese, boiled egg, and tuna), once the expansion happened, consumption of those items increased as documented via increased orders of fresh produce and the observation of lunch room staff (G,1014-1018).”

In this case, the students had requested the changes, but they also enjoyed the changes after they were made to the benefit of everyone.

Physical Activity. The schools described a variety of physical activity programs as well. Some schools focused on making changes to their physical education program, such as increasing the amount of time for class or changing the activities during the class. Other schools focused on adding physical activity outside of their physical education classes. Many schools utilized time before, after, or during school to implement a walking program. One school describes their morning walking program, “Before school walking is when the elementary students can be found walking around the gym. The

students do this instead of sitting and waiting for the bell to ring (I:1223-1225).” The school took advantage of still time and turned it into physical activity time.

Other schools have focused on adding physical activity into the classrooms.

“Another big change we made was to incorporate physical activity breaks in the regular classroom, by making Jammin' Minutes CD's for teachers to use. The kids take quick, active breaks from learning, where they get some physical activity(I:1100-1102).”

Combined Programs. Programs such as Fuel Up to Play 60 and Family Wellness Nights incorporate both nutrition and physical activity. Many schools also described health fairs or wellness/field days that combined education with fun activities in both areas.

“Healthy and Wellness Fun Night on March 10, 2011. We have activities planned that will address physical activities (games), a MyPyramid meal will be provided as well as medical professionals from the community providing information and assistance. We have a dentist, optometrist, and EMTs who are providing informational booths (I:1023-1027).”

Creating activities like this enabled the schools to meet several goals in one evening. Most schools also described having fun with the activities as well.

Culture Building. There are some programs that were described that do not fit into any of the previous categories. These include programs such as Health screening, emotional health programs, and hand washing education. There are also many techniques that the schools used to build up their programs that also attributed to the school's overall culture. By creating safe routes to school, using older students as mentors, or showcasing the staff as positive role models, many schools are able to create an environment that fosters healthy choices. One school described wellness as just being part of their culture.

“We have a lot of activities that fall into all of those different categories, and um [sic], really it just kind of a part of the culture at our school (F2:18-19).” Another wellness coordinator stated that this is how wellness programs should be implemented,

“Incorporate it into what you already do....that is what we try to do. We don't want to create more policy reforms, more work, more time taken away from grading papers – we want to include it in whatever we already do.....it's not additional, it's not extra....it's INCLUDED. That is key (F4:52-53)!”

Creating a culture of wellness, or adding on to the existing culture is a how many schools described their changes. They described their hope that by making changes to the school environment, the children would integrate the healthier choices they were practicing into their lives.

Many schools described the use of incentive prizes to entice and motivate the students and community members. Incentive prizes were prime motivators for many contests, walking programs, and even health fairs. “Every five times a student walks, they receive a special foot token to place on their backpack (G:1058-1059).” These incentives provided an atmosphere of excitement while building a culture around healthy choices.

How are these programs received? For the question “How are these programs received?” the codes were categorized into positive responses, negative responses and other responses.

Positive response. The two main themes throughout the positive responses were increased excitement and increased participation. Several schools described that their students were excited to participate in the activities or to try new foods and were enthusiastic about the next time the activity would occur. One school shared, “Students

looked forward to these sessions and would ask "what are we doing today for "Wellness Wednesday(G:537-538)?" Another school stated,

“On any given day, one or two students will ask, "what are we doing after school next week?", or “when are we going to do the football throw again?". We are glad to see that physical activity is on students' minds, and that they are not thinking about video games or television the minute the school day is over (I:142-145).”

This increased excitement for the activities represents a positive response to the wellness programs.

The second theme found within the positive responses was increased participation. Schools described not only increased participation from students in the activities and events, but also increased parent support, and students taking-on leadership. One school described that their students were, “taking on leadership roles of taking part in the student-led wellness councils (G:484).”

Negative response. Most of the negative responses described the challenges that were faced as the programs were implemented. One school stated “Change is hard (I:881).” Change comes with challenges. Most schools mentioned some sort of obstacles they faced while implementing a new program however, most also provided a creative solution to overcoming that obstacle. This showed their determination to succeed. Some of the challenges described were: overcoming bad habits at home, disliking change, encouraging parent participation, overcoming the fear of trying new foods, keeping activities fun and motivating, lack of funds, lack of time, limited space and/or staff, trying to include everyone, technical difficulties, and of course the weather.

One school described how they overcame the challenge of disliking change, “The biggest obstacle were those who do not like change. We took a positive approach with a lot of data. Perseverance and drive would best describe how we overcame challenges (I:268-269).” There were several other schools that described similar experiences and fortitude to the challenges they faced.

What impact do these programs have on school wellness? In addressing the question “What impact do these programs have on school wellness?” the categories presented are: Physical impacts, emotional impacts, mental impacts, behavioral impacts and other impacts.

Physical. Some of the physical impacts described were: better recovery after exercise, fewer stomach aches, increased energy and reduced obesity rate as a school. As a result of serving breakfast, one school reported, “The most concrete result of our efforts is fewer stomach aches, both during the mid-morning slump (caused by no breakfast or high sugar cereals) and after lunch (G:1000-1002).” This was a triumph for the school. Another school reported that their morning walking program “has helped our students to be more alert in school (I:1215-1216).”

In regards to decreasing obesity rate as a school one school measured body mass index each year, this school reported, “In 2006, 42.8% of students attending [NS] were considered overweight or obese. Over the last five years, this trend has decreased as 35.2% of students currently attending [NS] are overweight or obese (I:530-532).” The

school reported an impressive 17.6% decrease in their school's overweight and obesity rate.

Emotional. The emotional benefits included: happier and more attentive students, having fun, improved attitudes, increased desire to participate, and positive role models. A school stated that their students had a “better attitude towards learning because they feel healthier (I:1485).” One school reported that the students wanted to participate after seeing the staff actively making changes. “And it [sic], we did it, there was quite a few of us that did it, and it was more about realistic and anyway, but it was fun, well anyway the kids saw us doing it, and they wanted to know if they could do a version of it (F1:536-538).” Schools observed that students were happier and more inclined towards wellness after participating in wellness programs.

Mental. The mental benefits were described as: increased awareness, increased focus and increased knowledge. Describing the impact of their wellness programs one school stated, “This initiative has raised the awareness of our wellness message of living a healthy lifestyle through being physically active and eating well (I:924-925).” Reflecting on the changes another school made, they observed, “As a school community, we have developed a greater awareness of the value of nutrition, exercise, and healthy options for students and staff members (I:1179-1180).” Through wellness education many schools reported an increase in awareness and knowledge.

In addition to increased awareness, many schools observed increased focus, as well. After implementing breakfast at their school, this staff member reported, “Students have reported that they feel better and are ready to focus and perform at their best in the

classroom (G:1394-1395).” Another school increased physical activity by incorporating physical activity breaks and having physical education every day. The observed results, were, “Teachers have seen inattentiveness drop, with the two scheduled breaks for the Jammin' Minute, and the P.E. everyday (I:1218-1219).” Nutrition and physical activity had an observed effect on focus.

Behavioral. Since wellness programs seek to change behavior, this is a very important category. Some of the behavior impacts observed were: increased breakfast consumption, healthier food choices, increased activity, and fewer discipline problems. Several schools noticed healthier food choices both in and out of the cafeteria. “We are helping them make healthier food choices and influencing students to want to live a healthier lifestyle. Our students are also influencing their families to make better choices (G:844-846).” Another school observed, “The staff and students are making better food choices in the cafeteria (I:272).” These behavior changes were attributed to changes that the school had made by offering and promoting healthier options.

Decreased discipline problems were observed as a positive behavioral impact. After implementing a morning walking club, one staff member observed, “I believe the walking club in the morning has led to less discipline problems in the classroom (G:213).” This positive change was linked to increased physical activity in the morning.

Other. This category included encouraging lifelong health within the school wellness culture. One of the goals for many of the schools was to instill in the children an awareness and behavior patterns that will stay with them throughout their lives. One school felt that their wellness program, “Gives the students the tools to live a healthy life free

from obesity and diabetes. Allows the students to lead healthy lives and focus on learning(G:767-768).” Another school made an observation of the results they were seeing. “We are beginning to collect data that indicate our students have begun to incorporate these values and skills into their daily lives and are closer to implementing them at home (I:1180-1182).” The ultimate impact of school wellness programs is change beyond the school itself.

Emerging themes: Indiana

There were a total of 466 entries from the state of Indiana. Entries included descriptions written by staff members and also those written by students. See Appendix L for a list of codes from this data.

What programs are being implemented in the schools? In examining this question, Indiana schools described programs that could be categorized as nutrition programs, physical activity programs, combined programs, and holistic programs.

Nutrition. The schools in Indiana described a variety of programs focused on nutrition and nutrition education. Some programs were focused on encouraging students to try new foods such as Fear Food Factor Challenge, Fresh Fruit Fridays, or the Fruit and Vegetable Program. The Fear Food Factor Challenge provided a fun, exciting way for students to try new foods, “A healthy food is given for students to try. When the lights are turned down, everyone tries the food together. Those who do are awarded with a sticker (H2:1398-1399).” This gives students an opportunity to try the food with friends. Fresh Fruit Fridays encourage children to bring a new fruit from home to try at school.

The Fruit and Vegetable Program is a government funded program providing fresh fruits and vegetables to schools to be incorporated into education outside the cafeteria. “Fresh Fruit and Vegetable Program Students receive fresh fruit or vegetables on a daily bases at school, along with Dole Super Kids nutrition education (H1:894-895).”

Other programs described were focused on nutrition education and increasing awareness of healthy food choices. Programs such as Professor Popcorn and Reality Bites were described as increasing awareness. Professor Popcorn was described as a fun, interactive nutrition education program. “Professor Popcorn teaches students the food pyramid, provides samples of healthy snacks, and engages the students in healthy food choice games (J1: 2440-2442).” Reality Bites is a nutrition awareness program that takes place in the lunch line and was described as eye-opening. “The Reality Bites Program keeps us on our toes as we stand in line with posters about calories and how much exercise it takes to burn off certain foods.” (J2:1456-1457).

Still other programs were focused on improving school meals and included implementing school breakfast, increasing fruits and vegetables and improving vending machines. One school described implementing a policy prohibiting outside food, such as fast food being brought in by parents. “We do not allow pop at school or parents to bring in fast food when they come to eat lunch with us (J2:2151-2152).” Many schools described changes they made to improve their meals such as adding salad bars, eliminating fried foods, and providing more fruit and vegetable choices.

Physical Activity. Many schools described incorporating physical activity breaks into their school day including Minds in Motion, morning stretches, and sometimes walking. Minds in Motion is a program that combines learning with physical activity. “[NS] has a Minds in Motion class for 1st -3rd graders. During this class, students have an obstacle course to go through. Each station has different exercises (H2:1260-1261).” This program was described by several schools in the state. Other schools described doing short bursts of exercise in the classroom. “Every Wednesday, we do the JAMmin Minute. This is when we all get out of our seats and exercise. They are silly moves but can be done in a small space without equipment (H2:417-418).” Most schools described these exercises as fun and energizing.

Walking programs were another popular way to add physical activity into the school day. One school district had a goal to walk one million miles by the end of the school year. Each school set a goal for how many miles they would contribute to the million.

“[C] schools are also participating in what is known as the Million Mile Walk. Each employee as well as students logs how many steps they take per week with the end goal equally one million miles (H1:1001-1002).”

These schools and others encouraged students to walk by providing tokens or charms for reaching a predetermined amount of miles. Some schools chose a destination on a map and set a goal to walk to it. One school had a mascot named Clara Belle leading their walk; the name of their program was Kids on the Moooooove.

“Kids on the "Moooooove" is where the students will wear pedometers, add up their steps, turn the steps into miles, and see how far Clara Belle "the cow" can get! Her goal is to get from [C], IN (here) to California (H2:1921-1923)!”

Many schools described these programs as motivating for the students. Most of these programs applied the use of pedometers to keep track of miles.

Another trend that was noted was the use of school organized walks or runs as fundraisers for the school. Students would train and prepare for these events and collect donations for the number of laps they complete within the designated time. Some of these events were organized as a fundraiser for charities instead of or in addition to raising money for the school.

Combined Programs. Several programs combined both nutrition and physical activity to promote wellness. Some of these programs include Colts PRIDE, Fuel Up to Play 60, and Game On. Game On is a grant-funded program designed to promote healthy eating and increased activity. “Recently, we had a healthy activity called Game On to eat some new foods, get fit, stay active, and to just have fun. It was a way for students to get up and move during the day (J2:952-954).” Students described this program as a fun way to learn about health. “We all had a very good time with Game On. Most of us wished it could go on all year long. In fact, I think we should keep it going even when school is out.” (J2:962-963). Another combined program was Fuel Up to Play 60. This program is funded by the National Dairy Council and NFL and promotes healthy nutrition and physical activity habits. “Play 60 program. The Colts mascot, Blue, visited and encouraged the students to participate in the fantastic program that promotes healthy eating habits and 60 minutes per day of exercise (J1:557-558).” Combined programs such as these were able to meet multiple goals with their events.

Other programs that combined physical activity and nutrition were family wellness nights and community health fairs. These events invited community members and families to experience and commit to wellness. Some schools described these as their most successful events.

“Our best program, Health and Fitness night, had approximately 300 participants and included Zumba, Yoga, TaeKwondo, Mini Bootcamp, Nutrition Education, Weight Management program, and Family Health Fair.”(J1:2467-2470).

By combining objectives, all 300 participants were exposed to both nutrition and physical education. Another school described their experience planning a health night.

“We set out to provide a learning experience for our families and students in better understanding their physical needs and healthy choices. We partnered with the Children's Museum to provide our students and families with centers for learning: portion distortion (create meal sizes and compare with actual sizes, Sugar Shock (learn sugar content of drinks), Feel the beat (pulse, heart rate and learning about your heart, What's Bugging You(germ models- hand washing), Health Around the Clock (sleep habits), Yoga, Salad Bar, active play, healthy books and healthy recipes and coloring the food pyramid were centers offered that evening (J1:1351-1358).”

These centers provided a myriad of education topics for this school and their community. Many other schools described similar events and experiences.

Staff Wellness programs are another example of programs that combined both nutrition and physical activity as well as an emphasis of helping staff to be positive role models for students. Many staff wellness programs focused on providing physical activity opportunities such as walking programs, yoga, or Zumba classes. Along with these opportunities many schools challenged their staff with weight loss programs such as Biggest Loser competitions or healthy eating competitions. One school described how they incorporated these different aspects into their program.

“For our staff, we encourage healthy choices all year long with contests and prizes to the winners. Some of these contests include the Trim a Turkey where staff had to watch what they were eating and were encouraged to eat healthy during the holidays. We had a March-a-Thon. This contest encouraged exercising for the month of March in the hopes that it would become a habit for the staff.” (H1:431-435).

These programs combined fitness and nutrition goals, and also encouraged the staff to be healthy role models for the students.

Holistic Programs. Many schools incorporated much more than nutrition and physical activity into their wellness programs. Their programs focused on overall health including components such as vaccinations, hand-washing, drug prevention, sex education and CPR training and emergency preparedness.

Similarly, schools described focusing not just on nutrition and physical activity, but also implementing programs to address mental, emotional, social, and occasionally spiritual health. The schools that shared this focus seemed intent on helping to grow the whole child and not just any particular portion. “Our school helps students to build lives of dignity, health, security, and self-sufficiency. Our seed will eventually grow into a big tree with its branches strong and healthy (H2:457-459).”

Many of the students expressed appreciation for this holistic focus as well. “Teachers and peers care about our emotional and social health too.” (H2:581). One student stated, “[NS] is a school that recognizes the importance of mental health, as well as physical health. Without both of those, no one can be truly healthy.” (H2:218-220). It was enlightening to see how many schools considered wellness to be so much more than eating healthy and exercising.

How are these programs received? The codes for the question were categorized into positive responses and negative responses.

Positive. One of the biggest trends within positive reactions was an overall feeling of pride for school and the healthy changes being made. Both students and staff expressed their pride and satisfaction in the changes their school was implementing. Several staff and many students expressed their belief that their school was the healthiest school in the state.

“[NS] is the healthiest school around; the teachers find healthy rewards, good food, and great active programs! I think our school is so healthy because the adults actually care for their students! [NS] ROCKS!!! (H2:662-664).”

Another student also expressed their enthusiasm for their school and their belief that the school sincerely cares about the students.

“You see, [NS] cares a lot about their students. It is a place that offers us great fitness opportunities, healthy food choices and a great education. Because we don’t just need healthy minds, we need healthy bodies too! (H2:573-575).”

This feeling of pride and appreciation for the school and its wellness efforts was a major theme throughout the descriptions of both staff and students.

Negative. The negative responses focused on the challenges faced during implementation. Some of these challenges included: increasing awareness, lack of funds, lack of space, limited staff and time, training students, enticing parents to participate, and once again the weather. Some other challenges included apprehension when programs were first introduced, or an initial dislike of the healthier choices. Most of these obstacles were overcome, some in creative ways, illustrating in Indiana, as well, the determination and drive to succeed. One staff member expressed, “There will always be

challenges in trying to promote something new, but I think with a positive attitude you can overcome most challenges. Challenges are a part of everyday life (J1:97-99).” This expresses the determination that many staff members shared when overcoming the challenges their programs faced.

What impact do these programs have on school wellness? Describing this question the categories presented are: Physical impacts, emotional impacts, mental impacts, behavioral impacts and other impacts.

Physical. Schools reported seeing improved BMI, improved body composition, and collective weight loss as a result of their programs. BMI were most often measured at biannual health screenings. One school reported their improved BMI status accordingly, “During school year 2010 we had 24% of our 630 students obese and in year 2011 we have 21% obese (J1:17-18).” Regarding improved body composition, a school reported, “Students are dropping body fat % and gaining strength (H1:651-652).” Collective weight loss was most often linked to staff weight loss programs. For example, one school stated “We have lost 139 lbs. as a group and have a 4.7% weight loss.” (J1:649-650). These positive physical changes were attributed to the wellness programs implemented in those schools.

Other schools described improved fitness levels, skills, and strength as a result of their programs. One school stated, “Our students’ fitness levels have increased with some of our biggest gains being seen in cardiovascular improvement and flexibility.” (J1:775-776). Regarding jump roping skills one school reported, “Approximately 75% of

students improved on their jump roping skills (H1:2405).” Another school described the results of their roller skating unit, “We started with approximately 50-60% of students being able to skate and ended with 100% of students knowing how to skate (J1:2218-2219).” These changes were noted following jump roping and skating units in physical education classes. Regarding the results of physical fitness tests, one school reported, “Our arm strength scores have improved over 20% and our mile run scores have improved by nearly 40% (J1:1045-1046).” One student described the effect she was seeing from her physical activity class. “I have only been in the class this semester for about eight weeks and have already noticed a change in my strength and ability to do what were once difficult tasks like lifting a tray full of food at work (H2:962-964)!”

Many schools observed that their students had increased energy following healthy eating choices and increased exercise. After providing a healthy snack through the fruit and vegetable program one school noted, “We have seen an improvement in classroom energy levels after snack, and a increased effort from students (H1:895-896).” Other schools observed increases in energy after physical activity breaks. One school stated that their Just-A-Minute morning exercise “provides each student with more energy to start each day.” (J1:11). Increased energy is a positive physical benefit that many schools have connected with their wellness programs.

Emotional. Several emotional benefits were observed by Indiana schools. Some of these included observing that their students were happier and had improved attitudes. One school noted that their morning exercise routine made an impact on students attitudes, “TEAM Time has made a huge impact on students’ attitudes, health, and

success at [NS].” (H1:927). Similarly, a student stated, “Healthy kids are happy kids and happy kids do better at everything in life, not just school.” (H2:2144-2145). These improved attitudes are a positive impact that school attribute to the healthy changes they are making.

Many schools observed an increase in motivation and excitement to participate in the programs. Regarding changes in their physical education program one school stated, “Students are excited and eager to chart their improvements and correlate their hard work in class to improvements in their overall health and well being (H1:579-580).” Another schools noticed similar eagerness stating, “Students are enthusiastic about the upcoming events (H1:911).” This enthusiasm and motivation is another positive impact associated with wellness programs.

Mental. Some of the mental impacts observed were increased awareness and knowledge regarding health and wellness. One school stated that their “awareness of the importance of physical activity, nutrition and health has greatly increased over the past two years (H1:2352-2353).” In observing the impact of their health classes, one school shared,

“As seen through our observations of the students participating in these classes, there is an increase in their knowledge of food groups, healthier eating choices and what their bodies need each day (H1:952-954).”

Increased knowledge and awareness were reported by many schools as a result of their wellness programs.

Other positive impacts observed by schools include increased mental fitness and, focus, and improved grades. One staff member stated, “I have noticed a great

improvement in our students' mental and physical health and fitness (H2:2216)."

Regarding morning exercises and physical activity breaks, another staff member shared, "Our students are less distracted during class and can focus on the task at hand (H1:327-328)." Another staff member stated "having students focus on the exercise routine first thing in the morning helps the student to hear the rest of the announcements and are then ready to focus on their school work." (J1:22-24). Students also appreciate this increase in focus. "Exercise keeps our blood flowing and keeps us focused so we can learn and grow in school (J2:755-756)." Increased focus is closely related to the improved grades that are also reported. After implementing the Minds in Motion program in their school teachers reported "enhanced reading levels as a result."(H1:1391). After implementing a walking program during lunch another school noticed their "Math scores have increased steadily. Math is taught after lunch (J1:401-402)." Schools attribute these positive mental impacts to the programs implemented in their schools.

Behavioral. In addition to the other benefits and impacts, an important area of impact is behavior. Many schools have seen, as a result of the changes in school meals, healthier food choices. One school stated, "Our students have shown improvement on what choices they take (H1:1763-1764)." At another school, a student reported, "I believe that Project 18 encouraged me to make healthier food choices instead of snack food (H2:638-639)." A staff member observed, "Students are bringing healthier snacks to school (H1:286)." Many schools noticed positive behavior changes as a result of offering and promoting healthier foods.

These healthy choices have not only been observed in school, but reported out of school as well. After participating in a fruit and vegetable challenge, a student shared, “Making Health Choices is what Project 18 Challenge is all about, and I’ve been making healthy choices ever since (H2:689-690).” Even after concluding a nutrition unit, a staff member stated “Students still come in to me and share what they had for breakfast, what they did last night after school, what they brought for a healthy snack and healthy lunch (J1:2172-2174).” The effects of the school programs have been observed to have effects at home as well.

In addition to healthier choices being made, schools have also observed decreased tardiness and discipline problems as a result of their physical activity programs. One school started a morning walking program and observed, “As a result students are coming to school earlier (helping school tardiness) (J1:2704-2705).” Another school noticed decreased discipline issues after implementing a recess walking program. “Recess time has fewer discipline incidents when doing the walk-talk-jog (J1:172-173).” Another school noticed that their efforts to focus on emotional and social wellness had positive results. “Suspensions, detentions, fights, office referrals, and expulsions have all decreased tremendously since last school year (J1:2716-2717).” Reducing behavioral problems in a positive impact associated with school wellness programs.

Other. Throughout each of their programs most schools stated a goal of encouraging healthy lifestyles. “Students at [NS] are learning the importance of healthy lifestyle choices and the effects on their bodies that will hopefully continue through their lifetime (H1:2267-2268).” One student stated their appreciation for this education,

“During these years everyone starts to develop habits that will stay with him or her throughout life. [NS] teaches students how to be healthy, so, they can live a better life (H2:577-579).” Most schools strived for and some were observing an impact that reaches beyond the walls of the school.

In the spirit of building the whole child, many Indiana school noticed the impact that sports, but intramural and organized, had on the students learning teamwork and sportsmanship. One student stated about his team, “We travel to other schools and work together as a team to make each other healthier (J2:2350-2351).” A staff member commented on the intramural program, “We feel this program offers an inexpensive way for students to learn important life skills, create friendships, foster leadership and teamwork skills (J1:495-497).” Another staff member commented on the concepts being taught through intramurals. “Once the game has been completed the teams line-up to shake hands or “high fives” is an excellent way to signify that the contest is over and the students must display good sportsmanship (J1:275-277).” These impacts have been observed while participating in physical activity programs at the schools.

Validation

A selection of 28 descriptions was analyzed by Lauren Christensen as a validation technique (Appendix M). While no two researchers would code exactly the same, the lists of codes were similar in nature. Both researchers applied codes that answered the three main research questions and similar patterns were discovered.

Chapter 6: Discussion

Combining Methods

This study was designed with the intent to look at both the quantitative data of the AFHK surveys, and combine it with the qualitative data of the descriptions and interviews to create a picture of what the wellness programs look like in Nebraska and Indiana. By combining methods a better picture is painted of what is happening in the schools.

Looking at the quantitative data, both states remained constant or experienced a slight increase in most categories. Indiana experienced a slight decrease in some areas such as fresh fruits and vegetables being offered, offering three varieties of low-fat milk, refusing contracts with outside restaurants, and policies concerning amount of time for lunch and prohibiting physical activity or withholding as punishment. Aside from refusing contracts with outside restaurants, none of these decreases were statistically significant. Reasons for these decreases may include budget cuts, in the case of offering fresh fruits and vegetables and three varieties of low fat milk daily. Regarding the policies, as well as lunch options, another reason for decreases could be different schools applying for the grant. If one school had a policy on lunch times, but didn't apply for the grant the next year and was replaced by a different school that did not have that policy, that statistic would decrease even though the number of schools stayed the same. The significant difference in the number of schools refusing contracts with outside restaurants may be related to one or both of these reasons.

The two positive significant changes reported for nutrition were in Nebraska. These were restricting access to vending or unhealthy snacks for staff members and a policy on prohibiting food as a reward. These changes may be attributed to schools making that a focus for their school between 2009-2010 and 2010-2011.

The positive significant change for physical activity was an increase in the number of Indiana schools reporting providing 20 minutes of unstructured physical activity to all students. This may be due to increased recess time or increased morning walking programs, where kids are given free time to walk and talk. There was a significant decrease in the number of Indiana schools reporting a policy prohibiting substitution of physical education with other classes or activities. This may also be attributed to budget cuts or to limited time in the school/day week. It is unclear why this change occurred.

Although not all responses changed significantly, overall the schools seem to be maintaining or improving their wellness programs and making positive changes to improve wellness. According to the survey, many of the nationwide suggestions are already being implemented in the schools in this study. The descriptions showed a similar pattern. Many schools described improvements they had made to already existing programs, or described increases in participation in events and programs from previous years. Even in 2010-2011 many schools explained new changes they were making. Taken as a whole, the descriptions illustrated improvement and progression.

Comparing States

The Indiana schools were significantly larger than the Nebraska schools and there were more Indiana schools that submitted applications to AFHK. There were also significant differences for all ethnicities and genders between the states, except Native American and Hispanic. The significant differences in the subdivisions are most likely due to the significant difference in total enrollment.

From the descriptions, it became obvious that many Indiana schools had been implementing their wellness program longer. Several schools described using their particular programs for three to four years, and even mentioned applying to AFHK for the third or fourth time. Many Nebraska schools reported that they were within the first one to three years of their programs, and especially in 2009-2010, many stated that it was their first time applying. The newness of the influence of AFHK in Nebraska should be noted.

Although most themes were similar between the states there were some differences. These differences may be explained by different policies and cultures. When Congress passed the Child Nutrition Act in 2004, it required all school districts to create wellness policies. While there were certain components required for each policy, most of the policy was left up to the discretion and interpretation of the district. There may be some focuses that Indiana schools have within their policies that Nebraska schools do not have in theirs and vice versa. There may also be some cultural and environmental differences as well. While both are Midwest states, there may be

differences in resources, and cultural emphases. This could account for some of the differences in emphasis.

While there were differences between the states, overall both states illustrated a drive to improve wellness within their schools and to combat childhood obesity. Both states presented improvements from the previous year and described continuing changes within their programs.

Limitations

Most of the data for this study was previously collected. The disadvantages of using secondary data include being removed from the data collection process and the origin of the data itself. The further removed from the data the researcher is, the more challenges may arise. Some questions and confusion arose while analyzing the quantitative data. Questions mainly concerned data input into the excel sheets. An AFHK analyst was contacted and the questions were answered.

Another limitation of this study is that all participants chose to participate in the AFHK application process. The responses and data from this study reflect the responses of those schools that have already taken initiative and made changes –schools that are more likely to apply for a grant/award such as Action for Healthy Kids. Therefore the results of this study may or may not reflect all schools in Nebraska and Indiana, but rather provides a snapshot of some of the schools in those states.

Chapter 7: Conclusion

Observing all the data together, it is clear that there are a variety of programs being implemented in schools in both Nebraska and Indiana. These programs focus on meeting national standards for nutrition, physical activity, and also incorporate other aspects of health. These programs are gradually growing and improving year by year. For the most part these programs are received affirmatively, although challenges are encountered and dealt with along the way. The schools implementing these programs have begun to see positive results such as increased physical activity, healthier food choices, positive attitudes toward wellness, increased focus and some even report improved BMIs. While these results were subjectively reported, it is the opinion of this researcher that the programs implemented in these schools are having a positive effect.

While the results of this study cannot be applied to all schools within these states, it is clear from looking at the schools within this study that there are many schools both in Nebraska and Indiana that are pushing to improve health and wellness within their schools. These schools have made changes and continue to make changes that contribute in the battle against childhood obesity.

As with all research, as questions are answered, more questions are raised. Additional studies will be needed to further understand the quality and state of wellness programs in these states. This study was intended as an opening study to discover what is being done in Nebraska and Indiana within the schools to improve wellness. There are many avenues that branch off of this study that would provide opportunities for further research and discoveries. Additional studies may include a more in depth look at the

effect of individual programs within schools, exploring the effect of rural location on the resources and programs within schools, or conducting focus groups with students or staff that are involved with the wellness programs in their schools.

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Appendix A: IRB Approval

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120C LEV, UNL, 68583-0806

IRB Number: 20120112349 EX

Project ID: 12349

Project Title: Mixed Methods Analysis of School Wellness Programs: A Descriptive Study

Dear Jessica:

This letter is to officially notify you of the approval of your project by the Institutional Review Board (IRB) for the Protection of Human Subjects. It is the Board's opinion that you have provided adequate safeguards for the rights and welfare of the participants in this study based on the information provided. Your proposal is in compliance with this institution's Federal Wide Assurance 00002258 and the DHHS Regulations for the Protection of Human Subjects (45 CFR 46) and has been classified as Exempt Category 2 and 4.

You are authorized to implement this study as of the Date of Final Approval: 02/03/2012.

1. The approved informed consent form has been uploaded to NUgrant (file with - Approved.pdf in the file name). Please use this form to distribute to participants. If you need to make changes to the informed consent form, please submit the revised form to the IRB for review and approval prior to using it.

We wish to remind you that the principal investigator is responsible for reporting to this Board any of the following events within 48 hours of the event:

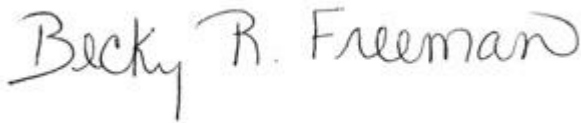
- * Any serious event (including on-site and off-site adverse events, injuries, side effects, deaths, or other problems) which in the opinion of the local investigator was unanticipated, involved risk to subjects or others, and was possibly related to the research procedures;
- * Any serious accidental or unintentional change to the IRB-approved protocol that involves risk or has the potential to recur;
- * Any publication in the literature, safety monitoring report, interim result or other finding that indicates an unexpected change to the risk/benefit ratio of the research;

- * Any breach in confidentiality or compromise in data privacy related to the subject or others; or
- * Any complaint of a subject that indicates an unanticipated risk or that cannot be resolved by the research staff.

This project should be conducted in full accordance with all applicable sections of the IRB Guidelines and you should notify the IRB immediately of any proposed changes that may affect the exempt status of your research project. You should report any unanticipated problems involving risks to the participants or others to the Board. Board.

If you have any questions, please contact the IRB office at 472-6965.

Sincerely,

A handwritten signature in black ink that reads "Becky R. Freeman". The signature is written in a cursive, flowing style.

Becky R. Freeman, CIP
for the IRB



Appendix B: Informed Consent for Interviews

Title of Project: Mixed Methods Analysis of School Wellness Programs in Nebraska and Indiana: A Descriptive Study

Purpose of Research: The purpose of this descriptive study is to describe how schools are implementing wellness programs in Nebraska and Indiana.

Procedures: You were recruited for this focus group because you are a school wellness contact for your school and your school participated in the Action for Healthy Kids Gold Medal Award Program. You previously completed a one-on-one interview in person, on the phone, or through email regarding your school wellness program. The interview lasted approximately 45 min to 1 hour and consisted of several open-ended questions regarding your school's wellness program, and the process of designing and implementing it. The interview was audio-recorded and transcribed verbatim. If you choose to participate, the transcription from your interview will be analyzed as part of a master's thesis on school wellness programs. Your name and the school's name will not be included in the study's report. All identifying information has been removed to maintain confidentiality.

Risks: There are no known risks associated with this study.

Benefits: The benefit of participating in this study is that you will contribute to the current knowledge about the school wellness programs in Nebraska and how they are implemented.

Confidentiality: All identifying information has been removed from the transcripts before data analysis. Your name and the school's name will not be included in the study's report. Information will only be seen by the researcher conducting the study. The compiled information from all participants will be presented in a master's thesis and possibly published in a peer-reviewed journal.

Opportunity to ask questions: You may ask any questions about this study and have those questions answered before agreeing to participate or during this study.

Consent: You are free to decide not to participate in this study or to withdraw at any time without negatively affecting your relationship with the researcher or the University of Nebraska. Your decision will not result in any loss of benefits to which you are otherwise entitled. You are free to contact the investigator at any time with any questions you may have. If you have any questions about your rights as a research participant that have not been answered by the investigator or to report any concerns about this study you may contact the University of Nebraska-Lincoln Institutional Review Board, telephone (402) 472-6965. By signing this form, you indicate that you have understood the information presented and that all questions have been answered.

Thank you for your participation.

Signature_____ **Date**_____

Appendix C: Interview Protocol for School Wellness Coordinators

I want to thank you for taking the time to meet with me today. I will be recording and transcribing verbatim our interview today. I will review a copy of the transcription along with a few of my observational notes with you to ensure that I interpret what you say correctly.

I am interested in learning about your experiences being the wellness coordinator for your school, particularly in how you created and implemented your current wellness program. You have already seen the questions that we will cover today; I may ask additional questions to learn more detail. I really want to know your perspective so please feel free to share it openly.

Questions	Notes and Reflections
<p>Question 1: Will you briefly describe your current wellness program?</p> <p><i>Probes:</i> Will you also describe you position at the school and how it relates to the wellness program?</p> <p>What are the nutrition components of your program?</p> <p>What are the physical activity components of your program?</p> <p>How long have you been using this program?</p> <p>Question 2: What influenced you as you created and implemented this wellness program? (Sub- question 1)</p> <p><i>Probes:</i> Who was involved in creating the program?</p> <p>Who was involved in putting the program into action?</p> <p>Question 3: What challenges did you face in creating and implementing this wellness programs? (Sub-question 2)</p> <p><i>Probes:</i> What was the hardest part of starting this program?</p>	

Were there any unforeseen challenges to putting the program into action?

Question 4: What supports do you have from the community as you implement your program? (Sub-question 3)

Probes: What was the biggest help in putting this program together?

What was the biggest help in putting the program into action?

Question 5: What impact have you seen from your program? (Sub question 4)

Probe: How do you think your program will benefit your school and the community?

Question 6: Why did your school decide to participate in the AFHK gold medal award program?

What award did you receive from this program in 2010?



Question 7: Is there anything else you would like to share with me about your program or experience?

General Probes: So if I understand you correctly....

Would you please tell me more about

Thank you again for taking the time to meet with me and share your perspective on school wellness.

Appendix D: Nebraska AFHK Application

			
Action Award 2009-2010 School Year			
	School Application		
			www.neactionforhealthykids.org

2010 Action Award Online Application Instructions

1. To strengthen your application, convene your School Wellness Committee members and brainstorm the various ways in which you have collaborated to develop programs and provide services for the school and community.
2. All applications must be submitted online, however, you are highly encouraged to print and complete the paper application prior to starting the online application process. Only one application per school building may be submitted.
3. When you are ready to submit the application online, refer to the instructions and navigation tips located at www.neactionforhealthykids.org to guide you through the process.
4. If you have questions about the online application process, please submit your questions to: moyer@ActionForHealthyKids.org
5. If you have questions about the content of the application, please submit your questions to: info@NeActionForHealthyKids.org

Complete the online application in full, which includes 4 parts:

- a. Part I: School Information
- b. Part II: School Wellness Program Description
- c. Part III: School Survey
- d. Part IV: School Wellness Policy

Submit completed online applications by: March 1, 2010.

Considerations:

- **Complete the application based on the 2009-2010 school year.**
- All schools, including past Action Award recipients, are encouraged to apply for Action Awards each year.
- Be sure to review all the requirements. Incomplete applications will not be considered.
- Only attachments requested as part of the application will be considered in the scoring process.

Evaluation of application:

An interdisciplinary team made up of Nebraska Action for Healthy Kids team members, including health professionals, school officials, state leaders, and others, will score each application based on responses to the questions. The point value of the answers to the questions will vary. Some questions will not be used for scoring but are for informational purposes only. Based on scores, schools will be awarded a Gold, Silver or Bronze Level Action Award. All applicants will be notified of their Award level by March 19, 2010. Awardees will be recognized at the Nebraska Action for Healthy Kids Summit in Lincoln on April 13, 2010.

Disclaimer: The level of awarding may vary each year due to changes in the application and scoring process by Nebraska Action for Healthy Kids.

Part I

School Information

Please Print

Name of District		County	
Name of School			
Street Address			County
City	State		Zip
Name of School Principal		Phone:	
		E-mail:	
Name of School Cafeteria Manager		Phone:	
		E-mail:	
Name of School PE Teacher		Phone:	
		E-mail:	

List School Wellness Contact for this application

Name	Title	Telephone
E-mail address (applicants will be notified via e-mail)		

Total number of students in your school: _____

Indicate grade levels served at your school. Check all that apply.

☐Elementary School

 ☐Middle School

 ☐High School

Has your school previously applied for a Nebraska Action for Healthy Kids Action Award? ☐Yes ☐No

Is someone from your school a member of Nebraska Action for Healthy Kids?
☐Yes ☐No

If yes, please list their name and title:

NOTE: To strengthen your school's application, convene your school wellness team (include appropriate school staff, parents, students and community members). Brainstorm the various ways in which you have collaborated to develop programs and provide services for the school and community.

Indicate below the titles of the individuals who assisted in completing this application.
Check all that apply.

- | | | |
|--|--|--|
| <input type="checkbox"/> Superintendent | <input type="checkbox"/> Classroom Teacher(s) | <input type="checkbox"/> Food Service Personnel(s) |
| <input type="checkbox"/> School Board Member(s) | <input type="checkbox"/> Parent(s) of Current Student(s) | <input type="checkbox"/> School Nurse |
| <input type="checkbox"/> Principal/Administrator(s) | <input type="checkbox"/> Community Member(s) | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Health Education Teacher(s) | <input type="checkbox"/> School Counselor | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Physical Education Teacher(s) | <input type="checkbox"/> Registered Dietitian | <input type="checkbox"/> Other, please specify |
| <input type="checkbox"/> Family and Consumer Science Teacher | <input type="checkbox"/> Student(s) | _____ |

Part II

School Wellness Program Description

Write a description of your school's most prized wellness programs/initiatives for the 2009-2010 school year. Please limit your description to 350 words.

NOTE: This information will be compiled into a booklet and shared with other schools at the Nebraska Action for Healthy Kids Summit in Lincoln on April 13, 2010. Please complete as you want to see it published in the booklet.

Please include the following:

A. Program Description:

(2 points if anything is filled in.)

B. List measurable program goals and how they relate to your school wellness policy:

(2 points if anything is filled in.)

C. Total number of students involved or impacted by the program (include grade levels reached):

(2 points if anything is filled in.)

D. Total cost of program and funding source (if applicable):

(2 points if anything is filled in.)

E. Obstacles/challenges encountered and how you overcame them:

(2 points if anything is filled in.)

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

(2 points if anything is filled in.)

G. Photos: Upload up to two photos in ? format of your school's program/initiative to be used in the Summit Booklet. By uploading photos, you are granting Action for Healthy Kids permission to use and publish these photos. (Click here to read the full photograph consent.)

(I hereby give Action for Healthy Kids, its employees and representatives the unrestricted right and permission to use and publish pictures of me or my property, or in which I may be included, for editorial, trade, advertising, web site and other purposes and in any manner and medium, and to alter the same without any restriction. I hereby release Action for Healthy Kids and their representatives, and assigns from all claims and liability related to said photographs. *If the person photographed is under 18, I certify that I have been given consent from his or her parent or legal guardian to use said photograph.*)

Part III

School Survey

Complete the application based on the 2009-2010 school year.

School & Community Wellness

1. Does your school have an active School Wellness Committee (a group that addresses health and wellness issues of students, staff, and faculty)?

10 points ☐ Yes, we have a group that has met at least once during the 2009/2010 school year.

0 points ☐ No – please go to question 6

2. How often does your School Wellness Committee meet? (Points=x times/year)

☐ 5 or more times/year ☐ 4 times/year ☐ 3 times/year ☐ 2 times/year
☐ 1 time/year

3. Indicate below the titles of the members of your School Wellness Committee: (check all that apply)

1 ☐ Superintendent 1 ☐ Classroom Teacher(s) 1 ☐ Food Service Personnel(s)
 1 ☐ School Board Member(s) 1 ☐ Parent(s) of Current Student(s) 1 ☐ School Nurse
 1 ☐ Principal/Administrator(s) 1 ☐ Community Member(s) 1 ☐ Physician
 1 ☐ Health Education Teacher(s) 1 ☐ School Counselor 1 ☐ Social Worker
 1 ☐ Physical Education Teacher(s) 1 ☐ Registered Dietitian 1 ☐ Other, please specify: _____
 1 ☐ Student(s) 1 ☐ Family and Consumer Science Teacher

4. Which statement(s) would best describe the purpose of your School Wellness Committee: (check all that apply) (Give 2 points max if they check any of the boxes)

☐ Enhance student academic performance ☐ Contain health care costs
☐ Reduce faculty/staff and student absenteeism ☐ Improve faculty/staff and student morale
☐ Promote the concept of healthy youth development ☐ Improve staff recruitment and retention
☐ Improve faculty/staff and student health and well-being
☐ Other, please specify _____

5. Describe your School Wellness Committee priorities for the current school year (Check all that apply): (Give 2 points max if they check any of the boxes)

☐ Wellness Assessment and Planning ☐ Enhance Physical Education
☐ Improve Nutrition Services ☐ Increase Physical Activity Opportunities
☐ Enhance Nutrition Education ☐ Faculty/Staff Wellness
☐ Other, please specify _____

6. Does your school regularly seek student input in planning wellness initiatives?

5 ☐ Yes 0 ☐ No

7. Does your school regularly seek student input in implementing wellness initiatives?
5 ☐ Yes 0 ☐ No
8. Does your school provide opportunities for families and the community
5 ☐ Yes 0 ☐ No
to learn about health, wellness, nutrition and physical activity?
9. Does your school offer staff wellness programs/initiatives during the school year?
5 ☐ Yes 0 ☐ No
10. Does your school offer wellness programs/initiatives for staff and students to
5 ☐ Yes 0 ☐ No
participate in together?
11. Does your school allow community members free access to school facilities
5 ☐ Yes 0 ☐ No
(ex: gym, weight room, exercise equipment, etc.)?
12. Do students/parents have the opportunity to provide feedback regarding school
5 ☐ Yes 0 ☐ No
meals (ex. taste tests, surveys, etc.)?

To what extent is your school implementing the following (#13 through #19)?

	Fully in Place 5	Developing 3	Not in Place 0
13. Developing a school-wide, long-term (3 or more years) plan that addresses the health needs/interests of your students, faculty, and staff.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Incorporating specific wellness initiatives into your school improvement plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Assigning specific responsibilities to an individual or group for the completion of vital tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Allocating an itemized budget sufficient to carry out the initiatives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Developing tools to evaluate the stated goals and objectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Monitoring student satisfaction toward school wellness initiatives (such as a student suggestion box, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Documenting improvements in student health knowledge, attitudes, skills, and behaviors (ex. eating more fruits/vegetables, more activity, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Nutrition Services/Nutrition Education

	Yes	No 0
20. Does your school participate in the National School Breakfast Program?	<input type="checkbox"/> 10	<input type="checkbox"/>
21. Does your school participate in the National School Lunch Program?	<input type="checkbox"/> 10	<input type="checkbox"/>

22. Does your school have a closed campus?	<input type="checkbox"/> 5	<input type="checkbox"/>
23. Does your food service manager have a degree beyond high school and/or manager certification from the School Nutrition Association?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
24. Does your school cafeteria have a pleasant atmosphere? (clean, attractive appearance, reasonable noise level, adequate seating, adequate adult supervision)	<input type="checkbox"/> 5	<input type="checkbox"/>
25. Have you implemented food purchasing and/or preparation practices to reduce the fat content of foods (e.g., purchased specification for pre-prepared foods requiring lower fat content, used low or reduced fat products, drained cooked ground beef, etc.) to improve nutritional value?	<input type="checkbox"/> 5	<input type="checkbox"/>
26. Does your school have a milk vending machine?	<input type="checkbox"/> 5	<input type="checkbox"/>
27. Does your school have a policy that promotes the use of healthy or non-food items for fund raising, classroom activities and school parties?	<input type="checkbox"/> 5	<input type="checkbox"/>
28. Does your school limit or restrict access of foods with low or minimal nutritional value (ie., soda, chips, pastries) in staff vending machines and lounges to encourage staff to be healthy role models for students?	<input type="checkbox"/> 5	<input type="checkbox"/>
29. Is nutrition education in your school a required part of the school curriculum?	<input type="checkbox"/> 5	<input type="checkbox"/>
30. Is your nutrition education curriculum consistent with the USDA's 2005 Dietary Guidelines for Americans (including MyPyramid)?	<input type="checkbox"/> 5	<input type="checkbox"/>
31. Is nutrition education in your school based upon the National Health Education Standards and/or the Nebraska Health Education Frameworks?	<input type="checkbox"/> 5	<input type="checkbox"/>
32. Do teachers in your school collaborate with the school nutrition staff to use the cafeteria as a learning laboratory for wellness and nutrition education (ex. tours or taste tests)?	<input type="checkbox"/> 5	<input type="checkbox"/>
33. Does your school prohibit using food as a reward?	<input type="checkbox"/> 5	<input type="checkbox"/>
34. Does your school prohibit withholding food as a punishment?	<input type="checkbox"/> 5	<input type="checkbox"/>

35. Does your school have nutrition standards for any of the following? (Worth max of 8)

2 <input type="checkbox"/> Extra-curricular Activities	2 <input type="checkbox"/> We do not serve food/beverages at extra-curricular activities
2 <input type="checkbox"/> Vending Machines	2 <input type="checkbox"/> We do not serve food/beverages out of vending machines
2 <input type="checkbox"/> Restaurant Contracts	2 <input type="checkbox"/> We do not serve food/beverages from outside restaurants
2 <input type="checkbox"/> A la Carte	2 <input type="checkbox"/> We do not serve food/beverages "a la carte"
0 <input type="checkbox"/> No, we do not have nutrition standards for any of the above.	

36. How much time does your school allow for students to eat their meal? (Excluding time getting to and leaving the cafeteria)

5☐ 30 minutes or more 3☐ 20-30 minutes 0☐ less than 20 minutes

37. How many choices of fruits and/or vegetables does your school offer daily?

- 5 ☐ At least 4 3 ☐ At least 3 1 ☐ At least 2 0 ☐ Less than 2
38. How often are fresh fruits and vegetables offered?
- 5 ☐ daily 3 ☐ At least 3 days/wk 1 ☐ 2 days/wk or less
39. How often are foods containing whole grains offered?
- 5 ☐ daily 3 ☐ At least 3 days/wk 1 ☐ 2 days/wk or less
40. Do you offer low-fat (1%) and/or non-fat milk during school meals?
- 5 ☐ Yes 0 ☐ No
41. Does your school limit the sale and access of foods to students considered to be of low or minimal nutritional value (i.e., soda, chips, candy bars, etc) based on the USDA recommendations?
- 5 ☐ Yes, all day including before and after school and school events 3 ☐ Yes, during regular school hours only
1 ☐ Yes, during meal times only 0 ☐ No policy
42. Do you promote (i.e., posters, free samples, student artwork, etc.) consumption of the following food groups in your dining area? Check all that apply. (worth max of 6)
- 2 ☐ Low-fat or fat-free milk 2 ☐ Fruits and Vegetables
2 ☐ Whole grains 0 ☐ No, we do not
43. Does your school offer an Expanded/Alternative Breakfast Program? (Total of 5 points possible for this question; any answer but "No" is worth 5 points)
- ☐ Grab n' Go Breakfast ☐ Breakfast After 1st Period
☐ Breakfast in the Classroom 0 ☐ No, we do not offer an Expanded/Alternative Breakfast Program
44. How many hours of classroom nutrition education are provided to all students each school year?
- 2 ☐ At least 5 hours 1 ☐ Some, but not all, grades receive nutrition education
3 ☐ At least 10 hours 0 ☐ We do not teach nutrition education
5 ☐ At least 15 hours
45. How often does your school provide nutrition information for parents and families? (Total of 5 points possible for this question; any answer worth 5 points except "We do not provide...")
- ☐ Weekly ☐ Monthly ☐ Quarterly 0 ☐ We do not provide nutrition information to parents
46. Healthy foods and beverages (i.e., whole grains, low-fat milk, fruits, vegetables and lean meats/beans) are available at (Check all that apply): (Total of 5 points possible for this question for any of the choices)
- ☐ school store ☐ school events ☐ school concessions

Physical Education/Physical Activity

	Yes 6	No 0
47. Is physical education taught by a teacher with a certification in physical education?	<input type="checkbox"/>	<input type="checkbox"/>
48. Does your school have a written, sequential physical education curriculum based on the Nebraska Physical Education Essential Learnings and/or the National Standards for Physical Education?	<input type="checkbox"/>	<input type="checkbox"/>
49. Does your physical education program follow a grading plan that reflects student achievement of essential content so that students' grades are based upon more than participation, effort, and following class rules?	<input type="checkbox"/>	<input type="checkbox"/>
50. Is the use of regular assessments to monitor, reinforce, and plan for student learning included in the physical education program?	<input type="checkbox"/>	<input type="checkbox"/>
51. Does your school provide adequate equipment and facilities for all students to be active at the same time in physical education?	<input type="checkbox"/>	<input type="checkbox"/>
52. Does your school have a policy which prohibits the use of physical activity for punishment or withholding physical education or physical activity/recess as punishment?	<input type="checkbox"/>	<input type="checkbox"/>
53. Does your school prohibit substitution of other courses or activities for physical education?	<input type="checkbox"/>	<input type="checkbox"/>
54. Do classroom teachers incorporate physical activity into the classroom during the school day?	<input type="checkbox"/>	<input type="checkbox"/>
55. Do your physical education teachers participate in annual professional development activities specifically designed for physical education?	<input type="checkbox"/>	<input type="checkbox"/>
56. Does your physical education department have a written statement that is aligned with the overall mission statement of the school?	<input type="checkbox"/>	<input type="checkbox"/>
57. ANSWER ONLY IF ELEMENTARY SCHOOL. Does your school offer recess before lunch?	<input type="checkbox"/>	<input type="checkbox"/>
58. ANSWER ONLY IF ELEMENTARY SCHOOL. Does your school provide an adequate outside recreation/playground area?	<input type="checkbox"/>	<input type="checkbox"/>
59. ANSWER ONLY IF ELEMENTARY SCHOOL. Does your school provide age appropriate, safe playground equipment facilities for students?	<input type="checkbox"/>	<input type="checkbox"/>
60. Does your school offer students opportunities to participate in intramural sports and/or sports clubs?	<input type="checkbox"/>	<input type="checkbox"/>
61. Does your school offer parent/community programs that promote health and/or physical activity (e.g., family fun night, wellness challenge, family fitness events, Jump Rope/Hoops For Heart, Walk to School Day)?	<input type="checkbox"/>	<input type="checkbox"/>

62. What is the average teacher/student ratio in your physical education classes?

5 ☐ 1:20 or less **3** ☐ 1:25 or less **1** ☐ 1:30 or less **0** ☐ More than 30

63. **ANSWER ONLY IF ELEMENTARY SCHOOL.** How many minutes of physical education do **elementary students** receive per week? (not including recess)

5 ☐ 150 minutes or more **3** ☐ 90-119 minutes **1** ☐ 30-59 minutes **0** ☐ less than 30 minutes
4 ☐ 120-149 minutes **2** ☐ 60-89 minutes **1** ☐ 30 minutes

64. **ANSWER ONLY IF MIDDLE/HIGH SCHOOL.** How many minutes of physical education do **middle/high school students** receive per week?

- 5 ☐ 200-225 minutes 3 ☐ 150-179 minutes 1 ☐ 80-119 minutes 0 ☐ less than 40
 4 ☐ 180-199 minutes 2 ☐ 120-149 minutes 1 ☐ 40-79 minutes

65. At our school, students attend physical education class _____ day(s) per week, with an average class length of _____ minutes for a total of _____ (circle one) semester(s) OR quarter(s) OR week(s) of physical education for a total of _____ years.

(5 points if all blanks have an answer. If any missing, 0 points)

66. During physical education classes, are students engaged in moderate to vigorous physical activity for 20+ minutes per class?

- 5 ☐ Yes 0 ☐ No

67. **ANSWER ONLY IF HIGH SCHOOL.** How many credits of physical education (not including health education) are required for graduation? _____ Credits *At this school, _____ credits equal one semester.

5 credits = 1 point; 10 credits = 3 points; 15 credits = 5 points

68. **ANSWER ONLY IF ELEMENTARY SCHOOL.** Does your school provide all elementary students with at least 20 minutes a day of supervised recess, preferably outdoors?

- 5 ☐ Yes 0 ☐ No

69. **ANSWER ONLY IF ELEMENTARY SCHOOL.** Does your school have a contingency plan for recess in case of inclement weather?

- 5 ☐ Yes 0 ☐ No

70. How many minutes, on average, does your school provide ALL students with an opportunity for unstructured physical activity daily (i.e., recess, open gym, walking club, etc.)?

- 1 ☐ Less than 20 minutes 3 ☐ 20-30 minutes 5 ☐ Greater than 30 minutes

71. Outside of school hours or when school is not in session, are your school grounds, including education/physical activity facilities, available for use by the community to be physically active? Check all that apply. (Max of 10 possible)

- 5 ☐ Yes, outdoor facilities 5 ☐ Yes, indoor facilities
 0 ☐ No, outdoor facilities 0 ☐ No, indoor facilities

72. Does your school offer before or after school programs for nutrition and physical activity? (max of 5 possible)

- 3 ☐ Before school 3 ☐ After school 5 ☐ Both 0 ☐ Neither

73. Does your school partner with community entities to offer before and after school programs for nutrition and physical activity?

- 5 ☐ Yes 0 ☐ No

If yes, please list the partners: _____

Part IV

School Wellness Policy

1. Please upload a copy of your School Wellness Policy in Adobe Acrobat (pdf) or Microsoft Word (.doc) format. You will be asked to upload after you hit continue. (10 points for uploading)

2. Does your school use your School Wellness Policy to guide planning and activities?

5 ☐ Yes

0 ☐ No

2a. If yes, briefly describe how your School Wellness Policy has been used to address and improve student, staff, and faculty wellness. (2 points for answering)

2b. If no, briefly describe how your school could possibly use your School Wellness Policy to address and improve student, staff, and faculty wellness. (2 points for answering)

Application Submission

By submitting this application our school certifies that to the best of our knowledge and belief, the information submitted in this application is truthful and accurate.

☐ Submit Button

Thank you

Your interest in the Nebraska Action Award is appreciated!

Following the submission of your FINAL application, you will receive an e-mail verification. Please e-mail info@neactionforhealthykids.org if you do not receive an e-mail verification within 24 hours of submitting your application.



Making Positive Changes within Your School

Once you have completed this application, you may realize additional ways in which you can promote wellness within your school environment. Please visit the Nebraska Action for Healthy Kids website, www.neactionforhealthykids.org, to take advantage of the many school wellness related resources that can be found there.

If you would like to become a member of Nebraska Action for Healthy Kids, please visit: <http://neactionforhealthykids.org> or E-mail info@neactionforhealthykids.org

Application adapted from Indiana Action For Healthy Kids Healthy Hoosier Award Application and the Nebraska Department of Education Wellness Policy Builder Tool Kit.
<http://www.neactionforhealthykids.org/wellness/policybuildertools.html>

Appendix E: Indiana AFHK Application

		Indiana Action for Healthy Kids http://indianaactionforhealthykids.org	
Healthy Hoosier School Award 2009-2010 School Year			
	Application This application may be used by Elementary, Middle School or High Schools.		
			

What is the Healthy Hoosier School Award?

The Healthy Hoosier School Award was developed by the Indiana Action for Healthy Kids Team. This award honors Indiana schools that have policies and educational programs in place to promote proper nutrition and increased physical activity among their students. The winners are selected for their exemplary level of commitment to create an environment that encourages children to have healthy habits. Schools have the opportunity to receive a gold, silver or bronze level award.

Why should my school apply?

- ✓ Opportunity for your school to receive a monetary award and recognition for their commitment to addressing the health needs of students
- ✓ Use the responses from the application as a school wellness assessment
- ✓ Applying for this award may help you secure future grants to assist with your school wellness initiatives

Steps to Follow in Completing Your Online Application

6. Convene your Coordinated School Health Advisory Council (CSHAC) and brainstorm the various ways in which you have collaborated to develop programs and provide services for the school and community.
7. You are highly encouraged to organize your answers on the paper application BEFORE you start the online application process. Only one application per school building may be submitted.
8. When you are ready to submit the application online, refer to the instructions and navigation tips located at <http://indianaactionforhealthykids.org> to guide you through the process.
4. If you have questions about the online application process, please submit your questions to nutrition-support@doe.in.gov
5. If you have questions about the content of the application, please contact Beth Foland at (317) 232.0870 or efoland@doe.in.gov
- 6. Applications must be submitted online by April 1, 2010.**
7. Applications failing to meet the described specifications will not be considered.
8. Faxed applications will not be accepted.

Evaluation of application

An interdisciplinary team of health professionals, school officials, state leaders, and community members will score each application based on responses to the questions. The point value of the answers to the questions will vary. Some questions will not be used for scoring but are for informational purposes only. Based on scores, schools will be awarded a Gold, Silver or Bronze Level Award. Gold Level schools will receive a monetary award. All award levels will receive a certificate of recognition, Healthy Hoosier School Award report card, letter of support and press kit.



2009-2010 Part I

School Information

Please Print

Name of School Corporation	School CORPORATION Number Example: Indianapolis Public Schools, 5385 (Visit http://mustang.doe.in.gov/SEARCH/search.cfm to determine)
Name of School Building	School BUILDING Number Example: Elder W. Diggs School, 5542 (Visit http://mustang.doe.in.gov/SEARCH/search.cfm to determine)
Name of Current School Principal	

List contact information for this application

Name	Title	Telephone and Extension
Street Address		
City	State	Zip
E-mail address (applicants will be notified via e-mail)		

Enter the number of students in your school _____

This school is a/an: ☐ Elementary School ☐ Middle School or High School

Please enlist the help of all appropriate staff members in completing this application. Indicate below the titles of the individuals who assisted in completing this application. Check all that apply.

<input type="checkbox"/> Principal/Administrator(s)	<input type="checkbox"/> Classroom Teacher(s)	<input type="checkbox"/> Physical Education Teacher(s)
<input type="checkbox"/> Health Education Teacher(s)	<input type="checkbox"/> Food Service Personnel(s)	<input type="checkbox"/> Student(s)
<input type="checkbox"/> School Board Member(s)	<input type="checkbox"/> Community Member(s)	<input type="checkbox"/> Parent(s) of Current Student(s)
<input type="checkbox"/> Registered Nurse	<input type="checkbox"/> Registered Dietitian	<input type="checkbox"/> Physician
<input type="checkbox"/> Social Worker	<input type="checkbox"/> Other, please specify _____	

Ethnicity of Students – Please enter percentage (%)

_____ African American	_____ Asian
_____ Hispanic	_____ Caucasian
_____ Other, please specify _____	

Has your school applied for the Healthy Hoosier School Award before?

☐ Yes ☐ No



2009-2010 Part II

Section A: Healthy School Programming – Best Practices

Write a description (350 word limit) of your school's most prized healthy school programs/initiatives. The description must include the following:

- Name of school
- Name and contact information for the program
- Program description and measurable goals
- Total number of students affected
- Total cost of program, if any
- How the program was funded
- Obstacles/Challenges you encountered
- Overall results of the program

Section B: Student Assessment

Please provide a brief summary (350 word limit) of why your school should be a Healthy Hoosier School. This summary should be written by a student and include the name of the school in the summary.

Section C: School Wellness Policy

Please attach a copy of your School or District Level Wellness Policy. You will be asked to upload the policy (.pdf or .doc only) during the online application process.



2009-2010 Part III

Please answer questions thoroughly.

Coordinated School Health Advisory Council (CSHAC)

13. Does your school district have a designated *Coordinated School Health Advisory Council* (a group that addresses health and wellness issues of students, staff, and faculty) as is described in Indiana Public Law 54-2006 (Senate Enrolled Act 111)? If you are unfamiliar with this law refer to

www.in.gov/apps/lsa/session/billwatch/billinfo?year=2006&session=1&request=getBill&docno=111.

☐ Yes

☐ No

14. Which statement(s) would best describe the reason for your *CSHAC*?
(Check all that apply)

- ☐ To enhance student academic performance
☐ To promote the concept of healthy youth development
☐ To reduce faculty/staff and student absenteeism
☐ To contain health care costs
☐ To improve faculty/staff and student morale
☐ To improve faculty/staff and student health and well-being
☐ To improve faculty/staff recruitment and retention
☐ Other

15. Please list the names of the members of your *CSHAC*, titles, if appropriate, and chairperson.
For example: Jenny Be-Healthy, Physical Education Teacher

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

Member: _____

16. What is the approximate annual budget for your *CSHAC*?

☐ \$0-\$500

☐ \$5,001 to \$10,000

☐

\$50,001+

☐ \$501 to \$1,000

☐ \$10,001 to \$25,000

☐ \$1,001 to \$5,000

☐ \$25,001 to \$50,000

17. How often are *CSHAC* meetings held to monitor school wellness policy implementation?

☐ Weekly

☐ Quarterly

☐ Other

☐ Monthly

☐ Bi-annually

18. What are the focus areas of your CSHAC? (Check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Physical Education | <input type="checkbox"/> Comprehensive School Health Education |
| <input type="checkbox"/> Nutrition Services | <input type="checkbox"/> Family & Community Involvement |
| <input type="checkbox"/> Staff Wellness | <input type="checkbox"/> Counseling Psychological & Social Services |
| <input type="checkbox"/> School Health Services | <input type="checkbox"/> Healthy School Environment |

Implementing Wellness Policies

Questions refer to your school **DISTRICT**.

To what extent is your district implementing the following:

	Fully in Place	Developing/ Partially in Place	Not in Place
1. A wellness policy (based upon assessment) that addresses the health needs/interests of our students, faculty and staff, AND is updated annually.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Wellness policy is incorporated into the school district's strategic priorities/outcomes.	<input type="checkbox"/>	Not an option	<input type="checkbox"/>
3. Wellness policy goals and objectives for the CSHAC initiatives are clear, measurable and supported by data.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Assigning responsibilities to an individual or group and setting review/completion dates for all policy objectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Evaluating the stated policy goals and objectives as outlined in the Child Nutrition and WIC Reauthorization Act of 2004. (If you are unfamiliar with this law refer to http://www.fns.usda.gov/tn/healthy/108-265.pdf . This law outlines the requirements for the local school wellness policy in the areas of nutrition education, physical activity, other school-based activities, nutrition guidelines for foods on campus, wellness policy implementation, and representatives to be included in the development of the plan.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Monitoring student satisfaction by one or more methods (e.g., school climate surveys, student suggestion box, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ensuring a system is in place to monitor the impact of our wellness policy in relation to key indicators (e.g., absenteeism, drop-out rates, high school completion rates, suspension rates, etc.).	<input type="checkbox"/>	Not an option	<input type="checkbox"/>

8. Providing CSHAC status reports/outcomes to school administrators, the Board of Education, parents/caregivers, and the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • If you communicate to all of these groups, check “fully in place”. • If you communicate with one or two groups, check “developing/partially in place”. 			
	Fully in Place	Developing/ Partially in Place	Not in Place
9. Disseminating information concerning the availability of community resources (e.g., health insurance, child care, parks, etc.)	<input type="checkbox"/>	Not an option	<input type="checkbox"/>
10. Communicating wellness policy changes to students, faculty/staff, parents/caregivers and the community (e.g., newsletter, web site, meetings, press release, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • If you communicate to all of these groups, check “fully in place”. • If you communicate with one or two groups, check “developing/partially in place”. 			
11. Promoting wellness activities and events to students, faculty/staff, parents/caregivers, and the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • If you communicate to all of these groups, check “fully in place”. • If you communicate with one or two groups, check “developing/partially in place”. 			
12. Solicit specific feedback on health issues from students, faculty/staff, parents/caregivers, and the community through formal communication channels (e.g., e-mail, survey, etc.)	<input type="checkbox"/>	Not an option	<input type="checkbox"/>

School Health Services

Questions refer to your school DISTRICT

- Does your school district employ or have a consulting Registered Dietitian (RD)?
☐ Yes ☐ No
- If applicable, enter Registered Dietitian’s name.
 List Name: _____
- Does your School Corporation have one or more ***school-based health centers***?

“School-based health center” (SBHC) is defined as a health center located in a school building or on school grounds that provides on-site comprehensive preventive and/or primary

health services that may include behavioral health, oral health, ancillary, and enabling services.

☐ Yes

☐ No

4. If applicable, please list the name and building location of each center.

Name and Building

Location: _____

Name and Building

Location: _____

Name and Building

Location: _____

Name and Building

Location: _____

Name and Building

Location: _____

5. Does your school corporation provide ***school-linked health services*** in collaboration with outside health care organizations and/or providers?

“School-linked health care services” refers to a collaboration wherein a school system establishes partnerships with providers from various health care/social service organizations within the community to deliver a continuum of health care services and support that are not available on school grounds to students.

☐ Yes

☐ No

6. Based upon your response in the above questions, what services are provided at the school-based health center or provided through school-linked health services? (Check all that apply.)

- | | | |
|---|---|--|
| <input type="checkbox"/> General health assessments | <input type="checkbox"/> EPSDT screenings | <input type="checkbox"/> Laboratory & diagnostic services |
| <input type="checkbox"/> Immunizations | <input type="checkbox"/> First Aid | <input type="checkbox"/> Family planning & counseling |
| <input type="checkbox"/> Prenatal & postpartum care | <input type="checkbox"/> Dental services | <input type="checkbox"/> Behavioral services |
| <input type="checkbox"/> Drug/Alcohol abuse counseling | <input type="checkbox"/> Chronic disease management | <input type="checkbox"/> Prescription drug distribution & management |
| <input type="checkbox"/> Patient education (Please describe)- | | |

☐ Other (Please describe) _____

7. If you have a school-based health center, who receives services from the school-based health center? (Check all that apply)

☐ Students ☐ Staff ☐

Parents/family members of students

☐ General Community ☐ Others

(List) _____

8. When is the school-based health center open? (Check all that apply)

☐ Only during school days/hours ☐ Before, during and after school hour

☐ Only during the school year ☐ Open year round

☐ Others

(List) _____

Questions refer to your school **BUILDING**

9. Is there a Registered Nurse (RN) assigned to your school building?

☐ Yes ☐ No

10. If applicable, enter Registered Nurse's name.

List Name: _____

11. How many nursing service hours per week are provided by a Registered Nurse (RN) in your school building?

☐ 30-49 ☐ 20-29 ☐ 1-19 ☐ Not Applicable (NA)

Physical Education/Physical Activity

Questions refer to your school **BUILDING**.

1. Is physical education taught by a teacher with a license in physical education?

☐ Yes ☐ No

2. Does your school have a written, sequential physical education curriculum based on the Indiana Academic Standards for Physical Education?

☐ Yes ☐ No

3. Does your physical education program assess student achievement based upon essential content and skills?

☐ Yes ☐ No

4. Are formative assessments used to monitor, reinforce and plan for student learning?

☐ Yes ☐ No

5. Does your school provide adequate equipment and facilities for optimal student participation and activity time?

☐ Yes ☐ No

6. Does your school have a policy in place which prohibits the use of physical activity for punishment or withholding of physical education or physical activity/recess as punishment?

☐ Yes ☐ No

7. Are classroom teachers encouraged to integrate physical activity concepts and skills to create interesting/innovative interdisciplinary connections?
- ☐Yes ☐No
8. Does your school prohibit substitution of other courses or activities for physical education?
- ☐Yes ☐No
9. Does your physical education staff participate in annual professional development activities specifically designed for physical education?
- ☐Yes ☐No
10. Does your physical education department have a written statement that is aligned with the overall mission of the school?
- ☐Yes ☐No
11. Does your school offer students opportunities to participate in intramural sports and/or sports clubs?
- ☐Yes ☐No
12. Does your school **REQUIRE** all students to take physical education classes for the **ENTIRE SCHOOL YEAR**?
- ☐Yes ☐No
13. What is the average teacher/student ratio in your physical education classes?
- ☐1:20 or less ☐1:25 or less ☐1:30 or less
☐More than 30
14. If you are an **Elementary School**, how many minutes of structured physical education does your school require each week? (Excludes intramural activities and recess.) If you are a **Middle/High School**, check "NA".
- ☐150+ ☐90-119 ☐30-59
☐NA ☐120-149 ☐60-89 ☐Less than 30 minutes
15. If you are a **Middle/High School**, how many minutes of structured physical education does your school require each week? (Excludes intramural activities and recess.) If you are an **Elementary School**, check "NA".
- ☐200+ ☐150-179 ☐80-119
☐Less than 40 ☐120-149 ☐40-79 ☐NA
☐180-199
16. During physical education classes, are students engaged in moderate to physical activity for 20 minutes or more during class?
- ☐Yes ☐No
17. Which of the following does your physical education curriculum include? (Check all that apply)

- ☐ Team Sports
Interaction
 ☐ Individualized Fitness
 ☐ Social
Interaction
 ☐ Individual Sports
 ☐ Adaptive Physical Education
 ☐ NA

18. Estimate the percentage of **STRUCTURED** physical education time students are actually moving per class period?
- ☐ 76-100%
 ☐ 51-75%
 ☐ 26-50%
 ☐ 0-25%
19. How many minutes per day, on average, does your school provide **ALL** students with an opportunity for **UNSTRUCTURED** physical activity (e.g., recess, open gym)?
- ☐ 61+
 ☐ 21-40
 ☐ Less than 20
☐ 41-60
 ☐ 20
20. Does your school offer students opportunities to participate in intramural sports and/or sports clubs?
- ☐ Yes
 ☐ No
21. Is health education taught by a teacher licensed/certified in health education?
- ☐ Yes
 ☐ No
 ☐ We do not offer health education classes in our school

Nutrition

Questions refer to your school **BUILDING**.

- Does your school offer lunch?

☐ Yes, we participate in the National School Lunch Program
☐ Yes, we offer lunch, but not through the National School Lunch Program
☐ No
- How often does your lunch menu offer students a salad?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch
☐ 3-4 days a week
 ☐ Never
- How often does your lunch menu offer fruit?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch
☐ 3-4 days a week
 ☐ Never
- How often does your lunch menu offer **fresh** fruit?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch
☐ 3-4 days a week
 ☐ Never
- How often does your lunch menu offer vegetables?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch
☐ 3-4 days a week
 ☐ Never
- How often does your lunch menu offer **fresh** vegetables?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch
☐ 3-4 days a week
 ☐ Never
- How often does your lunch menu offer whole grains (e.g., whole grain bread, whole grain pizza crust, whole grain pasta)?

☐ Everyday
 ☐ 1-2 days a week
 ☐ We do not offer lunch

- ☐ 3-4 days a week ☐ Never
8. Do you use fryers in your school?
☐ Yes ☐ No, we do not use the fryers ☐ NA, we do not have fryers
9. Have you implemented food purchasing and/or preparation practices to reduce the fat content of foods (e.g., purchasing specification for pre-prepared foods requiring lower fat content, use low or reduced fat cheese, draining cooked ground beef, etc.)?
☐ Yes ☐ No ☐ NA
10. Within the last year, has your food service staff attended any trainings or in-service programs (e.g., food service tips, preparation techniques, USDA guideline updates, etc.)?
☐ Yes ☐ No ☐ NA
11. Does your school have a closed campus?
☐ Yes ☐ No
12. Does your school contract with outside restaurants (e.g., fast food, etc.)?
☐ Yes ☐ No
13. Does your school have a policy providing students at least 20 minutes to eat their lunch? (Excluding time required to stand in the lunch line, walk to and from home, etc.)
☐ Yes ☐ No
14. Does your school offer recess before lunch?
☐ Yes, all grades ☐ No, we are a middle school or high school
☐ Yes, some grades ☐ No
15. Do staff and teachers coordinate activities to reinforce and/or enhance classroom nutrition education?
☐ Yes ☐ No
16. Do you promote the consumption of fresh fruits and vegetables (e.g., posters, free samples, etc.)?
☐ Yes ☐ No
17. Is milk consumption promoted in your school (e.g., posters, free samples, etc.)?
☐ Yes ☐ No
18. Does your school offer at least three (3) different varieties of low-fat milk (e.g., white and flavored varieties)?
☐ Yes ☐ No
19. Does your school offer a breakfast program?
☐ Yes, we participate in the National School Breakfast Program
☐ Yes, we offer breakfast but not through the National School Breakfast Program
☐ No
20. Select the items you offer at least 3 days a week for breakfast. (Check all that apply)
☐ Low-fat white milk ☐ Whole grain products
☐ Fruit

- ☐ Low-fat flavored milk
☐ None of the items
 ☐ 100% juice
21. Does your school offer an Expanded Breakfast Program?
- ☐ Grab n' Go Breakfast
☐ Breakfast in the Classroom
☐ Breakfast after 1st Period
☐ Our school does not offer an Expanded Breakfast Program
22. Does your school have vending machines accessible to students? If you are an **Elementary School**, check "NA".
- ☐ Yes
☐ No
☐ NA
23. Is there a school policy restricting the use of soda and candy vending machines available to students? If you are an **Elementary School**, check "NA".
- ☐ All day including before and after school
☐ Only during meal times
☐ NA
☐ During regular school hours
☐ No policy
24. What percentage of vending machines contains healthy options or "better choice" as described in Indiana Public Law 54-2006? If you are unfamiliar with this law refer to www.in.gov/apps/lisa/session/billwatch/billinfo?year=2006&session=1&request=getBill&docno=111. If you are an **Elementary School**, check "NA".
- ☐ 50% or more
☐ 25-49%
☐ 0-24%
☐ NA
25. What percentage of faculty/staff vending machines contains healthy options (e.g., low-fat milk and dairy products, vegetables, fruit, whole grain products, low-fat items)?
- ☐ 50% or more
☐ 25-49%
☐ 0-24%
☐ We do not have vending machines available for staff
26. Which of the following activities does your cafeteria offer? (Check all that apply)
- ☐ Food sampling/tasting events
☐ Health education promotions (e.g., posters, giveaways, handouts)
☐ Recycling
☐ None
27. Do teachers in your school collaborate with the school nutrition staff to use the cafeteria as a learning laboratory?
- ☐ Yes
☐ No
28. How often do students receive nutrition education messages as part of classroom instruction and/or cafeteria activities?
- ☐ Daily
☐ Weekly
☐ Monthly
☐ We do not teach nutrition education
29. Does your school offer visual aids (e.g., signs/pictures) to promote healthy food selections to students?
- ☐ Yes
☐ No
30. Does your school have a policy that promotes the sale of healthy or non-food items for fundraising activities?

☐ Yes☐ No

31. Does your school have a policy that promotes the use of healthy or non-food items for classroom activities and school parties?

☐ Yes☐ No

Staff Wellness

Questions refer to your school **BUILDING**.

- Do you provide onsite wellness programs for staff and faculty?
☐ Yes ☐ No (If you check "no" to Question #1, check "NA" for Questions #2-3.)
- How are faculty/staff wellness programs funded? (Check all that apply.)
☐ Entirely by the school ☐ Employees pay all program fees ☐ NA
☐ Employees share some of the costs ☐ Supported by grant or outside sources
- Which of the following wellness programs are offered to the faculty/staff? (Check all that apply)
☐ Stress Management Class ☐ Healthy Eating/Nutrition/Weight Management ☐ NA
☐ Health Screenings/Fairs ☐ Physical Activity Opportunities
☐ Incentive(s) to Participate in Wellness ☐ Smoking Cessation Classes
- Are school staff/faculty encouraged to become members or participate in Indiana Action for Healthy Kids Initiatives?
☐ Yes ☐ No

Parent/Community Involvement

Questions refer to your school **BUILDING**.

- Does your school offer parent/student programs that promote health and/or physical activity (e.g., family fun night, wellness challenge, family fitness events, health fairs at school, etc.)?
☐ Yes ☐ No
- Outside of school hours or when school is not in session, are your athletic facilities available for use by the community? (Check all that apply)
☐ Yes, outdoor facilities ☐ No, indoor facilities ☐ School does not have outdoor facilities
☐ Yes, indoor facilities ☐ No, outdoor facilities
- Which of the following methods does your school utilize to provide nutrition and/or physical activity information to parents? (Check all that apply)
☐ Special events ☐ School district website ☐ None
☐ Media ☐ School building website
- Our PTA/PTO supports our wellness initiatives through: (Check all that apply)
☐ Healthy (food or fitness) fundraisers or non-food fundraisers ☐ Family fun fitness nights/health fairs
☐ Hosting guest speakers for health seminars for parents and students ☐ None

5. Does your school partner with local community agencies or local organizations regarding school wellness initiatives

(e.g., hospitals, banks, fitness centers, utility companies, Purdue Extension, Dairy & Nutrition Council of Indiana, etc.)

☐ Yes, 3 or more partners

☐ Yes, 1-2 partners

☐ No, we do not have any partners at this time

Certify

We certify that to the best of our knowledge and belief, this application is true and correct in all aspects.

☐ Agree

☐ Disagree

Thank you

Your interest in the Healthy Hoosier School Award is appreciated!

Notification of the status of your application will be sent via e-mail to the contact listed on this application in May 2010.

Making Positive Changes Within Your School

Once you have completed this application, you may realize ways in which you can help to improve your school environment. Please contact the Indiana Action for Healthy Kids (IN AFHK) team at <http://indianaactionforhealthykids.org/Contacts.htm> to take advantage of the many resources that can be provided to your school and to learn ways in which the IN AFHK team can assist with these enhancements. If you would like to become a member of IN AFHK, please visit <http://indianaactionforhealthykids.org/Membership.htm>.

Appendix F: Interview Transcripts

Section F1: Interview #1

JR: recorder on.

#1: OK.

JR: Hopefully we won't get too much background noise. Alright, um, so thank you for meeting with me today. Um, and I'm excited to hear about your experiences as the wellness coordinator and. Um, I sent you a copy of the questions already, but I may ask a few additional ones that aren't necessarily on there, but, um to begin with, uh, Will you briefly describe your current wellness program?

#1: um, this year we have, ah, a staff wellness committee and its comprised of administrators, school nurses, food service, some teachers, um, P.E. a few parents, and so they kind of oversee the whole project of what our goals are. But uh last year we had trouble getting the adults excited so I made actually a student council type of organization of kids, and their main focus, we just work on health projects and so they're called the Student Health Action Council. Um, and the kids had to apply, and we chose from the applicants of why they wanted to be on this health action council and they've kind of been the core of the projects that we do. Um, and I picked kids that were kind of non-traditional, not the kids that were always selected for everything or the outstanding students or the most outgoing and so it's really given these kids a great leadership opportunity. Some of my kids are foster kids, some have ADHD, some have um some behavior issues, um but they're just really a fun, eager group of kids and they, um, we meet over lunch, um, maybe twice a month and then we plan our activities from there. Our school schedule is much tighter than last year, so I don't have the blocks of time that I have in the past to do projects, but our planning happens over lunch and then we go from there. Our focus this year was, um, more food tasting activities, cause we've found that kids'll taste food if they're friends are eating it and if it's just a small thing, and we kind of make it a challenge. And we have lots of competitions between grades as far as which grade tastes, tries it the most percentages and that sort of thing, And so my kids are the ones that serve it, my SHAC, We call them the SHAC team because it stands for Student Health Action Council, so their called the SHAC team and so they present it and they keep tallies.

And um then another thing we've become active in the assembly. We do some kind of activity at the assemblies, so the kids always look forward to that, whether its ah, a physical feat, or whether it's some kind of a race, or whether it's a guessing contest. Uh, our most recent one was, we took a giant snickers candy bar and we had the kids at lunch guess how many calories they thought were in this giant snickers candy bar and then we picked the kids that were the closest and then at the assembly, they came forward and then we had this big plate of raw vegetables, arranged rather attractively, and they got to guess how many calories they thought were in this big plate of vegetables, and then also a big plate of fruit. And they all had exactly the same amount, but it was just a comparison of very concentrated calories with not any nutrition to them compared to a huge plate of vegetables, or, you know, a smaller, but very nice variety of fruit. So that was fun, it was

43 kind of like oh, my gosh, so a little teaching, along with fun. So that was some of the
44 things we do.

45 We also have a game, it's called, um, ah, Name that Number, and it's an action game
46 where the one person that is it, they have their back and they have this, uh, flip board that
47 has numbers on it, and you flip the numbers over, so, the kids stand behind them and they
48 flip a number and the person is looking at the audience and has to guess a number, and if
49 he has to guess higher, the kids jump up, and if he has to guess lower, to get the number
50 then they squat down. So, it's an up and down kind of game. So that's fun.

51 Um, other things we've done, we've called them, last year we did SHAC attacks, is what
52 they were called, and they were three minute movement activities, that teachers, we'd ask
53 if anybody wanted a SHAC attack and the kids didn't know we were coming and we'd
54 come into the classroom and do a three minute activity. We did Name that Number, we
55 also did a pumpkin bowling game that was really fun. We used pumpkins and you had to
56 sit on the floor and roll the pumpkin, which is kind of hard work.

57 JR: Mmm-hmm.

58 #1: We used milk bottles for our pins. We had a pumpkin rolling contest and these were
59 funky shaped pumpkins and you had to roll them around little pylons or little cones and,
60 you know, they got points for however many kids made it around the track. Um, we did a
61 beach ball blast, that we took and so it's not bad if you've got one beach ball, but then
62 you throw in another one and another one and then, haha, they got very wild and crazy,
63 but they're trying to keep the balls off the ground, so that gets pretty chaotic, but that's
64 fun.

65 Um, I'm trying to think of other things that we've done. But we called those SHAC
66 attacks and the kids would just go in and we'd say, we'd pretend like, um, we had
67 sweatshirts or t-shirts that had an emblem on it that looked like a police officers emblem
68 and we'd go in and say, "this classroom is now under a three minute SHAC attack, under
69 the authority of the Action for Healthy Kids and principal Smith, you will be more active
70 and eat healthier." And then we'd do the fun thing and then three minutes and we were
71 gone. And so the teachers would use it as a reward sometimes, or if the kids didn't do
72 good, they'd talk about teamwork, you know, and "well next time, when they come back,
73 let's try this...so we can get more points." And then at the end of the day we'd announce
74 whichever classroom won the SHAC attack. So it was very fun.

75 JR: That's fun.

76 Now, so, and the kids would, "are we getting a SHAC attack? Can we please have a
77 SHAC attack?" so, it was fun. But this year we didn't have that time that we could go
78 into the classrooms cause everything's kind of rescheduled so that's why we do things the
79 assemblies. And we were in charge of the assembly before Christmas, so we came up
80 with a these all of these really fun, bizarre things. One was a snow blower contest. And
81 we used just little Styrofoam balls and we divided the kids by grade levels and then they
82 had to get down with a straw and blow their snowball into a little hut and so they're just
83 blowing like crazy.

84 JR: Hahaha

85 #1: And then the next event was package wrapping where you put your arm around the
 86 person beside you and then you have to wrap a package just using your free hand. So
 87 there's these two kids hugging and trying to wrap this package. And that was very fun.
 88 And then they had to take the package and the kid put tennis shoes on his knees and they
 89 had to walk on his knees so you look like you're a dwarf with this package and deliver it
 90 um, and then they had to, somebody else had to slide the packages up to Santa's sleigh.
 91 And then we used um those little scooter's that they use in P.E. and we tied two of those
 92 together and then we had reindeer with Rudolf, every team had a Rudolf with a nose and
 93 antlers, and then the person behind him was the GPS and had to guide the sleigh.

94 JR: Hahaha

95 #1: And then Santa was on the sleigh and then there was four chimneys around the gym
 96 so they had to make the route and drop a package in each chimney to get back to the, you
 97 know to get all the packages delivered, so it was wild and crazy and the kids absolutely
 98 loved it.

99 Um, we have a man who is, ah, helps with music and he's huge, he's 500 lbs. He, um,
 100 tried out for biggest loser and didn't make it. And then they started a new reality show
 101 which is very obese and he was a runner up contestant. He almost made it and he was so
 102 discouraged, and what that program, I think it airs in May is instead of going to the ranch
 103 they come to you and they work with you in your home community and set you up with a
 104 fitness counselor and nutrition and all that, so then they actually follow that one person
 105 for a whole year. You know they, this week it's about me and so they show me in the
 106 beginning and all the steps they go to. So [name] was runner-up for that .and he was very
 107 disappointed cause they really wanted him because most of the contestants were young
 108 women many of them black and here he's an older guy, he's a musician, you know and
 109 he has a great personality, so he was bummed. They didn't pick him because at the time
 110 he was having to use two canes to walk and they didn't think he could physically do it.
 111 So he came home and he started working pretty hard on his own and he lost 50 lbs and
 112 over the summer he would go to the community center and swim. Well, then when school
 113 started um the pool wasn't open early in the morning or late at night because there was a
 114 rule that you had to have a lifeguard. Well, he did some research and consulted some
 115 different people and actually if you're an adult you CAN swim without a lifeguard. So he
 116 got a thing passed, through city council and it's affected other pools in similar situations
 117 in other towns, that an adult can swim alone without a lifeguard in these facilities. And so
 118 he changed policy. So the pool is now open so he can go in and other people who want to
 119 can go in and swim early in the morning or late at night. So it makes the facility much
 120 more usable for more people. Um, but anyway, so we had John come, and he used to be
 121 the bugler at AK-SAR-BEN. Do you know what AK-SAR-BEN was?

122 JR: Mmm-hmm

123 #1: For years he was the official bugler, so I said, "John, can you come and blow your
 124 horn for the reindeer?" ha, he says, and he said, "Oh, yeah." So he comes in his whole,
 125 uh, race track cap and red jacket, and all of this. Well, little did he know that at every

126 assembly, we do a staff wellness award. We call it spotlight on wellness, so the SHAC
 127 kids pick a staff person that they think is a good example or done something and then
 128 they stand and then they shine the spotlight all over the crowd, you know, while we're
 129 announcing who it is. Well, he was the kids pick for that.

130 JR: oh, neat.

131 So he thought he came to bugle for the races but he was actually also our winner because
 132 of changing policy that affected a lot of people, so he was very, very touched by it. But,
 133 uh, other people that we have picked, um, one of our teacher's has lost a lot of weight
 134 very sensibly. She's lost, gained, lost, gained, this time she has stayed with it and she had
 135 really inspired a lot of other people. She's done it very healthy. Another one is, uh, little
 136 bitty petite gal, she's not actually a teacher, but she's in the national guard and she runs
 137 marathons, so we picked her one time. Um, then we had two teachers that last year, they
 138 just started putting their tennis shoes on and walking around the building. Well, now they
 139 have a whole flock of women teachers that actually change into sweat clothes and put
 140 their tennis shoes on, even though they only can walk for 10-15 minutes, and the kids see
 141 'em and they said, "My gosh, did you see how fast they walk!" cause se gals are buzzing
 142 all over the building, so the kids picked them. And our next uh person is gonna be, she's
 143 actually the behavior teacher, she has all the bad kids, the tough kids, but um she has just
 144 been such a great help to me.

145 Um, every couple of years, I do a thing called Healthy University, an it's a day long event
 146 where all classes are canceled and I have a whole day to do things with the kids. And it's
 147 a huge undertaking. I thought I was going to die last year, "Oh Lord, please let me die so
 148 I don't have to finish this. It's just too big" but, the kids, I kind of do like a Survivor
 149 format, where the kids are grouped into tribes of ten kids and then there's an adult with
 150 them, and each tribe has their own special headband strips. And so during the day, they
 151 go as a tribe to all these different activities, and some of it is speakers, I have a lady come
 152 who is diabetic and blind as a result of her diabetes, so the kids do a disability awareness
 153 activity where there's five kids in a group and one kid is blind as a result of their mom
 154 contracting measles you know, before they were born. I make all these scenarios, and one
 155 kid is deaf, this is a true story, a kid fell on a pencil and it went up in his pallet and it
 156 affected his ears.

157 JR: Wow.

158 #1: I give them each a real story. And then one kid is, oh, he was tricked into drinking
 159 drano and so his esophagus was fused so he has a belly tube so he can't eat normally and
 160 he can't speak and then the fourth kid, he's uh paralyzed in an ATV accident and then the
 161 fifth kid is a caregiver for these four kids. And I give them six real simple little things to
 162 do, and so the kid that's blind has to put on, I get glasses from the eye doctor you know
 163 those sun glasses and then I put, cut black to fit them, so if you put them on tight, you
 164 can't see anything. And then the kid that's deaf, I get industrial strength ear plugs and so
 165 they have to wear those. The kid that has the , the g-tube, he has to have his mouth taped
 166 shut through the whole thing and then the kid that's a quadriplegic has to have his hands
 167 and feet tied during the activities. And so one of the activities is just signing a birthday
 168 card, and one is uh it's a birthday and somebody passes out candy and so, of course the

169 kid that's got the g-tube can't eat the candy, the kid that's quadriplegic can't unwrap his
 170 candy, um and then one thing is you have syrup on your face, just six simple little things
 171 that I have the kids do and then I have them right an evaluation and the most common
 172 response I get is, you know," What happened to you? Was there anything fun about it?
 173 What was bad about it? Would you want to be this way for 24 hours and day?" The most
 174 common response is, "No, that would suck."

175 But, you know, but anyway, this lady comes. Little do the kids know that she also comes
 176 back when they're 8th graders and she's the AIDS speaker. She has AIDS, that's how she
 177 got diabetes, was from her medication for the AIDS and the diabetes destroyed her
 178 vision. So she speaks to them on blindness and diabetes as 5th and 6th graders and then
 179 as 8th graders, when they walk into their AIDS lecture, they go, "It's (name)." So that's a
 180 really neat teaching experience for them, you know. They recognize that "Gosh, we
 181 thought she was so neat. She was so fun. Now she's talking to us about AIDS." Really
 182 powerful message there.

183 Um, I had a kid come who lost his leg to cancer, cause you know everybody in their,
 184 cancer is such a scary thing and sometimes kids are gonna come in contact with cancer so
 185 having him come and talk about what it's like to lose his leg at 16 and all the things he's
 186 done. He's gone on to participate in the para- para-olympics. He was, played volleyball
 187 with them and he also went on to play baseball and different things. So you know it's
 188 kind of scary, but it shows them there is life after cancer and things.

189

190 Um, What are some of the other things? Oh, I have somebody come in from, um, ah,
 191 [inaudible] and tobacco prevention and we have a big display. I used to be really active at
 192 that so I got a lot of fun activities to do as far as tobacco. I'd take hard boiled eggs and I'd
 193 but them in a big jar and soak em in tobacco juice water and then they have to take the
 194 eggs out and try to scrub the stains off. You know, a lot of hands on stuff.

195 JR. Uh-huh

196 #1: so anyway the kids do those kind of things and then there's all kinds of crazy physical
 197 challenges and then there's all kinds of nutrition games that they go to and then earn
 198 points going to these different things. And then there's competitions between the tribes.
 199 You can challenge a tribe to do something and then if they lose then um I hand out a few
 200 rubber chickens and a few fish. So if you challenge them and they lose then you get their
 201 rubber chicken so they've got these little backpacks with rubber chickens in them, so you
 202 don't want anybody to get you're rubber chicken, you know. And so, um, some of the
 203 teachers really get into it. Like, one of them, she's got her kids sneaking through the back
 204 hallways so nobody sees them to challenge them because they don't want to lose their
 205 rubber chicken.

206 Um, and then the foodservice, they pack a special healthy lunch. Um, It's wraps and fruit
 207 and they always come up with a new, really good cookie recipe. You know, because
 208 eating healthy isn't about giving up everything fun, it's just doing it different. So they're
 209 always experimenting and trying some kind of new cookie. And um so ,for lunch, instead

210 of eating in the cafeteria, the tribes they just kind of grab their sandwiches and just
211 go find a place to sit.

212 and then they have a packet that has lots of trivia questions in it, too, cause sometimes if
213 they're, some tribes aren't as active and sometimes they just want to sit. So they'll work
214 on the trivia or if they have to wait to go to an activity. So they're always busy. There's
215 something going on all the time. Um.

216 JR: And that lasts all day long?

217 #1: All day long.

218 Um, and then in the afternoon, I bring in about 30 or 40 different people and all kinds of
219 different activities that the kids may have never tried. We bring in archery, we bring in
220 massage, we bring in tai chi, we bring in anything about that you could imagine that some
221 body could in and the kids could do for 30 minutes, 45 minutes. Canoeing, trick bikes,
222 um, all kinds of different dances, they can go to a cooking class. Some of the activities
223 are outside, some of them go down to the community center and swim. I've got this
224 game, where they do, it's just a card walk, where you make a lap and then you draw a
225 card and you see who has the best hand at the end of the walk, but the more you walk, the
226 faster you walk, the more cards you get so the chance you have of having the high point
227 cards.

228 Um, anyway, So in the afternoon the kids get to pick which things, they've had to give
229 me their list ahead of time, and I match them up and so everything's in code. So when they
230 get to a room, they don't know what activity they're getting to go to. Cause you don't
231 want anybody going "Awww, that was my fifth choice, I don't really want to go to that."
232 So they don't know what they're in for until, they get into the room. So that keeps the
233 kids real honest and it takes a whole lot of planning.

234 JR: I'm sure.

235 #1: You know, cause everybody's got a name tag and I have this giant schedule cause I got
236 to figure out where 500 kids are every minute of the day and how many will fit in this
237 room and do we have enough equipment for this, and um, but its very good fun. And then
238 I also have usually some kind of a motivational speaker come in and um. One time I had
239 a guy come who was, um, an Olympic wrestler and he was ring athlete of the year two
240 different years, anyway, he grew up in the projects and he didn't have access to a gym,
241 but a man in his project kept fit by jumping rope. It was something he could do in his
242 little bity apartment. And so he taught this kid how to do all different kinds of jumping
243 rope, which you wouldn't think would be very exciting, but he's really good.

244 JR: Wow.

245 #1: He can lay down and pass the rope under him.

246 JR: Wow.

247 #1: You know, and so he's a very good speaker and he told the kids about, you know, a
 248 lot about life and such, just being fit. So, And then uh, he stayed and then actually so the
 249 kids could go to him for a workshop. And he taught and he just worked the spots off of
 250 them. They all got their jump ropes and he sized them up, so for about a month
 251 afterwards, after he came, the kids would bring their jumpropes out to recess for a while.
 252 (inaudible)

253 Another time, I had a guy come who was born with a horrible facial disfiguration that
 254 was called mangioma or something of the blood vessels would ball up and they just keep
 255 growing and growing.

256 JR: Wow

257 #1: and um I'd seen a picture of him on the internet. I just got a postcard and wild
 258 random things happened to him and it just said this guy was available to speak at schools
 259 and dah-dah-dah-da. And so I looked him up and I was like, wow, he's in his 60s,
 260 anyway, I made contact and he was so kind and everything, "Yes I'd be happy to come,
 261 and, but that's kind of expensive, maybe I could go to some other schools while I'm
 262 there." I said, "OK." So anyway, I picked him up from the airport and he was like, well,
 263 this is really bad, he had a lot of surgery and radiation, so he had no lower jaw basically
 264 and you know his eye all bugged out and he had a lot of surgery to take off things, but he
 265 was, the kids absolutely loved him. When he walked in, he goes, "ok, you have five
 266 minutes, go ahead, ask me, 'what happened to your face?'" and so then, then he goes on
 267 and talks about the people who supported him while he was growing up and what it was
 268 like and experiences and at the end he says, "Now let me ask you something," he said.
 269 "Do I look the same to you now as I did 20 minutes ago?" and they all {shaking her head}
 270 and he goes, "You don't look the same to me either cause now we now what's in each
 271 other's hearts." And this like, "oh." So, anyway and it was about don't judge people by
 272 how they look, but (inaudible). Anyway, so that's what basically Health U is. It's the kids
 273 love it, it's their favorite day of the whole year. I have to write grants to get money for
 274 that

275 JR: Mmm-hmm.

276 #1: because it cost me \$5-10,000 depending on how much I do or whatever so that's how
 277 I do that. Um, and sometimes I can find a grant and I get it, I'm pretty good at getting
 278 grants, but sometimes there's just not one out there. SO I've gotten grants from the Dairy
 279 Council and from, um, the American Heart Assosication and the Cancer Society and from
 280 Health and Human Services, and um, from our county health department so and I'm just
 281 always looking for grants and then I just write up basics, what we're going to do. The
 282 thing is now with a lot of grant, especially bigger ones, they're wanting evidence-based
 283 research and all kinds of garbage you know it's not like

284 JR: Mmm-hmm

285 #1: "Hey, let's just try it, it might be fun, it might work." You know they've got to prove
 286 all of this and that's too much for (inaudible) and I just go for the one that "tell me what
 287 you're gonna do" and hope they like the idea and

288 JR:mm-hmm

289 #1: But it's really really fun and the kids always just beg me, "can't we do it this year?"
 290 But I've found that if I do it every two years I can have a fifth and sixth grade program
 291 and then a seventh and eighth and so that way I don't have to come up with all new topics
 292 every year, I can kind of recycle them. So, that's kind of my plan, but it really takes tons,
 293 and tons of, all the packets and contacting all the people and you know, planning all the
 294 meals and so it's really, really big thing. So but anyway, this, I get all kinds of help from
 295 interesting people, and this lady that's in charge of the naughty kids, the behavior lady,
 296 she's always helped me a whole lot with it. So she's going to be our next spotlight on
 297 wellness winner when we have an assembly on Thursday, so.

298 Oh, and then I take my big wheel chair and it's all decorated with balloons and stuff,
 299 haha,

300 JR:Haha

301 #1: And the kids go pick them up and then they, haha, they make a lap in the wheel chair
 302 and push them around. So, It's hokey, but it's fun. Middle schoolers are all about that.

303 JR:Uh-huh. Yeah,

304 #1: Um, so basically this year, yeah, the SHAC team is doing that. We do the assemblies,
 305 um and we pick out an adult for that wellness winner and um, what else? Food tasting,
 306 we did um, last year we did, I read how good for you green peppers were, and I really
 307 grew up hating green peppers, but I decided I better start to like them. So we have a
 308 wonderful salad bar and there's always green peppers so I started taking a little piece of
 309 green pepper and putting it on my salad and I got so I could eat them. and I still don't
 310 really look forward to them, but I would eat them. So we decided that we would try it
 311 with the kids and that was their first food tasting. And if you eat something, taste
 312 something that you already like with something new you're more likely to like it. SO we
 313 cut the green pepper slices really thin and then we had ranch or Dorothy Lynch dip there
 314 so they could dip it in if they wanted to, and we just went up and down the tables, and we
 315 had a little cart all decorated up cute, and um but to announce it, like two weeks before
 316 hand I made a big banner that says, "Take the Dr's Pepper Challenge." And the kids are
 317 all, "Dr. Pepper!" Oh My God." haha It wasn't that at all. Haha, but it was so fun cause
 318 the kids would go, "oh, no, no, no" and one of them would say, "well, I'll try it." And
 319 then he'll go, "Oh, it's not hot. Try it. It's pretty good. Try it." And it just kind of spreads
 320 like wild fire. so the kids really did try the peppers. And so every once in a while when
 321 peppers are on sale on Friday, I'll just, the cafeteria will slice them up and I'll stand at the
 322 end of the line and if they come through they get a free slice, and you know, kids'll take
 323 anything that's free.

324 JR:mm-hmm

325 #1: And so we go through a ton of peppers now. Like the lady on the salad bar says, "I
 326 can hardly keep peppers on the salad bar, she said. The kids have just acquired a taste for
 327 them, and it didn't cost them anything and it wasn't a big piece, and there was no

328 consequences if you didn't take it. So we do peppers, we did little cherry tomatoes, and
329 we, um you ever see the movie cars?

330 JR:mm-hmm

331 #1: Mater? Ok.

332 JR:Yeah.

333 #1: So we called it the Mater Rater Challenge, haha

334 JR:Haha

335 #1: And we had Mater was our (inaudible). We did cherry tomatoes, we did
336 pomagranates, um, that was fun. We did dates, and then we did fresh pineapple a week
337 ago, and then we have a little board and they mark whether they like it or not. And then
338 the SHAC get to choose, "Let's try this or let's try that." So that part's really fun. They
339 enjoy that.

340 JR: That's neat the the kids are so involved. Now what is, I don't think I know exactly,
341 what's your position at the school and how did you get involved in the wellness program?

342 #1: Um, I'm the school nurse.

343 JR:Ok.

344 #1: And like I said, I just to do, I like to have fun, haha

345 JR:mm-hmm

346 #1: Actually it started originally, we did a kind of like a Healthy U day, but for staff
347 about ten years ago, and at that time, the school psychologist who was a chunky little,
348 um, kind of mousy little lady, very quiet, she came to me and she said, you know we
349 oughta do something for the kids kind of like that. "You do?(inaudible) so anyway, she
350 wrote a grant and we, we got it through special ed, which I really don't think is legal, but
351 we wrote it that we were doing this for the special ed kids and we just invited all the other
352 kids along too. So she helped me get started on. So and she and I did a walking club and
353 we called it the Worldwide Walkers and the kids could sign up and they got a pedometer
354 and then every week we would all total our miles together and then we'd plotted a course
355 around the world, which was really cool and we went to all these really weird places.
356 And once the kids got enough miles then she and I would set up a display in the hallway
357 and we'd bring artifacts and maps, or clothes or whatever we could come up with and
358 then some kind of a food of that area. And we'd make really fun backdrops. When we
359 were in the Himalayas, I made these mountains and we served the kids sorbet in little
360 teeny tiny ice cream cones. We had on hats and gloves and were dipping it up, but you
361 know, the kids, we got this big map on the wall, oh it's huge, it's probably as big as that
362 side of that wall there, and all of a sudden the kids are looking at the map, and it was
363 great for geography. And then we, you know, had a little line going to the next place and
364 the kids would go, "Oh I want to go here." "My grandma lives there." "If we go there, my
365 grandma says we can bring whatever stuff." So then the kids were coming to us with

366 ideas and things to share, so, and then it was really fun, and so we'd always try to come
 367 up with the food from that area. And she'd go to all these markets in [city] and find
 368 something that was affordable, and then we started coming up with an activity that went
 369 along with that, too. Like when we were in Greece she made some little stations and they
 370 had to do these little Olympic things, just real simple little things and then we had all this
 371 Greek food. I made Baklava from scratch, which was to die for, not exactly healthy, but it
 372 was some killer Baklava. Um, when went to, oh, and we made passports. Every kid had a
 373 passport, a little cut out passport and then their picture was in it, and so when we would
 374 have the celebration, they would have to go through the line and we'd stamp their
 375 passport with that country and a little sticker from that country, and um, when they'd get
 376 to go through and play the activity. So when they got to Australia, you know Australia
 377 was founded by debtors and prisoners and investors, so when they got off the boat in
 378 Australia, they had to pick a stick out of a can full of sticks and the stick either said
 379 "debtor" "investor" "Prisoner" whatever so then we had the little prison set up so if you
 380 were a prisoner you had to go to prison for a while. And then they had to look through
 381 books and come up with some kind of fact about Australia to get out of prison and then
 382 they could go through the line and keep the other activities, so wild, crazy stuff. Anyway,
 383 she's the one that really got me started on it. Then she retired so then walking club
 384 became too big and too long to tabulate all those miles, and for me to do all those
 385 displays on my own, and she had access to, she didn't have any kids so she had time to
 386 shop and find different things, but we really had fun with that. And actually in two years
 387 time, go t all around the world, and we went to Fiji and all kinds of remote places. When
 388 we went to Russia, We were on the back side of Russia, at some little seaport she found,
 389 and we thought what are we going to do? So I made caviar, but you know what it was?

390 JR:What?

391 #1: It was tapioca pudding, marshmallow cream, and black food coloring, haha

392 JR:Haha

393 #1: You know we had to stretch it a little bit. We said, "Now, this is not what real caviar
 394 tastes like."

395 JR:Mmm-hmmm

396 #1: But, you know. I'd, we'd make little scenes and displays. We made a little tea house
 397 out of cardboard, just all kinds of fun stuff. It was great. The kids just couldn't wait to see
 398 what the next thing was, and when we went to Africa, we let any kid come through if
 399 they gave us, Have you heard of the heifer project?

400 JR:Uh-uh

401 #1: Ok, it is an international project where they provide, um, native animals to people so
 402 that they can have their own eggs, hatch some eggs, grow more chickens, share a chicken
 403 with the next family, anyway its really, it was started after WWI by a Kansas farmer, that
 404 he was in Italy and he realized that to get back on their feet the people really needed
 405 mules to start farming. Like he said, you can give someone a cup of milk but it only lasts
 406 a day, if you give them a cow then they can keep going. So anyway, we said anyone can

407 go through the display as long as they give us a coin for Kenya. And so, then we called so
 408 then all the kids could go through, and I have a friend who traveled to Africa so she had
 409 all kinds of really cool pictures and all kinds of things and we made a miniature hut like
 410 they, some of them sleep in and all this kind of stuff, so they really can't wait to see what
 411 they're going to get for food. Well, as they went around the corner, when they're on these
 412 safaris the natives just stop and she says they knock the scum off a pond and they get
 413 some water and throw in some cornmeal and it's just like cornmeal mush and she says its
 414 just a big bowl and she says they don't wash their hands or anything they just grab a
 415 handful of it and she says they make a little circle of it and they pour some kind of gravy,
 416 and she says you don't want to know what's in that gravy, pour a little of that on it and
 417 that's what they eat. Anyway, so kids came around the corner and so we had this big jar
 418 of horrible looking water, you know, this is what you might be drinking if this is where
 419 you lived, and then this cornmeal, we had them put on gloves, so then they just dipped
 420 some in a bowl. So anyway, it was really fun. And then we had a big display about AIDS
 421 and HIV and immunizations, and all that kind of stuff and it was, it was a big deal. Then
 422 one of the lobby sites, just being active and accumulating miles, they got to taste different
 423 things and learn a bunch about geography, and it was really fun.

424 JR: That's really neat. That's neat, Thank you. Um, what influenced you as you created
 425 and started this wellness program?

426 #1: What influenced you? Um, when I was a kid, I hated health. My mom was a nurse so
 427 I heard about brushing my teeth every single day and drinking my orange juice and all
 428 that good health stuff, so the last thing I wanted to do was go sit in a class and learn about
 429 it again. So I just always decided, if I had anything to do with health, I'd make it fun. So
 430 that's probably it, I just wanted it to be fun. If you have fun you remember it. If you have
 431 to listen to your mother tell you to brush your teeth you just kind of block it out, haha. So,
 432 um, that's probably it. It just kind of grew. It wasn't something I thought, oh boy these
 433 kids are unhealthy, we really have to do this. That's a fact, but it is just doing fun things
 434 and seeing kids respond to fun things so it kept going, so.

435 JR: Just making it interesting?

436 #1: Yeah.

437 JR: Who else was involved in creating the program?

438 #1: Um, well like I said the school psychologist, she helped me to start with, she was an
 439 inspiration and I worked with the behavior teacher. Uh, I've done projects with a high
 440 ability teacher. She had a neat bunch or so, where these girls when they get to be seventh
 441 or eighth graders they decide its not cool to be smart anymore, so she and I put together a
 442 workshop on a, a motivational workshop for girls. (Name of town) is a very poor town,
 443 and a lot of these girls come from four and five generations of poverty and welfare people
 444 and a lot of these girls iddn't have any idea what you could do cause nobody in their
 445 family had ever worked, especially the women. You know, they might work in the bar or
 446 they might wrk at Burger King or they might be a cleaning lady somewhere. So anyway,
 447 so I've worked with her. Um, some other school nurses, but most school nurses, uh, they
 448 don't get into wellness as soon as I did. So, um, actually the extension agent that I'm

449 friends with, she and I are kind of idea kind of people. I guess just, you know, you have
 450 an idea and you say something to somebody and, you know, yeah that'd be fun and it
 451 just goes from there. It's never been anything really tightly planned.

452 JR:Mmm-hmm. Um, And how long have you been doing this program?

453 #1: Um, I think I've done four healthy U's. One last year, two years ago, two years
 454 before that, so uh, probably I've been doing healthy U for seven years. And that was
 455 about the time, we did walking club for two years, that was about the time, I think that
 456 was about seven years ago. So, Before that I'd do, create projects. My first year I did, uh,
 457 it was called Valentine for your Heart that was put out by the dairy council I think and the
 458 American Heart Association, and so on Valentine's day, the cafeteria made a special
 459 healthy meal and we invited parents to come in and eat with their kids. And we did, I had
 460 some posters on the wall that said different things the cafeteria did to make food
 461 healthier. And back at that time they used applesauce in all their desserts instead of
 462 shortening, so we put that up and we talked about how they rinsed all the hamburger in
 463 hot water and you get all the extra grease, and that they didn't add any salt to the things.
 464 So we had little, you know trivia information things put around and it was just, it was a
 465 very positive project. I did another one called Eat a good, Eat a Good and Healthy
 466 Breakfast Every Day Day. So we just tracked how many kids ate breakfast ahead of time
 467 and then how many ate that day and the kids got a ribbon, and just little fun things like
 468 that, so.

469 JR: Fun.

470 #1: Yeah, I told you, I'm all about fun.

471 JR: I think I want to be in your wellness program. It sounds like fun. What challenges did
 472 you face in creating and implementing this program?

473 Money. Money and time. So like I've said, I've been pretty lucky to get grants. Um, but
 474 it takes a lot of work.

475 JR: And time, too to write those grants.

476 #1: Uh-huh. And some of them want to follow us and then you got to write it all down
 477 and you know, make them think that you really did good. Which, A lot of times I invite
 478 the people to come so they can see their part of it so then I don't have to write the follow
 479 up or just part of it. Um, schools anymore are so much more stressed for the kids have got
 480 to produce and reading are huge and you know if a school doesn't show, what's it called?
 481 Something AYP Annual Yearly Progress, you know they can risk losing principals lose
 482 their jobs, you know all that kind of stuff. So there's not really any latitude or space to do
 483 all the different things. You know, we've lost two different health classes because they
 484 had to have more reading, which is really sad, cause we used to have a dedicated fifth
 485 grade health course and teacher and it, over at the elementary, we had a full-time health
 486 teacher and going to health was just a rotation that the kids went to, they went to music
 487 one day, pe one day computers one day, health one day. So they've lost (inaudible). Uh,
 488 So time, time and money. I'm really lucky though. My principal has always given me a
 489 lot of space to do stuff. Other principals wouldn't do that, but if you do one little thing

490 and it goes well, and the kids like it the teachers like it, it's fun, then the next time you
 491 say, "How about doing this." then you just kind of build on that. I'm mean you could
 492 never go in and then ask for a healthy U day you know, "Give me all 500 kids for a
 493 whole day." You know, so you have to build on. But I've been really lucky, (Name of
 494 school) has always been really progressive as far as health.

495 So, and Um, we have more nurses than the average district and that came about, kind of
 496 it's a sad thing. The one and only nurse we had was a local gal, and she got breast cancer,
 497 so that's how I was hired. They needed a temporary school nurse while she was out for
 498 treatment, so. How I got there is a long story, but anyway so, they hired me and she
 499 wasn't able to come back at the end of the semester so I got to work a whole year and I
 500 had done some of this fun stuff and so she was ready to come back though the next year,
 501 but they weren't sure how her health would handle it, so they didn't want to get rid of me
 502 and then have her get sick and not be able to finish. So they wrote a grant to keep me, so
 503 there was two of us that next year and they found out how much two nurses could do, as
 504 far as special projects, and so from there we actually added a third nurse. So we actually
 505 had a full-time nurse in each building, which most schools would not do that. But now
 506 with budget cuts, our elementary nurse is retiring and they're giving the word that they're
 507 not going to replace her with a nurse, so I won't have nearly as much time next year.
 508 They'll put somebody over there, but it'll probably just be a health aid, so I'll have to do
 509 the nursy nursy stuff for both buildings. But I was just lucky, I was in the right spot at the
 510 right time with people who were okay with having fun..

511 JR:Good. That's very good. Uh, So what supports do you have from the community for
 512 your program?

513 #1: Um, well the parents, cause the kids go home an talk about it. Um, we try to include
 514 the community as much as we can, um by having people come in and help do one those
 515 little classes. Um, you try to find, who's the guy who does fly fishing or whatever, you
 516 know you try and bring in parents or community people that are amateur experts in
 517 different things and so they get to come in and then they meet the kids and the kids are
 518 fun, and so then that, I have a lot of people that say, "oh please let me know the next time
 519 you're going to do this. I want to come back and help again." Um, I also do a thing. We
 520 just did it a week ago, where we have a physician's lab come down once a year and they
 521 will do a basic blood profile for \$20, you know the same thing you have done at the
 522 doctor's office for a hundred bucks,

523

524 JR:Wow.

525 #1: And they send me the results in two or three days. And so there's this print-up that
 526 says all your glucose, your cholesterol, and everything so it's become a pretty big deal. I
 527 had 91 people come.

528 Um, so anyway, we invite staff, retired teachers, spouses and then we also reached out to
 529 the bank. We have one back that supports us, um, has quite a few people that work there
 530 who have kids in school, and also the Masonic home since we have a CNA class and we

531 sned students there to work. We invited their people in if they wanted to take advantage
 532 of it. So, and then we used to give flu shots, our school attorney won't let us do that
 533 anymore, but you know we just make this very available. And I also take projects to the
 534 Catholic school and that makes a bond, you know, we're not competitors cause they don't
 535 have a school nurse. And then our kids go out, we we did a presentation at Lion's club.
 536 We showed our video that I'm going to send you, and did some of our activities and so
 537 old people like to see kids come and do fun things. So that sort of thing. And like the
 538 Dairy Queen is across the street and they used to, at healthy U, for one year, they made
 539 many banana splits for the kids treat at the end of the day, and the kids really thought that
 540 was awesome. But we froze the bananas in the cups, cause to make 500 banana splits
 541 took a long time

542 JR:Right.

543 #1: And so we thought, we'll put the bananas in the bottom, well the bananas were too
 544 hard for the kids to eat. They didn't thaw fast enough

545 JR:Oh no.

546 #1: So we had to scrap that idea. But if you have fun and the kids have fun and they tell
 547 their parents then it just kind of spreads. And we've got quite a few awards, you know
 548 you have to submit a documentation of what you've done and write up all this stuff and
 549 put all your handouts and fliers and all that stuff, and then you know you get a little blurb
 550 in the paper, you know, "So-and-so won such-and such" so that's how that works. I used
 551 to have a good friend that work at the paper, which was awesome cause I could write
 552 anything and she'd print it. But I haven't, she retired and the other gal, she's more
 553 interested in sewer systems, haha,

554 JR:Haha, and other things.

555 #1: Murder trials and you know I'll say "We're gonna do such-and such." "oh okay, well
 556 there's only two of us, you know it's kind of hard for us, but just let me know and I'll be
 557 there." Well, she never comes so that's kind of discouraging. I did invite all the TV
 558 stations down to healthy U one year and they never came. They always come when we
 559 have a murder or something awful like that, so I was kind of twerked about that, cause
 560 you know, I even contacted the health person at each station, but I didn't get any
 561 response. So kind of down about that.

562 JR:Down on the news stations?

563 #1: Yeah, right.

564 JR:Yeah. Alright. Um, what impact have you seen from your program?

565 #1: Um, impact, um, well, the kids really want to be on the SHAC team. I had I don't
 566 know maybe 75 kids apply last year, I only picked 12. So, um, now I don't know if I'll
 567 have that many kids be as excited about it this year since we didn't do as many activities
 568 as we did last year, so you know. But the fact that the kids are watching the staff to see
 569 what they're doing and looking at them for examples. Um we did, one of the Paras, we

570 did this game on, have you heard of the weight loss challenge? It's a book and I think it
 571 was some high profile Hollywood producer or something wanted to lose weight, and
 572 nothing had ever worked, so she hired this person or whatever to come up with this
 573 unique plan. And it, we did it, there was quite a few of us that did it, and it was more
 574 about realistic and anyway, but it was fun, well anyway the kids saw us doing it, and they
 575 wanted to know if they could do a version of it.

576 So, um, and the kids are just more willing to taste things, the cafeteria says that the kids,
 577 since we've done these little taste tests, they're more willing to try something new when
 578 they go through the line because, you know, they trust them. You know, "We can trust
 579 the lunch ladies." Haha.

580 JR:Haha. No more mystery mush.

581 #1: Yeah.

582 JR:There's not that fear.

583 #1: No. Let's see, what else? Well like I said the SHAC Attacks, the kids were crazy
 584 about those. They couldn't wait to have those happen. And the fact that it focuses on
 585 something else besides being smart or being a great athlete, you know, gives the average
 586 kid some recognition sometimes. Um, impact, I don't know I can't say that you know
 587 75% of our kids have, haha, lost weight or anything like that, it just that everybody
 588 participates.

589 JR:And that is good. I think that's very important to get everybody involved and feel like
 590 they're a part of it.

591 #1: Yeah, and you don't have to, it doesn't cost you anything, you just have to show up,
 592 and we don't have to meet after school cause transportation is a big issue, and uh, so, it's
 593 just kind of, a, I can't say it's a real cultural change, because we haven't really changed
 594 everything. Because of healthy schools, you know we made a lot of changes, as far as
 595 there's no pop machines, there's no, it's almost too strict if you ask me. It's kind of
 596 becoming food Nazis and I don't believe in that. You know, no birthday treats and none
 597 of that kind of stuff, so I'm not all for that, so we're not that radical, if it's fun you'll do
 598 it. How many times have I said fun tonight? Haha.

599 JR:Haha. A lot. I get the idea that your, I feel like you're program is fun. Haha. So, do
 600 you feel like, in general, your kids are more excited about being healthy and learning

601 #1: I think so.

602 about wellness and nutrition and activity and things like that?

603 #1: I think so. Um, Yeah because like the teachers always, I always do an evaluation at
 604 the end of healthy U and the kids have to mark which speakers they saw and um write
 605 down that they learned or something that they remembered. And the teachers always
 606 give me really positive feedback about the whole day because it's such a different
 607 atmosphere that the kids don't realize that they're there to learn, you know, it's just kind

608 of more of a fun day. And you know there's always a few kids that act up, but you know,
609 I yank them out of there.

610 JR:Mm-hmm

611 #1: "This is a fun day, if you're going to have fun then you just sit there and don't bother
612 anybody else." So, um, it's just a different approach, you know.

613 JR:Yeah. Well, it seems to be working.

614 #1: Well.

615 JR:How did you, we've talked a little bit about awards and Action for Healthy Kids, how
616 did you get involved with Action for Healthy Kids?

617 #1: Actually, um, the high school nurse, when they first started that, they put out that they
618 would like to have school nurses involved in this new program. And so she volunteered
619 and she was in on the first planning of it, but she left, she only stayed about a year. So
620 kind of lost touch with it, and then when they started coming out with recognition about,
621 let's see was it six years ago, maybe? The elementary nurse and I, the new one, she was a
622 real go-getter, we had a lot of fun, we applied for the first year they gave awards, and we
623 won the award for program planning or something, there was six awards given that year,
624 so we applied for that and got it. So, and then last year, we got an award, I was thinking
625 there was three different years we got an award, but anyway, and you know the internet is
626 awesome for sharing that kind of information, you know, learning about, it used to be, I
627 don't know how I found out about projects, I'd just read a lot, I guess, or look in the
628 white pages, of things, for grant opportunities, or "try this project." I used to go to a lot of
629 national conferences and there's always lots of material there and I come home and read
630 it all. You know, "what's free? What can I get for free?" Haha. But, um, mostly internet
631 now, and (name) was in on the first start of it, so I just kind of watched it since then.

632 JR:And you applied for the Gold Medal program last year, right?

633 #1: Um, no, we just got the bronze actually.

634 JR:Ok, the bronze.

635 #1: And I wrote up our thing this year, but I couldn't figure out how to get pictures
636 attached, so I missed it. I had it written up and I just thought, "Well," And I'm not very
637 technological, I'm creative, but I can't make a computer do what I want, and I didn't
638 have access to pictures we've taken, so I wanted to, what I should've done was sent it and
639 gone without the pictures. So I didn't get an application this year. But that's okay.

640 JR:Okay. Yeah. That's alright. Well, is there anything else you would like to share with
641 me about your program?

642 #1: Um, well, not that I can think of. I probably told you way more than you were
643 expecting.

644 JR:I loved hearing about it, I wanted, I don't know very much about school wellness
645 programs at this point, so I wanted to hear what goes into them and

646 #1: Oh, yeah, It's always fun to hear what other schools are doing and figure out, "Oh,
647 we can do that. That wouldn't be hard." So.

648 And it seems like your approach is working very well.

649 Well, Like I said, we haven't all lost weight and we don't all eat brussel sprouts, When I
650 send you this video, it says, "Do we all love brussel sprouts?" "No, not yet." But anyway.

651 JR:Yeah.

652 #1: Well, I wish you luck.

653 JR:Well thank you for taking. Thank you very much.

654 #1: Well I hope you get to go to the summit, I think you'd really enjoy it.

655 JR:I think I would too, I'll have to look into that.

656 #1: Yeah, just really ask them if you could go, because that would really tie the whole
657 thing together. Like that Jill Jaynes, I think her last name is Jaynes, J-A-Y-N-E-S, just
658 seeing her, and last year they had that guy that really promotes walking in communities, I
659 can't think of his name, but he's the editor of walking magazine or something, and he
660 talked about what he and his wife had done in their community, and um, he was really
661 good. And , uh I think there was a guy there once from the CDC that talked about you
662 know morbidity and all those kind of things that are like, "Whoa!" uh, And then the kids
663 will do their little round tables where they can present. I thought it was interesting when
664 the directions came out this year, for kids presenting, it said please try to have some kind
665 of hands on experience, and that's what my kids did last year, and my kids are only
666 middle schoolers, but all these high school kids were coming over to see what they had
667 an so on. I showed the kids, "You did this, this little paragraph is because of you last
668 year." Anyway, we're looking forward to it, so we'll have on lime green t-shirts with
669 little badges here. So, that'll be us.

670 JR:Well, if I go, I'll look for you.

671 #1: Haha. Ok.

672 JR: Well thanks again for interviewing with me.

673 #1: Did you run out of tape?

674

1 **Section F2: Interview #2**

2 JR: Go ahead and start recording now.

3 #2: Ok. Sounds good.

4 JR: And you, I sent you a copy of the questions.

5 #2: Yeah.

6 JR: So, um but I may ask a couple of additional ones, just to learn some more
7 information.

8 #2: Ok.

9 JR: Um, so first of all will you briefly describe your current wellness program?

10 #2: Sure. Um, in, I work for (CITY) Public School and so three years ago, um they
11 created a wellness plan, um or I guess a template that they wanted every school to follow
12 and complete. And so, that's really, um, we were doing wellness things before that, but
13 really this plan kind of helped us see what we were doing and then goal set You know for
14 areas that we wanted to improve or um, you know gave us time to reflect I guess and
15 review on, on our current plan and so um, and like I said every school in the district does
16 that, and so um, the plan that we currently have in place at our school, it address four
17 areas, um, nutrition education, physical activity, uh, nutrition standards, and that includes,
18 uh, portion size, um,giving out rewards, classroom celebrations or school celebrations,
19 beverages, foods and other school based activities, and um, I guess, um, that's pretty
20 much what we do. We have a lot of activities that fall into all of those different
21 categories, and um, really it just kind of a part of the culture at our school. It's just what
22 we do. Um, so I guess every year, we kind of try to add to it a little bit, but mostly it's,
23 now it's getting to the point that we're just trying to sustain what we've been doing or
24 making it better, if that makes sense.

25 JR: OK

26 #2: Um,

27 JR: Oh go ahead, sorry.

28 #2: Um, let's see what else, um. What else specifically do you want to know, you know, I
29 don't know, what else do you want to know about it?

30 JR: Oh, uh, yeah, what are some of the nutrition things that you do with you're program?

31 #2: Ok, so um, nutrition education. Um, we do things like, um, at our school we do,
32 electives, so, um teachers design classes um that students, interesting things that students
33 can take, and so we do have nutrition electives that students can take, and a lot of times,
34 um they're based on a curriculum that's found online, so I don't, like for instance, uh,
35 there's one called Little B's Nutrition, uh, Exploration or Ariana's Nutrition Exploration,
36 we've done electives on the Food Pyramid, we've done cooking electives, um usually if

37 we do a fitness type elective, there's usually a nutrition component, so we're fitting in
 38 nutrition that way, I guess. Um. During the school day our PE teacher does, um, things
 39 with nutrition, um and our cafeteria, part of what nutrition services does, is they, you
 40 know um they do like a fruit or vegetable of the week, of the month, um, and they'll have
 41 posters and information that go up. Uh, ok what else? Um, in our newsletter, we, um,
 42 have incorporated in a health or nutrition tip of the week for families. Um, we're doing a
 43 family fitness night, um this coming weekend, and so, we have gathered information
 44 from like a dietitian here in (city), and we'll have information available to families. Um,
 45 let's see what else, we, uh, at our school we also do, through the USDA, we do the fresh
 46 fruit and vegetable program, and so every week the students, outside of the cafeteria, um,
 47 are tasting fruits and vegetables, and so part of that program is educating them on, uh,
 48 nutrition, uh, we have our school garden and so we do lessons out there, um, on you
 49 know growing foods and making those choices, um, what else, that's, um pretty, much
 50 what we have going on right now as far as nutrition education. Um, kind of the area we
 51 would like to go more towards, is, um, an area of improvement would be, obviously, to
 52 get more curriculum in the hands of teacher's or, um, finding the time is really hard and
 53 so, our education I guess is through some of these other programs or activities, uh, you
 54 know, we would like to try and do more, I guess in the classroom. Our principle also, I
 55 guess, one thing she does with teachers, she, herself, she always sends out a weekly
 56 memo to the teachers, and she'll include like a health or a nutrition tip in her memo for
 57 teachers. Um, so we have these little pieces, but as far as a structured curriculum in the
 58 classroom, that's kind of where, that's sort of where we're lacking right now. And so um,
 59 we'll see if our, we haven't really taken it on as a school, but hope to kind of look to our
 60 district for some help in doing that. So that's sort of where we are for nutrition um,
 61 education. Um, do you want me to go on to any of our other areas?

62 JR: Um, yes please.

63 #2: Right now? Ok, so.

64 JR: Yes.

65 #2: Ok, so, um, with physical activity, um our district's goal is that um, we offer
 66 opportunities for students to experience a variety of physical activity and to teach the
 67 value of a consistent fitness program for better health, uh, academics and general
 68 personal well-being. And so some of the activities that we have in place in our school,
 69 every student receives at least one 45 min PE a week. Some get two, um, which, again,
 70 we'd like to do that scheduling, it's hard in Nebraska with one Gym and in the winters.
 71 Um, every student also participates in one 20 minute recess, and we do recess before
 72 lunch at our school, uh and then in addition, every student participates in a one fifteen
 73 minute PAT, what we call PAT time, Physical Activity Test, and that's just either in the
 74 morning or afternoon, and um they might go and uh, walk, we encourage the teachers to
 75 do the activity with their students, so if it's we have a quarter-mile track at our school,
 76 so um, during PAT time, teachers might go on a walk with their kids and keep track of
 77 um, their laps, or they might play you know a game if it's kickball or basketball or right
 78 now, football been kind of, cause flag football just started, so you'll see teachers out there
 79 doing that. We have electives that are movement based, so we offer, again those classes
 80 that kids can pick, um they might want soccer, we've done softball, volleyball,

81 basketball, football, we've done work with pedometers, um we've done WiiFit, um
 82 elective, right now we have a hip-hop dance elective, um, ballroom dancing, we've done
 83 team building activities, um right now we're, one of our electives we've partnered with
 84 the community bikes project here is (city) and Safe Routes to School, and so they actually
 85 come in and they're teaching a bike elective. Let's see, what else have we got? Um, we
 86 through physical activity, we also have partnerships with the (University) PE department,
 87 and so they come in, um they're future PE teachers and they come in and work with our
 88 students. Um their dance classes also come in and taught our classroom teachers, um
 89 quick five minute movement activities that teachers can lead in the classroom. Um, we've
 90 sent out, um tips for you know, activities, classroom activities for um teachers to use in
 91 their classroom.

92 Um we offer another program called our Archroll, and that's an afterschool program,
 93 where um, it's free and any kids can sign up, um, they offer dance classes. Um, we do
 94 intramurals at our school, so we have boys and girls soccer, boys and girls basketball,
 95 volleyball, flag football, and then we also do girls on the run. Uh, let's see, teachers
 96 sometimes for awards, use physical activity as a reward, so um, a lot of the fun Friday
 97 parties that you might see at our school, it's kids in the gym, doing you know basketball
 98 or scooters or jump-roping whatever it is. Um, let's see what else? Um, we've done
 99 fitness calendars this year. Um, let's see. I'm looking for, to see what else. Um, I have
 100 to, um, physical activity, that's all the stuff we've done with kids. We also do activities
 101 with staff, so, um, we have team plant days, so our um there's always like a movement
 102 team in there. So we allow teachers to select an activity that they want to go and do. Um,
 103 we've done like The AMAZING Race where, um it's kind of like a scavenger hunt and
 104 the teachers had to go out in the neighborhood and find different things or they had to
 105 video tape themselves, um playing on the playground equipment, stuff like that. Um
 106 there's a group of staff, whenever there's like you know races in town, uh our school,
 107 we're always sending staff members to those activities, whether you know it's uh the
 108 Corporate Cup or Race for the Cure or um, we have a group of teachers that play sand
 109 volley ball together. We have a few that are training for the Lincoln marathon. Um, So it
 110 really is just kind of becoming just a part of the culture, really. Kind of What you do at
 111 our school.

112 Um as far as the nutrition standards go, some of these are kind of controlled by, uh, by
 113 Nutrition Services, so they kind of, you know, as far as portion control goes, we're
 114 getting the proper portions just because that's, our district has it set up that way. Um, but
 115 as far as foods and beverages, we do not have any you know candy or pop vending
 116 machines at our school. We do just have uh, water right now. Uh, And we've been
 117 looking at maybe doing a milk machine, but um, water's pretty much um, the beverage, I
 118 guess, of choice, that we just have kids work on water. And kids are allowed to have their
 119 water bottles in their classroom, um during the day.

120 Um, food parties are discouraged, and the policy, we have put that into print in the parent
 121 handbook that goes home at the beginning of the year. We give ideas of healthy snacks
 122 um, that families can bring instead of you know your traditional Little Debbie's or things
 123 like that. As far as staff goes, um they get together and do a monthly salad bar. Um at

124 faculty meetings we don't do like the candy and those types of things anymore. Um, We
125 do fruits and vegetables, um, maybe popcorn sometimes. Uh, let's see what else.

126 Again with the lunch, we do recess before lunch and um, that's really helped kids
127 drinking all their milk and eating, eating all they're food. Um, let's see, oh another thing
128 with this food is we've also blocked off the lunch for students, they have their twenty
129 minute recess, and then in addition to, they're in the cafeteria, they have a full 30 minutes
130 in the cafeteria. And so, um, you know in the past when we'd have like a 15 min lunch,
131 kids didn't have time to eat all their food or choose well, so those are some things we've
132 incorporated there. Uh let's see what else?

133 Uh, celebration and rewards, um, again we do like FUN Fridays and make those active
134 days. Um, if there are food parties, it's healthy snacks, for these celebrations at school,
135 like Valentine's Day Party or, um we don't like the traditional Halloween party, or you
136 know dressing up and candy, um we do a harvest festival, and so it's all games and
137 activities, and kids do like a healthy snack like pretzels or apples. What else to we have,
138 um? Other celebrations we do, we have our field day activities, um.

139 School based activites, again, um, we include our, um, dance classes, our intramural
140 sports, um we do have a (inaudible) class, um we have an outdoor garden at our school,
141 um, we have students who help with the fresh fruit and vegetable program, um, so I
142 guess, um, we look at the other school base, and just things, overall wellness and the big
143 scheme of the coordinated school health. Um, We do like student jobs, and some of those
144 jobs might include like wild life preservers, you know feeding and taking care of the
145 birds that you know are out on the playground. Um, we have, let's see, what else? We
146 have a recycling, um, group, that do go around and handle the recycling program. Um,
147 we recycle our milk jugs. Um, let's see what else? We have, um, the last couple of
148 summers, had a since we've had our garden, we've had a foods at our (city) farmer's
149 market, that's our neighborhood farmer's market and they give that food to us free of
150 charge. Um, we also purchase a (city) global use service day. So those are just some other
151 activities that our school participates in.

152 Uh, let's see, fundraising, I think that's kind of a big one that goes under nutrition
153 standards. Uh, We no longer do any food-related fundraising, um, our fundraisers have
154 been, we've done a school wide Walk-a-thon, um every year. Uh and then kind of going
155 along with the garden stuff, we, uh, like we'll sell flowers or bulbs and things like that,
156 but you know the days of selling cookie dough and bread wheel products, we don't,
157 we're not doing those things anymore. Um we've found other ways to raise money,
158 another big seller was um, we sold, little soaps that, little soaps that smell and different
159 flavors, so um we've been doing that instead. So um, but yeah, those, I've kind of hit all
160 the areas of our wellness plan and just different activities that we have ongoing
161 throughout the year at different times. So that's sort of where we're at with our plan.

162 JR: Well, thank you. And earlier you mentioned that there were four components to your
163 wellness program.

164 #2: Uh-huh

165 JR: That was nutrition education, physical activity, nutrition standards and what was the
166 fourth one?

167 #2: Other school-based activities.

168 JR: Oh, ok. Other school-based activities.

169 #2: Yeah. and

170 JR: And you mentioned that some of those were like recycling, and a school garden and
171 all the other activities.

172 #2: Yeah the different areas that they've broken it into are healthy learning environment,
173 wellness activities, participation and communications of parents and families, fund-
174 raising activities. So those. I guess those are the subcomponents of our other school-
175 based activities. So that's kind of the umbrella and those four areas fall under that.

176 JR: Ok. Thank you. And will you share with me what your position is and how it relates
177 to the wellness program?

178 #2: Sure. Uh, I actually I've been at (school) for 8 years now and went I first went to
179 (school) I was actually the PE teacher at our school, and so just a lot of these activities
180 and things first started back then really, and then, so through that, uh, what was it? Three
181 years ago, Um the district, had schools, kind of around the time that, uh, oh it's been a
182 while since I've been in PE, but there was, uh, wasn't it that, I believe, every school, if
183 you received federal dollars for lunch, then you had to have a wellness program basically,
184 and so around that time, it became more of a formal process, of putting together the
185 wellness team. And so I was the, asked to be in charge of the wellness team at that time,
186 or the co-leader with our new principal at that time when the plan kind of went into
187 action. I had taken a new job at my school as magnet facilitator, and so we had a new PE
188 teacher come in and so we co-led, um were co-leaders of the wellness team. And um,
189 that's really kind of how it started, and my position, I guess, and so I just being a former
190 PE teacher, I just have a passion about wellness, and I also, um, am a former president of
191 the Nebraska Association for Health PE Rec Exams, which is NAPERRE, and so, have
192 done a lot of work with um, you know on that side of things with the wellness plans and
193 policies, and so it's just something that is of interest to me, so I've just stayed a part of it
194 even though you know, it's not technically my, I'm not, I know the wellness team, need
195 to have more than just the PE teacher on board, so I'd definitely say that at our school, we
196 definitely have that at our school. Um, So we've been using this template or plan for the
197 last three years, really and um, so I'm just sort of like the co-leader I guess of our
198 wellness, we call them excel teams in (school district). and So at our school (name) is our
199 PE teacher and I are the co-leaders of that group and then we have um committee
200 members who help us, and our principal is also part of the wellness team, so.

201 JR: Alright, thank you, that sort of leads me to my next question is, what influenced you
202 as you created and implemented this program?

203 #2: Yeah, definitely, definitely my PE background, you know, um influenced, my
204 principle is a health nut, and so she was a big influence. Um, it's just, I don't know, we

205 just believe in it, and so it wasn't like really having to get up on board with anything, we
206 just, uh, you know when, we were already sort of doing some of these things, and so
207 really it was just kind of formalizing our purpose and putting together a team and talking,
208 um getting more people on board I guess, but they were kind of already used to doing
209 things, um throughout the years, and so it wasn't too hard to convince them to come on
210 board and to help give ideas, if that makes sense.

211 Um, Let's see what else?

212 JR: So who else was involved in putting this program together?

213

214 #2: Um, so uh, the principal, me, (name of PE teacher), and then we also had teachers at
215 different grade levels, um at different areas, so like we have a 6th grade teacher, um and
216 we have a 2nd grade teacher, and then like we have our special education teacher whose
217 on the wellness committee, we have a fourth grade teacher whose on the wellness
218 committee, and so um and on those team plan days, I was talking about, one component
219 is that, the wellness team, we meet at various times throughout the year, and so our
220 current project right now is, um the wellness team is that, planning our family fitness
221 night that's this weekend. So there's a lot of different people involved at a lot of different
222 levels in the building and I think that also helps with buy-in, you know the more people
223 you have on board, the better. One area that I think that, you know an area of
224 improvement would be to try and find a parent to um to join our group and kind of that
225 perspective, or um you know looking at adding students, would be another, make it like a
226 job, we have other jobs, so student's could apply you know for the wellness committee, if
227 they show an interest in it.

228 JR: So to get the parents and students more involved.

229 #2: So that's kind of where we are right now.

230 JR: Ok. Well thank you.

231 #2: Mostly the adults in the school.

232 JR: So it's mostly teachers and people tied directly to the school at this point, but you're
233 looking to maybe expand it into the community.

234 #2: Yes.

235 JR: Ok, what challenges did you face in creating and implementing this program?

236 #2: Um, I was thinking really hard about this one. You know, overall the creation wasn't
237 super challenging I think the challenging pieces came with kind of changing some of the
238 school traditions like um, eliminating the junk food or the class parties, and um those
239 types of things I guess. Those were probably the biggest challenges, were, um, not you
240 know, even though it came from the committee, you still had some teachers who that just
241 weren't buying it, they you know didn't see the big deal, you know in having a

242 Halloween candy party I guess, and so that's those types of things were probably the
243 hardest.

244 When we got together and did the school garden, that would probably be another kind of
245 area that was challenging, was um, you know, some of the staff was really gung-ho about
246 it and then there were some who were really nervous, you know, "What does that mean
247 for me? I don't know how to garden. I don't know what to talk about for these kids out
248 there." And so, um, that, um, that, being kind of nervous about that has gotten less and
249 less with each year and just, you know, doing staff support and training and pairing them
250 up with teachers who really like being out there and giving them ideas of this is how you
251 can use the school garden, and this is what you can talk about and this is what you can
252 show. So I'd say that's getting better. So I'd say those are probably some of the biggest
253 hurdles. There really weren't too many others. Uh, I'm trying

254 JR: Um, going back to when you mentioned some resistance to changing traditions, like
255 the junk food parties and things like that. Did you feel the resistance came more from
256 teachers, or from students, or from parents?

257 #2: Um, Probably a little, well, I think it was more teachers thinking that the kids were
258 not going to be satisfied with what our other plans were, like oh you know "they're used
259 to getting, dressing up in their costumes and getting candy." You know, but I think once
260 they saw the, you know, the kids having fun at our harvest party, and you know running
261 and jumping over hay bales and doing relay races and getting their little bit of snack, and
262 the teachers realizing that oh, the kids aren't bouncing off the wall and being totally crazy,
263 they started to see it a little bit more that maybe doing something like that is better for the
264 kids. I think, too, sometimes we do have trouble with parents, still bringing in cupcakes
265 and things, You know and our principal and the office staff is just pretty good at you
266 know just reminding parent about the about our policy, that you know we don't
267 encourage them to bring that kind of stuff in. And, um, but we also know that we're in a
268 school that is about, uh, 70% free and reduced lunch, and so it's not always, I guess,
269 affordable for parents to bring in a healthier you know, buying Little Debbie's is cheaper
270 than buying you know, and they want to do something for their kids, so, um, you know
271 and we've had discussions about that, you know is there a way that we can, um, help
272 parents with that if they need help, um in bringing those, you know. It's just kind of a
273 tricky line, you know, uh

274 JR: Yeah.

275 #2: or a hurdle I guess to get over because, at the end of the day they are the parents and
276 uh, you know we have this plan and this goal and um, we try to follow it to a t, but
277 sometimes it doesn't always, it doesn't always work out.

278 JR: Yeah, you can't force change upon other people.

279 #2: Exactly. So those are probably the bigger, those are probably the biggest challenges,
280 is just. But like as far as like other traditions, like not selling cookie dough and things like
281 that, the PTA totally jumped on board and they were, they were all about it, uh, doing the
282 Walk-a-thon. Um, I can say they, probably at our school they don't raise quite as much

283 money as they did selling food, but um, it's, they still raise money, so we're not that
 284 worried about it. For, For the things we need to do, we're still raising the money we need
 285 to accomplish those activities. So I think those are probably the biggest challenges that
 286 we've seen.

287 JR: Well thank you. And you mentioned that you would like to expand you support more
 288 into the community, but what supports do you have right now from the community for
 289 your program?

290 #2: Really just the PTA is probably about it, um, um, and our PTA isn't you know super
 291 large, but I guess we do have some parents, we do have parent support there. Um, I guess
 292 getting more parents involved with it, maybe or um, I mean I guess a through, we invite
 293 the community in to help us with some of these different areas, but we've never asked
 294 them to sit in and help us create our plan for the year, so, um you know maybe going
 295 back and asking some of those people, like maybe for instance the community bike
 296 project or safe routes to school, you know. Um, we've partnered with them on other
 297 projects, like electives or you know planning our walk to school day, but maybe asking
 298 someone to come in and you know when we're creating our plan at the beginning of the
 299 year, and just give us that outside perspective. Or, um, I guess that would be the biggest
 300 thing. And then I'd like to see, I would like to see, I'd like to see like a student wellness
 301 committee at our school. Um, and get the students involved more in the planning

302 JR: Yeah, it seems like

303 #2: So they take more ownership of it.

304 JR: Yeah it seems like when students are involved in things like that they do take more
 305 ownership of it and they get excited because they helped put it together.

306 #2: Yeah, and kids have great ideas, and they might think of things that we don't even,
 307 haven't ever thought about. So, um, I think that would be another way, that you know,
 308 definitely we'd like to change, or evolve, um, into the future.

309 JR: Good. What impact have you seen from your program?

310 #2: Um, I think overall, um, the awareness, of just like making good choices or decisions,
 311 whether it's eating healthy or um, exercising. I think it's definitely impacted the teachers
 312 and the students at our school. Um, you know, just some, um, some, you see more
 313 teachers, several teachers, you'll see more teachers in our building, like encour-, like
 314 right now, like after Christmas, they started weigh-in Wednesday. And so every
 315 Wednesday, probably at least 15 teachers in the building in this, and they're weighing in
 316 and they're encouraging and supporting each other and they're seeing, basically it's a
 317 weight loss challenge, and the last weigh in is the last day of school. And so um, people
 318 are getting involved in that. Um, You do see people making, um, it's true you see people
 319 making better choices at school. So, um, it's just funny, like right now going around at
 320 school, people have been talking about sugar, and they've really been watching you know
 321 reading labels, and uh, watching how much sugar they're eating. Um, you'll see at lunch
 322 time, you'll see groups of teachers walking the hallways, you know getting up and just
 323 walking for 15 minutes. And so um, there've been times too when the kids know they

324 need to step out of the way cause the teachers are walking, walking the building. And so
 325 I think those are all positive changes, and the kids see that, and you know it's a good role
 326 model for them. Um, the teachers, in our uh, lounge, we don't have a pop machine either,
 327 so you don't see teachers drinking pop, and doing those types of things. They're drinking
 328 water, uh, is that to say that no teacher ever has a pop? No, it's not, but it's not
 329 encourages and they don't have a place to buy it at school, so you see those healthy
 330 choices being made.

331 Uh, as far as like the kids go, um, I think that one of the programs that we've
 332 implemented that's probably made the biggest change, well, really two, is probably the
 333 recess before lunch and the fresh fruit and vegetable program, having those two things
 334 being a part of our wellness program. It's just so funny to hear kids talk about fruits and
 335 vegetable that they've never, you know, that they've never heard of, and it's, it's just, it's
 336 great to see. They're trying things that you know they would normally never have that
 337 opportunity, and, um, you know we choose not to use the program to taste test the things
 338 that they're going to get in school lunch. So our taste tests are never carrots or celery or
 339 things that they're going to get, they're trying different things. If it's a cranberry, and you
 340 know they tried pomegranate, or and we usually try to have them, um, or maybe it's
 341 different varieties, um, they might try carrots, but they're not trying your traditional
 342 orange carrot, they're trying the yellow carrot. So they're just trying these different things
 343 out and they, they love it. They look forward, we do it every Friday, and they look
 344 forward to it every week, and uh, you know kids are walking down the hall, "I wonder
 345 what we're going to try today." And um, so it's just, it's exciting to see that. And you
 346 know recess before lunch I think, has made a huge difference. Um, I mean when people
 347 talk about doing recess before lunch, you're like, "eh, it's probably not going to make
 348 that big of a difference." But truly, we don't have kids getting sick outside, we have kids
 349 eating all their food, they're not hungry in the afternoon, they're drinking all their milk. I
 350 guarantee you, I should do a research project on like when it's warm out the amount of
 351 second milks that are bought. Um, so we're just seeing a lot of good things that way. I
 352 think through the fresh fruit and vegetable program too, when the kids go through the
 353 lunch line, they're picking the vegetables and the fruits more than they're picking jell-o.
 354 Um, so um, those are just, I guess, a few of the things that stand out to me that have made
 355 an impact for our, for the teachers and the kids.

356 JR: Well, it sounds like you're seeing lots of good changes.

357 #2: mm-hmm.

358 JR: Good. Um, and your school recently participate in the Action for Health Kids Gold
 359 Medal Award Program, right?

360 #2: Yes.

361 JR: And why did your school decide to participate in that program?

362 #2: Honestly, it was mostly just to share what we were doing with our community, and
 363 um, it's, it's been hard. Um, It's been, it was kind of hard narrowing it down to one thing
 364 to talk about, but you know we tried to find things that we had, you know, recently

365 implemented. So like last year, um, I think we wrote about recess before lunch, I'm pretty
366 sure. Sorry, it's been a long year. And so that's uh, I don't know, um, kind of what we
367 focused on, and that was I guess our big project for the year and we um, I don't know,
368 that's what we wrote on. But mainly it was just to share, share what's been going on. I
369 know as a former PE teacher and even in my job now, um, the benefits I guess, or you
370 know that I've read of doing recess before lunch and so I guess just showing or sharing
371 that it is possible that you can, um you can change your schedule, you know your
372 schedule, you can make it work, I guess, um because a lot of times people get worried
373 about, and people were worried at our school when we changed our schedule, but they
374 realized you know within the first week or two, that oh, you know, this is better, and you
375 know it's not really that much of a switch, um for them. So um, I guess that would be the
376 main thing is just sharing. It's just good to share with other people what you're doing.
377 Um, so like you know maybe someone got an idea from us and then we're also you
378 know, through participation getting ideas from other schools of how they're running their
379 programs. And you know we might have a walking program, but how could we do it
380 better, you know based on what this school's doing. So, um, I think that's probably the
381 main reason why we decided to get involved. And you know recognition's always nice.
382 Um, I guess in the age of you know, with the school wellness policies coming out, it's
383 good to show that you know you're following a wellness plan and that you're on board
384 with it, and you know doing that, so um,

385 JR: Yeah and that's just one

386 #2: So I think that's where we're at.

387 JR: And that's just one way you can reach out to your community is by showing them
388 that you're a part of Action for Healthy Kids.

389 #2: Exactly.

390 JR: Uh, what award did your school receive in 2010 from?

391 #2: We um, won a silver award.

392 JR: Alright. Congratualtions.

393 #2: Thank you .

394 JR: And did you apply this year?

395 #2: We did not.

396 JR: Ok. Just checking. That will actually be the main part of my thesis project, will be
397 analyzing the data that Action For Healthy Kids collected from all the schools for the
398 awards program.

399 #2: Oh, For this year?

400 JR: Yeah for last year and this year.

401 #2:Oh, ok,
402 JR:So I'll have two years of data. So I'll get you in the first year, for sure.
403 #2:Ok.
404 JR:Well is there anything else you would like to share with me about you program or
405 your experience in being a wellness coordinator?
406 #2:Um, I don't think so.
407 JR:Ok. Well thank you. You've shared a lot of information with me. It's been really
408 helpful.
409 #2:You're welcome.
410 JR:And thank you again for participating.
411 #2:Yes, good luck putting your project together.
412 JR:Thank you very much. And I'll trans- I'll type this all up and I'll send you a copy so
413 that you can review it.
414 #2:Ok. Sound good.
415 JR:Ok. Thanks so much, (name).
416 #2:You're welcome. Have a good night.
417 JR:Ok. You too.
418 #2:Bye.
419 JR:Bye.
420

1 **Section F3: Interview #3**

2 JR: And I'll go ahead and start recording now. Um, So first, will you briefly describe
3 your current wellness program for me?

4 #3a: Um and, yeah, we can go on and on certainly, but, um, briefly I guess what I would
5 say, Jessica, is that, um, it's sort of divided um, certainly there's a district level as well as
6 a school-based um wellness program for our district. So I would say that certainly the
7 district level is more policy oriented. um You're going to see that's kind of where the
8 whole group comes together, in terms of you know school board members, certain
9 nursing, representatives from the community, our hospital, uh certainly building
10 representatives and the like. Um, but again a lot of it there is looking at what overall
11 support maybe could be offered to buildings as their individualizing what it is that they're
12 doing. Um, At the school building level I would say you know that's really where each
13 kind of building has their own you know kind of effort and goes forward, and certainly as
14 I see in the next questions that you have, I would say our program definitely is focused in
15 those areas such as you know activity-based uh for students and staff, certainly nutrition
16 services and just you know food, healthy food, healthy food choices in general, but I
17 would say also, a big part of our program for the last two years has been assessing where
18 we're at, um you know and we found some things that we definitely want to improve on
19 that maybe are missing from our overall you know whether health and activity or
20 nutrition program but also planning kind of for the future. So um, I think that's kind of it
21 is in a nutshell. So #3b, do you have something, something else to add just in general in
22 terms of the actual wellness program in general?

23 #3b: Well, I know that one question says describe your position, and I teach K through
24 second and my main two goals that I want the kids to realize is that's it's an individual
25 um goal, you know, basically we want you to increase your own health and when you
26 exercise and eat healthy, it's your part that you're doing. It's not a competition with
27 anybody else. And so that it's an individual thing and that they internalize it. And I have
28 seen that even at lunch where they'll say "oh look at the healthy choices I've made" and
29 just being aware of it. And now we're to resting and rapid heart rates, we've discussed
30 that.

31 JR: Well neat. Well thank you very much. And #3a, you're the principal, correct?

32 #3a: Correct.

33 JR: Alright. How long have you guys been using this wellness program?

34 #3a: Well as I mentioned I would say it's really been last year and this year that, and
35 certainly there's components of what #3b has been doing for several years in terms of
36 physical education program, but in terms of really trying to look at how to increase
37 activity level overall, awareness and education about physical fitness and wellness, I
38 would say certainly last year with our participation in the No Child Left Behind Grant
39 was probably a catalyst for that, kind of got us jump started and then this year I really
40 have a sense of a, I mean this is really the first year we've had um, really moving into uh,
41 the focus on really having a wellness council that really is, is providing some great input

42 and, and providing some leaderships um and really having some external connections and
43 I guess support with other agencies and programs.

44 #3b: I think the chances have been there, but I think, like we said, last year we started to
45 sew them together so that they mesh. And you know like we said with the outside sources
46 and um, just making it work together. Like as a district we have the wellness committee,
47 and then we also have the individual schools that have their own wellness committees,
48 and then doing things within those schools.

49 JR: And how many schools are there?

50 #3a: Um, in term of regular attendance sites we have three. Um, (name) elementary has
51 preschool through second grade, (Name) intermediate has third through sixth and then
52 our junior/senior high school is seven twelve. We have a couple of alternative programs
53 too that have staff and students, but our main three attendance sites, um if you look at our
54 alternative programs we have five total.

55 JR: Ok. And what are some of the nutrition components of your program?

56 #3a: Well, in terms of nutrition and all that jazz it certainly gelled in here too, we've
57 emphasized and we're really focusing on healthy snacks and celebration options. So you
58 know, even for example, we're talking to teachers and families about their birthday treats
59 and parties and some of those things and even at PTA meetings starting conversations
60 about, you know when we have PTA parties and sponsored celebrations, you know how
61 can we make those health conscious, and healthy choices there. Um, We have um, from
62 the (city) food bank, the backpack program which actually is initially designed to provide
63 support in terms of nutrition for low income families. So we send home a weekly
64 backpack, in cooperation with the (city) food bank to 74 families right now. Um, and one
65 of the things we've done nutrition-wise is, um, begun, our nutrition services is helping us
66 actually develop recipes, uh, to include now in the backpacks, uh when we send those
67 home, to help families maybe make some healthy choices with the ingredients that they
68 get. What are some different types of things you can do with the oatmeal, and the rice and
69 the different soups and things like that. And then our school all along, we never had like
70 food fundraisers for the PTA or for the school we, we don't support food-based
71 fundraisers and we're not selling candy bars or those sorts of things, the other thing is, we
72 don't allow and never have, uh, vending machines uh, for students at the elementary
73 level, um, whether it's pop or lots of things, they don't have access to those, in fact we
74 don't have vending machines you know for food or snacks for even for staff available
75 here. So um, I guess that would be nutrition. I wonder, anything else, #3b?

76 #3b: Um, once a month we have, like a, well we used to call it Fat Friday, but now we try
77 to incorporate some of the healthier things and healthy choices, you know like fruit,
78 salads, you know, so there's options for other you know for other people that do want to
79 have healthy choices.

80 JR: Ok. And then what are some of the physical activity components in your program?

81 #3a: Well I guess you know we could you know highlight certainly within our last year's
82 Action For Healthy Kids report and borrow from that award, but you know we've been

83 very active with the No Child Left Behind Activity, where we've really focused on how
 84 we could encourage and increase student activity levels, um and so certainly we've done
 85 several things related to Safe Routes to Schools, we've created a community map for
 86 each of our schools actually for safe routes to walk or ride your bike. Um, we've also um,
 87 encouraged, we've had Walk Wednesdays, we've had, we've participated for example in
 88 the Nebraska Walk to School Day, and, and some of those events, where um, you know
 89 we want them to um, you know, come together, and we encourage them to walk and
 90 come together and be physically active in school and on the way to school. We also
 91 annually, have, we do, actually every quarter, a family night, where we invite our
 92 families to come in for different activities, but annually, our fourth quarter family night is
 93 always a fitness, uh family fun and fitness night, and um, it's been sort of along that
 94 range of, sort of an adventure race over the years, so basically we encourage exercise
 95 activities as a family, and they do a scavenger hunt at our local park here, um, but they're
 96 doing lots of activity along with it. So they go find things, but then they have to go do
 97 jumping jacks, and leap frogs and those sorts of things as they're also walking laps
 98 around the park. And it's probably one of our, our best attended family nights, because
 99 it's spring and they can get out and bring their um you know their children in strollers
 100 and those sorts of things so we encourage them to be there.

101 #3b: And then we do the Jump for Heart in PE and, um just awareness of exercising and
 102 building their heart, and so that's one thing. And they also have community fun runs and
 103 things and they encourage the kids and they send fliers home, and a lot of the kids do
 104 participate in that. Um.

105 #3a: I'm trying to think of other physical things we do. We partner with the (name)
 106 wellness center and um, with that um, the director there and several volunteers come
 107 down and annually do a Junior Champs basketball camp and so it runs three weeks in a
 108 row, and we do that at each grade level up through third grade, so kindergarten through
 109 third grade, and so again, just encouraging movement and exercise activity. And then for
 110 staff you know when we have different incentives uh, statewide, or even within our
 111 region, we always seem to have a team, uh that is able to participate. So for example, this
 112 year's Live Healthy Nebraska challenge, uh, we have a group of teachers, doing, uh, you
 113 know participating in that challenge, that 100 day challenge. I fact for the walking
 114 challenge, what was it two years ago, and it was great, I think, well (school name) staff
 115 actually got the trophy for the most number of staff in a month or two to three week
 116 period, whatever it was. So, um, we try to encourage those types of physical activities for
 117 students and staff.

118 JR: Well, neat. Those sound like some fun activities. And it also sounds like you're
 119 incorporating the community in your program as well.

120 #3a: We try.

121 JR: Good. Um, and just to understand a little bit more about your, your school, you said
 122 that it's three schools, correct?

123 #3a: There are

- 124 JR: And five total with some of the auxiliaries. Are you the principal of all the schools or
125 just the elementary school?
- 126 #3a: No I'm principal just at (school), which is the pre-school through second grade.
- 127 JR: Ok. Preschool through second grade. Ok. And so then, #3b, you're a teacher there for
128 Kindergarten through second grade?
- 129 #3a: Right. She's the PE teacher.
- 130 JR: The PE teacher.
- 131 #3a: Yep.
- 132 JR: Alright and, ok. Wonderful. So what influenced you as you created and implemented
133 this wellness program?
- 134 #3b: I think the needs, seeing the kids that just need to be shown how to be active and the
135 options they can do. And some of the mandates that they have you know, the kids,
136 becoming a requirement to do some of the things.
- 137 #3a: Yeah and I would say, that like you know we've done components here and there,
138 but like #3b had said before, we really had a sense now that we're starting to, everyone
139 kind of focused in the same direction and pulled those pieces together, and I think a lot of
140 that has had to do with our membership now in the Alliance for Healthier Generations.
141 Um, You know we have a support person there, you know I think there's a level of
142 accountability, you know when we have our regular meetings and we have an expectation
143 that we're going to have you know x number of council meetings and those sorts of
144 things that, and you know you obviously want to make good use of that time and you
145 want to also show that you're making some progress in accomplishing, uh, accomplishing
146 the steps that you've set out in your action plan, and so I think, just that process of trying
147 to keep it going, um really has been I think a positive influence for us.
- 148 JR: Well, thank you. Who, who was involved in creating the program?
- 149 #3a: That's a pretty extensive group, I mean, if I, if we look holistically as a, as a district,
150 in terms of our wellness, um, and then we can talk just building-wise. But certainly as a
151 district it's, we've had administrators, ranging from superintendent to principals,
152 teachers, lots of teachers, PE teachers, classroom teachers, special education teachers, our
153 school nurse, um, certainly, um counselors, and uh, school board members,
154 representatives from our community, our head of nutrition services, uh director of that
155 program is a part of it, uh and then parents. Um, our building, our individual building in
156 developing this plan has had parents and, and that's been terrific, and, and we made a real
157 point of making sure it was a diversified group, so we're representing certainly lots of
158 different ages, uh but also socioeconomics so we have a family, a parent on there that
159 actually does participate in the low-income you know, food backpack program, and they
160 give us some great insight into their perspective as well. And so, um, we have
161 representatives from (City) community action partnership and someone with the health
162 services with head start, uh so you know trying to look at the component of early head

163 start and head start, as well, and they're transitioning into the preschool and the school
164 aged program. So, um lots, and lots of folks.

165 JR: That is. That sounds like a very diverse group. And is it the same people that are
166 helping to put the program into action with the different activities you have going?

167 #3a: It is. I would say that when you look at putting it into action, it becomes more
168 focused on the teacher group, the parent group, you know maybe the building
169 administrator group, verses some of those others, although depending on what component
170 we're looking at, that's when we pull in, you know for example, when we were doing
171 recipes for the food backpack program, we specifically rely on the you know the nutrition
172 services person, or you know we're wanting more fruits and vegetables, you know,
173 available so we're applying for a grant and you know obviously she's going to help out
174 with that. But, um, it just kind of depends on what is the focus. I would say the main
175 emphasis tends to be with our local, with our building council, is parents and teachers.

176 #3b: Something else, when you talked about the nutrition, we incorporated a salad bar
177 with fruits and vegetables, and so like when the kids finish their meal, if they want to go
178 back, that's what they can have seconds of is the fruits and vegetables, just so they get in
179 the habit of knowing that this is a good choice and that it's okay to have more of those.

180 JR: Ok. That sounds like a good teaching tool as well. Alright. What challenges did you
181 face in creating and implementing these wellness programs?

182 #3b: I think change itself, along with finances, about scheduling, um and how quickly it
183 started you know to move.

184 #3a: Yeah, because you know it's one of those where there's lots to do, and trying to
185 prioritize. "Ok, what are we really thinking we can accomplish here?" um, and
186 recognizing that you know it takes some time, and some creativity and change is
187 sometimes slow, too. So creating that, kind of that awareness that we needed some
188 change. I think kind of accepting the reality of our needs, um was probably a challenge
189 certainly for us. Training, you know trying to find and prioritize time for training and
190 meetings and those sorts of things.

191 JR: Yeah a lot goes into it. What, what would you say was the hardest part of starting a
192 wellness program?

193 #3b: I think just knowing where to start. You know just getting your focus, "where are we
194 going to focus?" and then just prioritizing and implementing. And I think that helps, you
195 know like with the Alliance for a Healthier Generation and some of these other
196 organizations who have had success stories with other schools so that you don't have to
197 just start from scratch. They've brought in the success stories and you can kind of pick
198 and choose what you want to start with.

199 JR: So it gives you a little more guidance in order to go.

200 #3b: Uh-huh.

201 JR: Um, were there any unforeseen challenges into putting the program into action?

202 #3a: I don't think there's really been anything that's been surprising. Um, probably not. I
203 mean, I guess I'm just, I'm having a hard time, Jessica, thinking of something that we
204 maybe were surprised by, that you know that kind of came along. Even our submission to
205 public health solutions and the grant, I mean certainly, we realize that there were,
206 whenever there's grant money, you know, there's different reporting requirements, and
207 things like that, but I don't know that any of that was surprising, because I mean the, even
208 person involved there was taking care of most of that.

209 JR: So it sounds like things have gone fairly smoothly for you and come together well.

210 #3b: Yeah, I think that having such a diverse group, you know and having the district and
211 then the building, is that you've got a great group of people to brainstorm and they think
212 outside of the box, in the box, and it helps prepare for what, you know what's out there.

213 Wonderful. Um, we've talked about this next question a little bit, but um, what supports
214 do you have from the community as you put your program into action?

215 #3a: You know I would definitely say that our work is supported by our local health
216 center. (name) community health center has done an outstanding job, anytime we need
217 ideas or we need support there. You know right now, we've been, you know in
218 conversations with htem, this coming fall, we're having, we're going to be developing
219 some options for our staff in terms of screenings and helping to develop some follow-
220 through types of things with personal fitness plans and some of those things. And you
221 know they're really excited about you know doing some of those things and reaching out
222 to the school and I think they've recognized that you know we're one of the, probably top
223 three or four employers in you know, in our community, and certainly they, we all
224 recognize e have to be healthy, not only as examples, but if we want to be performing at
225 our best, we have to be healthy and, and it works. So they've been great. Public Health
226 Solutions which is our district health department, I think has been really supportive, um
227 in fact, I've been surprised, um, not only with our participation with the grant, but even
228 when we have specific health concerns with some of our individual families or kids,
229 immunizations issues, some of those things. They are very responsive, um you know
230 they, it seems they bend over backwards to help us out and to help our families out. Um,
231 (Name) Community Action is a community supporter of ours. Um, there's the Head Start
232 Program, they're great in terms of, you know like today for example, they helped
233 spearhead a um, flouride application um, grant for all of our preschool students, and they
234 came in and did little dental exams, and, and uh, oral exams and we had actually a couple
235 of kids that, yeah, they were some definite referrals that we needed to make and you
236 know they're going to help follow up on that so that's great. Um, the UNL extension
237 service, um, our extension educations do a really nice job. Um we do a bread baking
238 activity and they do nutrition teaching, uh for all of our kids, and then once a month, they
239 come and do our preschool program and do a nutrition lesson, um with our preschool
240 students, as well. Um and then obviously the Alliance for a Healthier Generation has
241 been a big supporter of our program here.

242 #3b: And they have someone from the hospital come in and do like with a blacklight
 243 show them, the germs you know before you wash and after you wash and just how
 244 important it is to wash and. And I think with the growing concern with the healthcare, I
 245 think everybody realizes that everybody benefits if we work together. So like we've done
 246 a staff survey on you know exercise and you know things that would, people would be
 247 interested in participating in. And I went to a meeting with the Educator's Health
 248 Alliance and what they have is a survey for everyone to take. Basically it's concerning
 249 health issues, you know if you've had screenings and stuff and they've said where they
 250 have brought it like absenteeism from 150 I think down to 30, or maybe it was, it was
 251 comp per teacher from \$150 down to \$30 for healthcare, just by you know making some
 252 changes, and um, so we're working with them.

253 JR: Well.

254 #3b: Let's see what else. We had a blood screening, they had at the hospital.

255 JR: Ok so it sounds like you're getting a lot of support from your community. What
 256 would you say was the biggest in putting this program together?

257 #3b: I think, (Name).

258 #3a: Mmm-hmm

259 #3b: She was one that had worked with other communities and with other schools and
 260 she was able to present a realistic approach to you know change and you know do it
 261 realistically and showing some success stories and alternative to you know how to
 262 implement you know certain things like the nutrition or the exercise or you know well
 263 like the exercising within the classroom. I know she's (other school name) and I know
 264 (other town) does not slow, they have a fitness day where everybody participates and
 265 they have centers and they you know over time they've just really made it successful. So
 266 that's encouraging to show you know it does take time, but you know you can achieve
 267 that success.

268 And (name) is a coordinator with the alliance for Healthier Generation.

269 Ok. Thank you. I was wondering who she was. Um, and what would you say was the
 270 biggest help in putting the program into action.

271 #3a: Well, again, I think it's the accountability that goes along with, for example, our
 272 membership in the Alliance, but I also think it has to do with our own personal
 273 accountability with our wellness council. I think the fact that we are reporting back to
 274 each other on a regular basis has made a difference because you want to show that you're
 275 doing something and you're making progress and I think it helps to prioritize "this is
 276 something that we're doing and we need to do it." Um, and you know we've always
 277 known that certainly, um but I think that we understand better where our needs are now,
 278 but I think it's also "ok, let's take these small steps and move forward with what we need
 279 to accomplish."

280 JR: Thank you. So it definitely sounds like it's an evolving process that's constantly
281 changing.

282 #3a: Oh yes, absolutely and we'd be the first to tell you that we have a long ways to go.
283 You know we're not necessarily where we want to be, I mean there's a lot of things that
284 we need to accomplish and there's a lot of the things that were on our action plan that we
285 realistically, we couldn't accomplish this year. You know that are going to have to be the
286 next year and the year after goals.

287 JR: I think that's important to realize too, to see the progress you've made but to realize
288 that you still want to go further. I could imagine that in, in thinking about starting a
289 wellness program for a school, um I could see how it would be, it might seem very
290 overwhelming at first, but to realize that you could take it in bite-size pieces and celebrate
291 your progress along the way, I think would make it more manageable.

292 #3a: Yes. Absolutely.

293 #3b: Yeah, they always say baby steps.

294 #3a: Mm-hmm

295 JR: mm-hmm. Well, what impact have you seen from you're program?

296 #3b: I think the lifestyle changes even within the kids, because you know they'll say "oh,
297 I exercised during commercials." Or "I ran around the house." And you know I'll have
298 parent that'll say you know they were exercising and they were doing this. You know just
299 being aware of a healthy lifestyle, what it is, what it involves, um the healthy choices, and
300 that carries over into the families.

301 #3a: I think with both students and families, but also staff, an awareness now. You know
302 I think it's interesting because I've seen a difference in terms of a focal point of when
303 we're making decisions, um about, whether it's you know even something as simple as
304 what snack are we going to have for childcare for our PTA meeting or at kindergarten
305 round-up. Um, it's just now something that goes into our decision making, um we're
306 thinking about it. You know we're not going to have cookies all the time, we're not going
307 to have, you know maybe we're doing pretzels, or we're doing you know let's think
308 about how could we incorporate some vegetables or some fruit, um you know for the
309 kids in those settings. And you know even as we're planning ahead for "Fat Fridays" or
310 you know in staff meetings, you know we're going to have healthy choices and options
311 for our adults even. So I think it becomes a focal point for just how you do business. Um,
312 And then I guess the other thing is that, expanding partnerships with our community
313 partners, you know I, there's things, connections that we're making that, certainly that
314 strengthen, and that maybe we haven't done before.

315 JR: Thank you. How do you think your program will benefit your school and the
316 community?

317 #3a: I guess certainly in a lot of those same ways, um certainly what we're hoping is that,
318 it will continue to become part of the students and the lifestyle, that you know, that it

319 becomes the norm, um, and, and when we talk about you know healthy, you know we
 320 don't really have to talk about promote healthy snacks or healthy celebrations in school
 321 because that's just how we do it. Um, You know we don't have to worry about, you
 322 know are we worried about how kids are going to react about having water bottles you
 323 know in their classrooms, because it's just the way we do business. Um, you know next
 324 year, one of our big things that we're kind of hoping to do it incorporating physical
 325 activity breaks throughout the school day. You know I can tell you it's going to take a lot
 326 of talking and training and work to promote that. Obviously as we continue, the goal is
 327 that, that just become part of who we are, part of you know part of the business of
 328 education, and that you know that fitness becomes just kind of you know the, it's not an
 329 add-on, it's actually part of your program, it's part of just the process of what you do.
 330 And it hasn't been before, I mean we haven't focused on it, um as that piece, and so we
 331 don't want it to be just this is an add-on thing, um, something more you have to do. We
 332 want it just to be, this is just how you do it.

333 #3b: Yeah, you almost have to be a salesman and you show off the gadgets in order to
 334 sell it. And, you know like with having water bottles in the classrooms, showing the
 335 correlations between test scores and how that helps you. And um you know with the
 336 physical activity, you know how it get's the brain moving, and how it's every so many
 337 minutes, between 11 and 15 minutes you need to have some sort of physical activity. And
 338 then it's just not because it's something else to do, but because it benefits academically
 339 and behaviorally, all the way around.

340 JR: Thank you. I heard someone once describe these changes as sort of creating a new
 341 culture, or just making it part of the culture at the school and it sound like that's kind of
 342 what you're describing is just making it part of that environment.

343 #3a: Yes.

344 JR: Um, your school recently participated in the Action For Healthy Kids Gold Medal
 345 Program Award, right?

346 #3a: Yes.

347 JR: Alright, um and why did your school decide to participate in that program?

348 #3a: You know I think part of it is, our staff have found that the summit that the Action
 349 For Healthy Kids puts on is an excellent professional development opportunity. Um,
 350 they've gone for several years now, a couple years now, and really have come back very
 351 positive with ideas and that sort of thing, so I think that was a real motivator, you know I
 352 think beyond even, certainly there's recognition, for you know you efforts that you're
 353 doing,, but you know it wasn't something that, you know we didn't put a medal around
 354 our neck and you know get a picture in the paper because you know that's not what we're
 355 in it for, but it did help us document progress. Um and it's again, it goes back to that, the
 356 baby steps, showing we are doing something and we are making progress, and you know
 357 sometimes you get doing, you go through these motions, and you're doing these projects,
 358 but sometime you forget to stop, because there's always so much more to do, to
 359 recognize how far you've come. And I think this just helps us to, I think it's a reflections

360 process, I mean even doing the application is, uh, ok we're reflecting on what have we
361 accomplished, what have we done, and ok, yeah, we still have a lot to do, but you know
362 good job, I mean let's recognize that and now let's move on to the next level.

363 #3b: Kind of like a motivator should, because every schools doing it, and it's something
364 positive so you think you know what, let's jump on the band wagon, and like you say we
365 can see that progress and we can see that step, and others can see that we are making
366 those baby steps.

367 JR: That's very true. Research shows that if you acknowledge those small steps, you're
368 more likely to continue making changes. Um, what award did you receive in 2010 from
369 Action for Healthy Kids?

370 #3a: In 2010 we received the silver.

371 #3b: And then this year we received the bronze, or we will get it.

372 Thank you. Well is there anything else that you would like to share with me about your
373 program or you experience creating it?

374 #3a: (#3b) is there anything maybe we left our sharing?

375 #3b: We have touched upon the Fuel Up to Play 60, which basically is trying to
376 encourage kids to get 60 minutes of exercise in every day. We've just touched on it in
377 PE, we haven't done a whole lot with that. Um.

378 #3a: I think we've covered about everything we've made notes on and wanted to talk
379 about.

380 JR: Alright. Well thank you very much for meeting with me and answering my questions.
381 It was enjoyable to hear about your experience and I wish you luck in the future with
382 your program.

383 #3a: Well Thank you.

384 #3b: Good luck.

1 **Section F4: Interview #4**

2 JR: Will you briefly describe your current wellness program?

3 #4: I am the wellness coordinator at (school) - for elem, ms and hs. I develop staff
4 trainings and curriculum.....I get people together and promote what we do and what we
5 need to do. We are physically active once each quarter as a whole staff and then provide
6 a number of things throughout the semester which promote phys activity as a staff. I
7 have had this position for a year....this title, but have served on the wellness committee
8 for 5 years. Nutrition - we incorporate that for staff each quarter as well...and then have a
9 few other things incorporated throughout the semesters - to keep their interest.

10 JR: What influenced you as you created and implemented this wellness program?

11 #4: statistics, people, our administration, the need for it at (school) - from staff and
12 patrons. The push for it across the country. Higher test scores. less discipline issues.

13 JR: Who was involved in creating the program?

14 #4: Administration, mainly (name), our supt. at (school). PE teachers, health teacher,
15 FCS teacher, and interested Elem staff. we also have a very supporting school board, a
16 couple very interested in what we do.

17 JR: What challenges did you face in creating and implementing this wellness programs?

18 #4: people do not have the time to devote to non-paid things..they have busy lives and
19 families, so we had to create an environment they could work in during work - not all
20 extra stuff.

21 JR: What was the hardest part of starting this program?

22 #4: I think just getting more people involved....getting people excited about it and further
23 more, keeping that excitement HIGH!

24 JR: Were there any unforeseen challenges to putting the program into action?

25 #4: Money - we or schools always need money, but...we had to go searching - grants,
26 resources, companies - people are willing to help if they know when, why and how ahead
27 of time.

28 JR: What challenges did you face in creating and implementing this wellness programs?
29 What was the hardest part of starting this program? Were there any unforeseen
30 challenges to putting the program into action?

31 #4: See above for some of these answers.....The hardest part...wow - don't know -
32 probably educating the ENTIRE staff and getting those to abide by what should
33 happen...not what they WANT to happen. We all have grand ideas - it's the
34 implementation part that is hurting at times. Anticipation is always greater than
35 participation.

36 JR: What impact have you seen from your program? How do you think your program
37 will benefit your school and the community?

38 #4: See above....

39 -Discipline issues less

40 -test scores better

41 -happier staff

42 -better students

43 (school) is the community - it makes up the community - 9 small towns form one school,
44 so this is the "Wal Mart" of the area....this is the one thing we all have in common –
45 (school) Schools.

46 JR: Why did your school decide to participate in the AFHK gold medal award program?

47 #4: First, it's easy - and I mean that in a nice way - it's easy to do what you need to
48 do...ALL SCHOOLS should be doing at least a bronze level.

49 JR: What award did you receive from this program in 2010?

50 #4: HS rec'd silver, Elem rec'd silver.

51 JR: Is there anything else you would like to share with me about your program or
52 experience?

53 #4: It's easy to say we have a wellness policy, but following is different than having it.

54 So...getting lots involved. Communicating with them. Helping them understand
55 wellness is more than food and football - it is how to eat, what to eat, how to work out,
56 how to manage stress, how to do things diff in life to create less stress....when some say
57 wellness, they get stressed and tense. No need. Incorporate it into what you already
58 do....that is what we try to do. We don't want to create more policy reforms, more work,
59 more time taken away from grading papers - we want to include it in whatever we already
60 do.....it's not additional, it's not extra....it's INCLUDED. That is key!

61 And...don't force it. Everyone works at own pace/speed. they digest info differently.
62 Don't pressure people to walk if they don't want to walk. Don't pressure them to eat low
63 fat meals. they will if and when they want to. Educate them on they WHY's....and it will
64 come.

Appendix G: 2009-2010 Nebraska Descriptions

[NS] = Name of School

[NP] = Name of Person

[C] = City/Community

1. A. Program Description:

Our most prized wellness initiative for the 2009-2010 school year was the Whatcha Doin? program. A team of Buzz Agents are tasked with spreading the message of the campaign throughout the school. This is a unique feature of this program...the students are in charge! The staff sponsors, [NP] and [NP], provide guidance to the Buzz Agents as they work to encourage students to eat their fruits and veggies and get daily physical activity. The Buzz Agents meet on a weekly basis to brainstorm activities to coincide with each of the three phases of the campaign. Early in the year, the team spent time tagging places in our school where students could find fruits, veggies and physical activity. Next, the team spent surveyed the students to find out how they would improve the ways fruit, veggies and physical activity are accessible during the school day. In the next few months, the Buzz Agents will use the survey results to identify changes that will make it easier for students to make healthy choices at school. In addition to the campaign phases, the Buzz Agents also engage in random acts to promote fruit, veggies and physical activity. During a passing period, Buzz Agents have carried trays with fruit and veggie bites...enough for each student to take one. This random act was a surprise to all of the students, but it has quickly become a favorite. While it has taken awhile for the "Buzz" to catch on, our Buzz Agent team has remained excited about their message. Research shows that telling kids about something does not have as much impact as involving them in the delivery of the message. Whatcha Doin? is allowing our school to share a message about healthier lifestyles and have a lot of fun along the way!

B. List measurable program goals and how they relate to your school wellness policy:

Students will be able to identify the number of servings of fruits/veggies to be eaten each day. Students will identify ways to make fruits/veggies and healthy activity part of each day. Students will learn that a healthy lifestyle is not a boring lifestyle. Students will learn the principles of a buzz marketing campaign. Students will develop and implement wellness activities related to fruits/veggies and physical activity. These goals relate to our wellness policy goals for nutrition education. Our wellness policy discusses the need to educate students regarding good nutrition and its influence on our health.

E. Obstacles/challenges encountered and how you overcame them:

One challenge we faced was getting the students to take charge of the program. Whatcha Doin? is built on a "buzz" marketing philosophy and the program be most successful if it is student led. We only had a few returning Buzz Agents and it has taken several months to help the students understand that this program belongs to them. The advisors, [NP] and [NP], began providing a bit of structure to the meetings (agendas, locker notes, etc) to help the students organize their efforts. This has made a dramatic difference in what the team is able to accomplish! Another challenge we faced was helping the Buzz Agents understand that small, unexpected activities can have a powerful impact. While the smoothie sales were a success, handing out fruit/veggie bites between classes has

45 generated excitement among the student body. One fruit/veggie bite is enough to get
 46 students talking about eating more fruits & veggies!
 47 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 48 has influenced your overall school wellness environment?
 49 Simply stated... This program has helped students look forward to the next “Whatcha
 50 Doin?” moment! Each Whatcha Doin? moment reinforces the message of eating more
 51 fruits/veggies and getting enough physical activity. Students are excited when they see
 52 the “Buzz Agents” in the hallway or when they see the “green blobs”. Through our
 53 “hallway bites” and “smoothie sales”, we are showing the staff, students and faculty that
 54 kids will eat fruits/veggies and will participate in physical activity if we make it
 55 accessible to them. Our participation in the Whatcha Doin? program has already opened
 56 up several discussions that are influencing our wellness planning for next year!

57 58 2. A. Program Description:

59 As one of five schools selected to participate in a grant written by Public Health
 60 Solutions District Health Department, [NS] PreK-2nd grade students are participating in a
 61 year long project entitled NO CHILD LEFT ON THEIR BEHIND. The ongoing focus of
 62 the project is increasing physical activity and encouraging more walking/biking to school,
 63 during school and after school among students. Prior to the start of the project, parents
 64 were asked to fill out a survey to identify barriers to walking and biking to school that
 65 was distributed through backpack mail. In addition, classrooms recorded how students at
 66 [NS] arrived and departed each day from school. The Project kicked off at our Back to
 67 School Open House on August 17th. Students in attendance at the Open House were
 68 encouraged to walk around the school block two times in order to receive a fun sport bag
 69 filled with health information and incentives to encourage moving more. Community
 70 members and parents were also recruited during the Open House to assist with
 71 identifying the safest walking routes to school for our students. These individuals walked
 72 the routes in and around our school to determine safest routes to incorporate on a walking
 73 map of our school. From this pocket- sized tool, a parent, child, or community member
 74 could plan a number of safe walking routes in the community. In September, we kicked
 75 off a 28 Day Walking Challenge. Research has shown it takes 28 days to establish a
 76 habit so students started logging their steps to increase their awareness of creating a
 77 healthy habit. Participating students received a pedometer to help track the number of
 78 steps taken throughout the day. At this same time, a similar family challenge began in the
 79 community in conjunction with the [C] Community Health Center. Families were
 80 challenged to record the number of minutes they walked together. The winning classroom
 81 of the 28 Day Challenge was [NP]’s 2nd grade classroom. These students were awarded a
 82 t-shirt and a class party. Each participant was awarded prizes based on the number of
 83 days they walked outside of school. Backpack chains and a foot token were also
 84 distributed to all participants. Students have the opportunity to earn additional
 85 token/charms to add to the backpack chain throughout the remainder of the school year.
 86 In October/November backpack mail was sent home, in addition to flyers distributed in
 87 the community and church bulletin inserts to continue education/encouragement of
 88 physical activity and healthier choices. In December, students were challenged to move
 89 more during this month by walking and/or biking 3x’s per week for at least 30 minutes
 90 for two weeks. Students completing the challenge received a walking token. In January,

91 students were challenge to cut the amount of time they spend in front of the TV,
 92 computer and/or playing video games and replace it with physical activity. Students
 93 completing the challenge were awarded a penguin token and were placed in a random
 94 drawing for a 2010 Nebraska Park Pass. In February, [NS] hosted a Walk Wednesday
 95 event in the gym before school. Students were encouraged to arrive at the gym 30
 96 minutes prior to the start of the day to walk. Participating students received a heart token
 97 for their efforts, in addition to a Frisbee to encourage recreational activities outside of
 98 school and at home. In March, students will be challenged to eat more fruits and
 99 vegetables. Students completing the challenge will receive an apple token for their
 100 backpack chain. A 28 Day Walking Challenge is again set for the spring in April.
 101 Students will use the pedometer to log daily steps and have opportunity to earn prizes for
 102 their participation. National Walk to School Day is also in April. Students who walk to
 103 school on April 21st will receive a small incentive for their participation in conjunction
 104 with an Earth Day challenge. At the conclusion of the challenge, it is hopeful that data
 105 will show an increase in the student's personal walking average, in addition to more
 106 walking/biking to and from school. A parent survey will be redistributed, in addition to
 107 Arrival & Departure tallies in the classrooms.

108 B. List measurable program goals and how they relate to your school wellness policy:
 109 An increase in the number of [NS] students walking/biking more to school, during school
 110 and after school

111 E. Obstacles/challenges encountered and how you overcame them:
 112 Convenience of driving, safety of intersections and crossings, traffic speed along route,
 113 sidewalks or pathways

114 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 115 has influenced your overall school wellness environment?
 116 Safest routes identified to encourage walking/biking to school, establishing healthy
 117 lifelong habits, reduction of traffic congestion before & after school, less environmental
 118 pollution, long term reduction of childhood obesity rates

119

120 3. A. Program Description:
 121 As one of five schools selected to participate in a grant written by Public Health
 122 Solutions District Health Department, [NS] 3rd – 6th grade students are participating in a
 123 year long project entitled NO CHILD LEFT ON THEIR BEHIND. The ongoing focus of
 124 the project is increasing physical activity and encouraging more walking/biking to school,
 125 during school and after school among students. Prior to the start of the project, parents
 126 were asked to fill out a survey to identify barriers to walking and biking to school that
 127 was distributed through backpack mail. In addition, classrooms recorded how students at
 128 [NS] arrived and departed each day from school. The Project kicked off at our Back to
 129 School Open House on August 17th. Students in attendance at the Open House were
 130 encouraged to walk around our outdoor track two times (1/2 mile) in order to receive a
 131 fun sport bag filled with health information and incentives to encourage moving more.
 132 Community members and parents were also recruited during the Open House to assist
 133 with identifying the safest walking routes to school for our students. These individuals
 134 walked the routes in and around our school to determine safest routes to incorporate on a
 135 walking map of our school. From this pocket- sized tool, a parent, child, or community
 136 member could plan a number of safe walking routes in the community. In September,

137 [NS] kicked off a 28 Day Walking Challenge. Research has shown it takes 28 days to
 138 establish a habit so students started logging their steps to increase their awareness of
 139 creating a healthy habit. Participating students received a pedometer to help track the
 140 number of steps taken throughout the day. At this same time, a similar family challenge
 141 began in the community in conjunction with the [C] Community Health Center. Families
 142 were challenged to record the number of minutes they walked together. The winning
 143 classroom of the 28 Day Challenge was [NP]'s 3rd grade classroom. These students were
 144 awarded a t-shirt and a class party. Each participant was awarded prizes based on the
 145 number of days they walked outside of school. Backpack chains and a foot token were
 146 also distributed to all participants. Students have the opportunity to earn additional
 147 token/charms to add to the backpack chain throughout the remainder of the school year.
 148 In October/November backpack mail was sent home, in addition to flyers distributed in
 149 the community and church bulletin inserts to continue education/encouragement of
 150 physical activity and healthier choices. In December, students were challenged to move
 151 more during this month by walking and/or biking 3x's per week for at least 30 minutes
 152 for two weeks. Students completing the challenge received a walking token. In January,
 153 students were challenged to cut the amount of time they spend in front of the TV,
 154 computer and/or playing video games and replace it with physical activity. Students
 155 completing the challenge were awarded a penguin token and were placed in a random
 156 drawing for a 2010 Nebraska Park Pass. In February, [NS] hosted a Walk Wednesday
 157 event in the gym before school. Students were encouraged to bundle up and walk to
 158 school that morning or arrive in the gym 30 minutes prior to the start of the day to walk.
 159 Participating students received a heart token for their efforts, in addition to a Frisbee to
 160 encourage recreational activities outside of school and at home. In March, students will
 161 be challenged to eat more fruits and vegetables. Students completing the challenge will
 162 receive an apple token for their backpack chain. A 28 Day Walking Challenge is again set
 163 for the spring in April. Students will use the pedometer to log daily steps and have
 164 opportunity to earn prizes for their participation. National Walk to School Day is also in
 165 April. Students who walk to school on April 21st will receive a small incentive for their
 166 participation in conjunction with an Earth Day challenge. At the conclusion of the
 167 challenge, it is hopeful that data will show an increase in the student's personal walking
 168 average, in addition to more walking/biking to and from school. A parent survey will be
 169 redistributed, in addition to Arrival & Departure tallies in the classrooms and a 4th grade
 170 health behavior survey. Such a gain would reflect new and healthy lifestyle habits.
 171 B. List measurable program goals and how they relate to your school wellness policy:
 172 An increase in the number of [NS] students in grades 3 – 6 walking/biking more to
 173 school, during school and after school
 174 E. Obstacles/challenges encountered and how you overcame them:
 175 Convenience of driving, safety of intersections and crossings, traffic speed along route,
 176 sidewalks or pathways
 177 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 178 has influenced your overall school wellness environment?
 179 Safest routes identified to encourage walking/biking to school, establishing healthy
 180 lifelong habits, reduction of traffic congestion before & after school, less environmental
 181 pollution, long term reduction of childhood obesity rates
 182

183 4. A. Program Description:

184 Our school, though we have been involved for a year, still seems to be new to the
 185 Nebraska Action for Healthy Kids. We have formed a wellness committee that has
 186 representation from each grade level, specialist classes, para-professionals, school nurse,
 187 physical educator, and parents of current students. We meet once a month and discuss
 188 issues and progress that we are making on our overall goals.

189 B. List measurable program goals and how they relate to your school wellness policy:

190 Our main goals this year have been to address the amount of physical education that our
 191 students receive a year and to decrease the amount of bad snacks in our staff vending
 192 machines and school store. After our wellness committee discussed with their constituents
 193 different solutions for the physical education dilemma, a consensus was made that we
 194 would have classroom aerobics twice a week in the morning to achieve the lack of
 195 physical education that our school was providing. The committee also did some research
 196 on the current snacks offered in our staff vending machines and school store. There has
 197 been a push to have all of the snacks that do not fit in to this program's criteria be replaced
 198 with snacks that do.

199 E. Obstacles/challenges encountered and how you overcame them:

200 One of the main obstacles was to be creative on how we would increase physical
 201 education in our school. Also support from administration, and teachers was not always
 202 as strong as we would have liked. With any new initiative there will be some resistance.
 203 However, the commitment of our wellness committee has been incredible. They have
 204 worked tirelessly to achieve our goals. Though the education of students, teachers and
 205 administrators on healthy snacks and lifestyle choices is ongoing, I am happy to say at
 206 this time we appear to be on track to achieve our goals this year.

207 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 208 has influenced your overall school wellness environment?

209 We have increased our physical education by 10 minutes a week and all of our snacks
 210 offered in our school store are in compliance. Our staff vending has improved and we
 211 continue to make a push for full compliance. We firmly believe that we are making
 212 positive changes in our school. With continued work and support we believe we can
 213 make a change in behaviors that will allow them to make life-long decisions for a healthy
 214 lifestyle.

215

216 5. A. Program Description:

217 At [NS] our School Wellness is composed of health education, nutrition and walking
 218 clubs.

219 B. List measurable program goals and how they relate to your school wellness policy:

220 We have two separate walking clubs. One in the afternoon and one in the morning.

221 E. Obstacles/challenges encountered and how you overcame them:

222 We currently do not have a gymnasium so we conduct our walking club in the hallways
 223 or outside when the weather permits.

224 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 225 has influenced your overall school wellness environment?

226 I believe the walking club in the morning has led to less discipline problems in the
 227 classroom.

228

229 6. A. Program Description:

230 Our most prized wellness initiative for the 2009-2010 school year is the inclusion of a
 231 comprehensive nutrition education program in Kindergarten and 2nd grade classrooms.
 232 In today's technological age, children are flooded with images of food. We wanted to
 233 help young children understand how to make healthy food choices. Our school nurse
 234 partnered with the teachers at each grade level to bring the programs to the classrooms:
 235 Chef Combo in Kindergarten and Little D in 2nd grade. A commitment was made to plan
 236 the program activities to occur regularly throughout the school year, instead of during an
 237 occasional classroom visit. In Kindergarten, the children created a "healthy" house for
 238 Chef Combo to live in. The Chef, a hand puppet, moved into the house and "lives" in the
 239 classroom during the school year. Each child has a passport that they use to record the
 240 Tasting Adventures they take with Chef. These Adventures involve simple snack recipes
 241 using "good for you" foods that the children can easily make again at home. The 2nd
 242 grade students learn about the Food Groups with the help of Little D, a dragon who
 243 needed to learn healthy habits. During the nutrition lessons, the children create a Food
 244 Group Dragon on the wall. This dragon serves as a reminder of what they have already
 245 learned. Changing the perception of a healthy eating among our young students requires
 246 an energetic, creative approach. This approach cannot be preachy, but must involve the
 247 children in activities that make learning about nutrition fun and tasty!

248 B. List measurable program goals and how they relate to your school wellness policy:

249 Students will understand that they need a variety of healthy foods to help them grow and
 250 stay healthy. Students will be able to identify the Five Food Groups and place foods in
 251 the appropriate group. Students will develop a willingness to taste new foods. These
 252 goals relate to our wellness policy goals for nutrition education. Our wellness policy
 253 discusses the need to educate students regarding good nutrition and its influence on our
 254 health.

255 E. Obstacles/challenges encountered and how you overcame them:

256 The most challenging feature of any wellness program is figuring out how to fund it. The
 257 cost of providing the food items for the classroom activities was not part of any budget.
 258 Seeking family support of the program eased this concern. Each family was asked to
 259 indicate which food items they would like to provide. This allowed families to choose
 260 foods they already had at home or were comfortable purchasing. Our two kindergarten
 261 classrooms have their Tasting Adventures on the same days, allowing us to share recipe
 262 ingredients.

263 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 264 has influenced your overall school wellness environment?

265 The impact of our program became apparent after the first nutrition adventure. The
 266 excitement of the students and their anticipation of the next time Chef or Little D visits is
 267 indicative of the program's appeal to the target age group. The ability of the students to
 268 apply the information is apparent in their comments during the lessons. Parents have even
 269 commented that their children are making healthier choices at home, asking for a healthy
 270 snack instead of chips and soda.

271

272 7. A. Program Description:

273 Breakfast Week -- Students K-6th were provided a healthy breakfast at school. This
 274 program was to show healthy food choices for breakfast and to promote the importance
 275 of eating breakfast.

276 B. List measurable program goals and how they relate to your school wellness policy:
 277 Our goal was to show students healthy breakfast choices and the importance of eating
 278 breakfast.

279 E. Obstacles/challenges encountered and how you overcame them:

280 Our biggest obstacle -- allow all the students a chance for breakfast - we ended up having
 281 the students come down once the school day actually started -- this way we were sure all
 282 the students had the opportunity to eat.

283 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 284 has influenced your overall school wellness environment?

285 This initiative showed the students the importance of eating breakfast and what we
 286 offered here at school. If students do not get a chance to eat prior to coming to school -
 287 they now know that the kitchen can offer them a healthy breakfast. We have had an
 288 increase in food items sold and they are healthy items!!

289

290 8. A. Program Description:

291 [NS] participated in the Fuel Up to Play 60 Challenge developed by Action for Healthy
 292 Kids. Programs and activities were developed to encourage and include all middle school
 293 students to participate. Students completed several activities that demonstrated they were
 294 exercising and making healthy food choices. All students received a back pack bracelet.
 295 Charms for the bracelet were shared or awarded as students completed various challenge
 296 activities. The challenge emphasized healthy eating. With the cooperation of school
 297 district cafeteria staff, student were able to sample a variety of healthy food choices.
 298 Items included: sweet potato fries, strawberries, and kiwi. Via the computer, students
 299 tracked their fruit, vegetable, whole grain, and milk consumption. To challenge them to
 300 drink more milk, a milk mustache competition was held. Each middle school homeroom
 301 selected a representative to be in the contest. Recipes for milk shakes were shared with
 302 homerooms. Homeroom students determined the best 'recipe' to develop the best
 303 mustache. Students really enjoyed this friendly competition. All students in the winning
 304 homeroom received a dairy charm to add to their back pack bracelets. The challenge also
 305 promoted exercise. Students tracked their time daily spent on exercising via the
 306 computer. To help promote increasing physical activity, students participated in the
 307 Hoops for Heart program for the American Heart Association. [NS] Students were able to
 308 make a positive contribution to the American Heart Association as a result of their
 309 efforts. The benefits of exercise were also emphasized and practiced daily in the physical
 310 education class. [NS] Students also participated in a Middle School Courage Retreat.
 311 Retreat topics focused on the importance of making life-long healthy choices such as
 312 exercise and eating healthy. In addition, retreat topics also included activities to increase
 313 self-esteem and leadership skills. All of these activities were designed to promote life-
 314 long learning and exercise so that students can be happy, healthy, and successful now and
 315 as adults.

316 B. List measurable program goals and how they relate to your school wellness policy:

317 The program goals were to increase awareness and knowledge about the benefit of
 318 healthy food choices and physical activity. Specific components of the district wellness

319 policy addressed by this program are noted below: • Integrate nutrition education
320 throughout the curriculum and coordinate it with the food service program • Increase the
321 availability and encourage the selection of healthy food choices • Increase the amount of
322 time students spend in physical activity before, during, and after school • Provide
323 information and implement programs when feasible to educate parents about student
324 wellness • Promote good nutrition and student wellness to parents through placing
325 healthy eating tips on school lunch publications and through the school web-site.

326 E. Obstacles/challenges encountered and how you overcame them:

327 Time was the biggest challenge. Additional time was needed by staff to plan and
328 coordinate activities. Some of the activities required that other staff be willing to share
329 their students during other class periods. For example, homeroom teachers allowed
330 students to complete their trackers and activities then. As with many programs and
331 activities within a school, it is the dedication of committed staff who make them
332 successful. Staff were willing to put in the extra time. Other teachers recognized the
333 importance of the program and were willing to be flexible regarding the normal school
334 schedule.

335 F. Positive impacts or outcomes of your program—Describe how this program/initiative
336 has influenced your overall school wellness environment?

337 It is our hope that students will more often think about the impact of the choices they
338 make regarding food and physical activity. Making healthier decisions now will impact
339 their tomorrows. Many students have now also begun asking cafeteria staff for more
340 opportunities to have the various fruits and vegetables they were able to try during the
341 challenge.

342

343 9. A. Program Description:

344 [NS] took on a whole school project in an effort to encourage healthy eating and healthy
345 lifestyles in our students. The junior and senior high students created videos for the
346 elementary students to watch during lunch.

347 B. List measurable program goals and how they relate to your school wellness policy:

348 The goal was to have nine videos completed by Christmas break. Because of weather and
349 technical problems, the videos were not completed until February 17. Our school
350 wellness policy states: "A mission of [C] Public Schools is to provide curriculum,
351 instruction, and experiences in a health-promoting school environment to instill habits of
352 lifelong learning and health." This project is directly related to encouraging lifelong
353 health and learning.

354 E. Obstacles/challenges encountered and how you overcame them:

355 Obstacles and challenges included weather which led to school closings and
356 postponements. This obstacles delayed finishing the project but it also extended the impact
357 of the project. We also struggled with technical difficulties. The students and the staff
358 learned a lot about video editing and creating.

359 F. Positive impacts or outcomes of your program—Describe how this program/initiative
360 has influenced your overall school wellness environment?

361 Having the entire school involved in creating healthy messages created an environment
362 where everyone was thinking about the importance of health and wellness.

363

364 10. A. Program Description:

365 Random Acts of Kindness- At [NS], we have made a conscious effort to reward students
366 for positive behaviors and have focused on providing students with non-food items or
367 nutritious alternatives as rewards. Our school building has eliminated all pop machines
368 and currently has one milk machine. The milk machine is stocked with milk and flavored
369 water. Our special education department is responsible for maintaining the machine by
370 keeping it stocked, counting money, and making deposits at the local bank. The revenues
371 from the milk machine help purchase non-food rewards which are given out in our
372 Random Acts of Kindness program and as classroom rewards. The Random Acts of
373 Kindness is a school wide effort for teachers to recognize students demonstrating
374 uncommon acts of kindness in our building. Students who are “caught” receive a form
375 directly from that staff member. Students then redeem their certificate to the office and
376 receive a coupon for a free item from the milk machine. Students are also eligible for a
377 grand prize drawing of more than 30 items such as athletic equipment, clothing, room
378 décor, or electronic equipment. Local businesses work collaboratively to support our
379 program and discount items, which we purchase. The goal of this program is to focus on
380 the little things that make a big difference in our school. All students are capable of being
381 selected and ties in nicely with our Character Counts program. Teachers also have the
382 opportunity to establish positive relations with students by personally recognizing a
383 positive student behavior in their class. Teachers have incorporated the milk machine
384 coupons in the classroom by offering them as rewards for academic success. Our 6-8
385 Reading program recognizes students who complete their reading logs and provides
386 groups of students’ coupons, which can be redeemed and brought into the classroom.
387 Students who come to the office and redeem their coupon share with administrators why
388 they received their coupon and are normally excited to share. It has helped reinforce their
389 efforts in the classroom and has eliminated traditional candy and pop rewards.

390 B. List measurable program goals and how they relate to your school wellness policy:
391 Through the Alliance for a Healthier Generation, we have done a school wellness
392 inventory in the areas of Policy/Systems, School Meals, Competitive Foods and
393 Beverages, Health Education, Physical Activity, School Employee Wellness, Physical
394 Education, and Before/Afterschool Programs. With this on-line evaluation tool, data was
395 given to us and action plans were created using our school wellness team. We currently
396 qualify and are applying for Bronze level recognition through the AFHG this year.

397 E. Obstacles/challenges encountered and how you overcame them:

398 The only obstacle we faced was managing the milk machine and making sure it was
399 stocked daily. I worked with the special needs department and students with mild to
400 moderate disabilities work together in maintaining inventory, fine motor skills,
401 organization, cooperative teaming, and completing tasks. I also worked closely with
402 Walmart who gave us a price break and ordered in bulk. Instead of making numerous
403 trips for inventory, pallets of water were ordered and picked up and stored.

404 F. Positive impacts or outcomes of your program—Describe how this program/initiative
405 has influenced your overall school wellness environment?

406 Our school has implemented a positive teacher/peer interaction through recognizing
407 students who do kind things in our school. Teacher relationship opportunities now exist
408 immediately by recognizing ANY student who demonstrates appropriate behavior. We
409 have always taught Character Counts, but this program has piggy backed off this concept
410 of what acceptable behaviors are, while rewarding those students as well. We have also

411 eliminated rewards which were non-healthy and replaced with milk or flavored water.
 412 Money raised through the student and the milk machine allow us to be self-funded and
 413 purchases exciting non-food prizes. It is an easy, self-funded, alternative which ALL
 414 student qualify for and can be recognized daily. Also, additional money raised through the
 415 milk machine has purchased additional equipment for the fitness room and weight room.
 416

417 11. A. Program Description:

418 WELLNESS...IT'S A COLLABORATIVE EFFORT! "School wellness...the belief that
 419 schools can and must promote and encourage healthy eating, physical activity and
 420 nutrition and physical education as part of the solution to the childhood obesity epidemic
 421 ...is an issue that impacts and engages a variety of stakeholders who have a role in
 422 leading, advocating for and implementing wellness initiatives." Progress for Promises?
 423 Action for Healthy Kids Report Fall 2008 [NS], is a kindergarten through sixth grade
 424 school of 346 students and 55 staff members, which weaves physical activity and
 425 healthful living into the fabric and soul of our school culture. Driven by our [C]
 426 Community Schools Wellness Policy, students, parents and staff participate in quality
 427 ongoing wellness programs. [NS]'s program is a tapestry of ongoing programs and
 428 initiatives and not simply add ons to the school culture. Our [NS] School Wellness
 429 Committee made up of parents, staff, community members and principal has made strides
 430 this year in communicating to parents and decision makers about concerns and activities.
 431 Wellness advocates agree that, to effect significant change, wellness needs to be
 432 integrated within the overall school environment, both in and out of school. All of the
 433 programs mentioned in this program description are in keeping with this mission.
 434 Through community partnerships, members have attended meetings of Live Well [C]
 435 Kids and contacts made through Activate [C] are taking our "Feet First Fridays", Safe
 436 Routes to School program to a greater level of participation. Our fall program was
 437 successful and after our very snowy winter, we look ahead to spring, with multiple drop
 438 off locations, parent volunteers and finding safe routes to walk through a mostly sidewalk
 439 less community. It's a collaborative effort! In collaboration with [NS] High School
 440 ([NS]HS), [NS]HS students were able to offer several new programs this year in
 441 partnership with [NS]. One program featured the [NS]HS senior project of a former [NS]
 442 student under the community consultant eye of [NS]'s P.E. Teacher. This senior project
 443 developed and implemented of an after school, Ultimate Frisbee Club for 4th, 5th and 6th
 444 graders. The Ultimate Club focused on teaching the techniques to Frisbee throwing and
 445 catching, as well as the basics of Ultimate, a competitive football-soccer hybrid game
 446 with a disc. It's a collaborative effort! [NS]HS Future Problem Solving Club (FPSC)
 447 developed and creatively implemented a "Be Healthy, Be Happy" after school club for
 448 3rd and 4th grade students for about 9 weeks. [NS]HS' FPSC is part of the international
 449 association that engages students in creative problem solving of real-life issues in their
 450 community. Through the students' research, problems with obesity, eating disorders and
 451 inactivity are all significant issues in the [C] area. FPSC seeks to encourage students to
 452 start living active, healthy lifestyles. Every week the agenda is different: the club has
 453 taught sessions on eating habits, exercise techniques and body image. However, almost
 454 every meeting the Yellow Banana and Tootsie Roll make an appearance in an FPSC skit.
 455 These skits have proven to be the most powerful for the [NS] students in the program, so
 456 much so that they will create and perform a skit for their parents at the end of the series.

457 It's a collaborative effort! [NS] continues to be involved in community events for our
 458 students and families like Race for the Kids, the Susan G. Komen Race for the Cure, and
 459 the M.S. Walk. Students can elect to participate in an after school [NS] Striders
 460 Walking/Running Club in the spring months. Family centered after school events such as
 461 "It's a Racket!", "Just Jump!" (American Heart Association Jump Rope for Heart) and
 462 "Extreme Gymnastics!" continue. Parents play alongside their children while using a
 463 racket, jumping rope, balancing on a balance beam or climbing on a climbing wall. These
 464 are opportunities that [NS] students have to share with their parents their learning during
 465 physical Education. Quality P.E. experiences are provided so students develop into
 466 competent and confident movers. The joy on faces is refreshing and memorable. It's a
 467 collaborative effort! It is our continual goal to provide quality programs in physical
 468 education, physical activity, and wellness in a variety of venues to meet the diversity of
 469 needs in our [NS] community. It's a collaborative effort!

470 B. List measurable program goals and how they relate to your school wellness policy:
 471 [C] Wellness Policy: Nutrition, Physical Activity and School Based Activities to Promote
 472 Student Wellness. *Met regularly with the [NS] Wellness Committee. *Communicated
 473 through Email, phone, small group meetings to accomplish goals. *Worked with [NS]
 474 High School senior on his senior project which was developing and implementing an
 475 Ultimate Frisbee Club. *[NS] High School Future Problem Solvers carried through on
 476 their "Be Healthy, Be Happy" Club. *Community event participation (Race for the Kids,
 477 Susan G. Komen Race for the Cure, etc.) *Student and family attendance at in school
 478 wellness events "(Just Jump!", "It's a Racket!", "Extreme Gymnastics!") *Physical
 479 Education classes meeting standards developed by [NS] in alignment with NE and
 480 National (NASPE) standards.

481 E. Obstacles/challenges encountered and how you overcame them:
 482 It takes time to implement and carry out quality programming, but worth it for the
 483 students and families.

484 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 485 has influenced your overall school wellness environment?

486 It's great having a functioning working [NS] Wellness Committee! [NS] Ultimate Frisbee
 487 Club: What an opportunity for our students to be involved in this activity! Written by:
 488 [NP] on reflection about "Be Healthy, be Happy!" What a joy it was to see the [NS] High
 489 School students involved in Future Problem Solving develop the "Be Healthy, Be Happy"
 490 Club. It was so encouraging to see former [NS] students and others from [NS]HS come
 491 back to [NS] to give back. It was wonderful for the third and fourth graders to hear from
 492 fellow [NS] students about things we talk about and practice at school in physical
 493 education and health classes. Anytime learners can have information presented in a
 494 dynamic and interactive format, learning happens and students benefit. I hope that our
 495 [NS] students and our [NS] Future Problem Solvers will take with them the things that
 496 they have learned to make healthful choices in the days and years ahead. Sharing with
 497 families what we learn in physical education is vital to student learning and support for
 498 our program.

499

500 12. A. Program Description:

501 [NS] has worked hard to incorporate student generated ideas and goals into action. We
 502 have grade level student wellness councils, which are each working toward a unique set

of goals. For example, 7th grade Wellness Council provide a jammin' minute once a week for all student via media announcements as well as a fit tip of the week. 8th grade wellness provides a fresh smoothie once a week for purchase with funds going toward a "well-day" at Champions Fun Center. 8th grade also has a Fit Question of the week where students may earn a free smoothie with a correct question/name drawn weekly. Having student wellness councils are imperative to students buying into the necessary changes needed.

B. List measurable program goals and how they relate to your school wellness policy: 6-8 grade offer before school activity in the gym. This program goal is relative to our wellness policy as we can encourage kids to get moving and start the day with exercise.

E. Obstacles/challenges encountered and how you overcame them:

Our administration has been great and very supportive.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

Students are gaining valuable wellness information, having healthy snack alternatives, and are taking on leadership roles if taking part in the student-led wellness councils.

519

520 13. A. Program Description:

All [NS] students received pedometers at an assembly on International Walk to School Day. The students were challenged to track their miles as they attempt to see how many times [NS] students walk around the world over the course of hte school year. Every student received a walking record form to track how far they walk. "Feathers", an [NS] Student Newsletter that is a student-produced publication, reports the progress of students, provides a focus on health, safety, and fun events in and around [NS]. Through this effort, we hope to increase the physicial activity of students.

B. List measurable program goals and how they relate to your school wellness policy:

To increase physical activity that promotes walking to school and healthier life styles.

E. Obstacles/challenges encountered and how you overcame them:

To provide time in the schedule that ensured time for walking to participate in the challenge. Noon lunch and recess were adjusted to build in 5 minutes of walking for all students. A route was established on the lower playground for a total of 3/8 mile and the gym is utilized during inclement weather.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

The students and staff have identified a need for a walking track to promote walking in the community throughout the year.

539

540 14. A. Program Description:

[NS] was awarded a Fuel Up To Play 60 \$5,000 grant. The grant helped program advisor, Denise Knotwell, create a [NS] Student Wellness Council. The council planned an all school assembly promoting Fuel Up To Play 60 with former Husker and retired NFL football player, Grant Wistrom, as our guest speaker. Grant encouraged each student to eat healthier, increase their physical activities, and make choices to ensure a successful future. Students were asked to go on line and sign up to take the Fuel Up To Play 60 challenge. The [NS] Student Wellness Council is planning the "Wellness Initiative", a 9

548 week promotion for physical activity this spring, and will culminate with a fitness
549 carnival at the end of the school year.

550 B. List measurable program goals and how they relate to your school wellness policy:
551 The [NS] Student Wellness Council selected two goals this school year: 1) To increase
552 dairy consumption and 2) To increase the amount of physical activity outside of school
553 each day, both applying to our wellness policy and goals.

554 E. Obstacles/challenges encountered and how you overcame them:
555 Our greatest challenge has been scheduling when the council can meet at the same time.
556 85% of our students ride the bus so we found time during lunch to get together for
557 planning.

558 F. Positive impacts or outcomes of your program—Describe how this program/initiative
559 has influenced your overall school wellness environment?

560 A FUTP display greets the students every day by the front door, and posters throughout
561 the school as a constant reminder to exercise and eat well daily. We initially had around
562 50 students sign up on FUTP after the kick-off. Survey data shows most students
563 continue to work on their nutritional choices and increase their physical activity.
564 [NS]have had 3 successful Breakfast in a Bag days this school year through our [C]PS
565 Nutrition Services.

566
567 15. A. Program Description:

568 This year, we initiated "Wellness Wednesday," an interactive session at the end of lunch
569 time on Wednesdays. This 10 to 15 minute session covered a variety of health topics.
570 Some were chosen by the students, and others were chosen by myself as the school nurse.
571 Some of the topics that were covered were: the sugar content of cereals; the sugar content
572 of soda drinks; salt in our diets; why various fruits and vegetables were healthy; soybeans
573 and our diet; healthy and not so healthy holiday foods; and go (almost anytime foods),
574 slow (sometimes foods), and whoa (eat once in a while foods). Students looked forward
575 to these sessions and would ask "what are we doing today for "Wellness Wednesday?"

576 B. List measurable program goals and how they relate to your school wellness policy:
577 This tied in directly to our promotion of student wellness as a part of our wellness policy.
578 One of the highlights for our students was a visit from the Tri-City Storm Hockey team,
579 along with their mascot, Stormy. They played games and answered health-related
580 questions that reinforced what they had been learning this year about healthy food
581 choices and healthy physical activities. As Spring approaches we will take our program
582 one step further, and incorporate an organized walking program into our goal.

583 E. Obstacles/challenges encountered and how you overcame them:
584 Limitations of time have been our biggest obstacle, but using the last 10 minutes of lunch
585 time has seemed to work well.

586 F. Positive impacts or outcomes of your program—Describe how this program/initiative
587 has influenced your overall school wellness environment?
588 We have noticed a definite improvement in our student's knowledge level of healthy and
589 non-healthy choices.

590
591 16. A. Program Description:

592 REFUEL WITH MILK GRANT This year, [C] Public Schools was awarded the Refuel
593 with Milk grant. Through this grant, we purchased extra milk and coolers for containing

594 this milk, so that we were able to replenish our 7th grade through 12th grade student
 595 athletes with a cold bottle of milk after practices and after games. The athletes thoroughly
 596 enjoyed the milk and they would race back to the locker room each day in order to get it.
 597 B. List measurable program goals and how they relate to your school wellness policy:
 598 This was identified as a strength when we worked on our School Health Index at [C]
 599 Public Health department. Another strength included our very popular fruit and vegetable
 600 program in the afternoons.

601 E. Obstacles/challenges encountered and how you overcame them:
 602 Coolers were purchased so that the milk would be readily available after practices and
 603 games.

604 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 605 has influenced your overall school wellness environment?

606 Our football coach wrote the following in a letter of support for this program: "As
 607 football coach at [NS], I found the post-practice milks to be quite beneficial for our
 608 student-athletes. this was the first year that milk was made available to our players to
 609 drink after practices or games. The milk quickly became an expectation for the players.
 610 Two hour football practice can take a lot of energy and fluids out of a player. The milk
 611 provided a healthy alternative when players entered the locker room after practice. The
 612 milk was a healthy dairy product as well as a much needed fluid, rather than the players
 613 running to buy a pop product with little nutritional value other than a wet drink to fill up
 614 their stomach. Many of our practices occurred in hot, dry weather. The cold, refreshing
 615 drink of milk helped revitalize the players quicker than before we used to have milk
 616 available. If players were absent and thus extra milks were available, it became quite a
 617 competition to see who could acquire the last milk or two from the cooler. The milk was
 618 much appreciated and enjoyed by the football team." Students who were interviewed
 619 voiced similar feelings.

620

621 17. A. Program Description:

622 [NS]'s Wellness Team agreed that our goal for this school year was to provide increased
 623 opportunities for healthier eating and physical activity. Introducing unusual food 'tasters'
 624 for each student and faculty member along with 'jammin' minutes was one of the wellness
 625 initiatives we implemented. Another wellness initiative was to increase accessibility to
 626 water. A third initiative was provide healthier ways to celebrate special occasions.

627 B. List measurable program goals and how they relate to your school wellness policy:
 628 Our first goal was to provide four consecutive weeks of unusual food 'tasters' for each
 629 student and faculty member along with 'jammin' minutes. Specifically, our [NS] students
 630 and faculty were given one on the following per week: jicama, zucchini chips, banana
 631 chips, and star fruit. Prior to the taster, students viewed the item in its entirety (not
 632 processed, chopped or peeled) while going through the lunch line that day. Along with
 633 the time was a poster with questions such as: "Am I a fruit or a vegetable?", "Do you eat
 634 me cooked or can you eat me raw?", "Am I sweet or sour?", and "Do I grow above or
 635 below ground?" Accompanying each taster was a fact sheet about the fruit or vegetable
 636 telling students where it was from, where it grew (i.e., tree vs. root), variety, how to cook,
 637 medicinal benefits, nutrients and more. After each taster, students discussed the
 638 following survey questions with their teacher: "What noise does it make when you bite
 639 into it?", "Do you like it?", What do you think it tastes like?", and "What food would you

640 mix it with?" The purpose of the questions was to promote a healthy discussion and to get
 641 students thinking about future opportunities for enjoying the newly introduced item.
 642 Another goal was increase accessibility to water. Due to renovation, [NS] is not at it's
 643 home facility this year. Abbott Sports Complex is [NS]'s home this year and provides a
 644 wonderful facility, but we wanted more accessibility to water. Thus, some funds that
 645 were set aside for Wellness by the PTO were used to provide a water cooler in one of the
 646 main hallways. It has been put to great use. Another wellness goal that will be
 647 implemented this month includes a healthier alternative to celebrate our Principal's
 648 birthday! In the past we have had cake provided for each student at lunch time. This year
 649 we've decided to have students complete a lap for each year of our principal's life.
 650 Students will be given approximately one month to complete laps during physical
 651 education, recess and walking club. Upon completion of the laps, each student will be
 652 given a sticker to place on a wall-sized, all-school birthday card along with their birthday
 653 wishes. The card will be presented to the principal on her birthday!

654 E. Obstacles/challenges encountered and how you overcame them:

655 Some challenges we experienced were that some of the items we wanted to use as tasters
 656 were too expensive to try. They would have used a significant amount of our grant money
 657 and we couldn't justify using them. We simply overcame that challenge by choosing a
 658 different item. Another obstacle was that on one week the chosen fruit simply wasn't
 659 delivered. In this case there was nothing to do, but cancel that day's taster. An obstacle
 660 we encountered for the water cooler was provision of paper cups. It has worked so far to
 661 have cups donated. Our PTO has also agreed to provide more when needed. An
 662 anticipated challenge to celebration our Principal's birthday is keeping track of 'true' laps
 663 walked/run. Because laps walked/run on three different 'tracks' will be accepted, it will be
 664 hard to do so accurately.

665 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 666 has influenced your overall school wellness environment?

667 Introduction of tasters and jammin' minutes has influenced [NS]'s overall school wellness
 668 environment positively. The education about the unusual foods didn't stop in the
 669 classroom. Information about the month's activity was included in the school newsletter
 670 sent home to parents. It is our hope that awareness of these healthy choices has increased
 671 variety provided at home. It is also our hope that the enthusiasm show for the jammin'
 672 minutes and the ease of which they are implemented increases physical activity at home
 673 as well. The Surgeon General's statement regarding working physical activity into daily
 674 lifestyle makes jammin' minutes a perfect fit.

675

676 18. A. Program Description:

677 [NS] has implemented additional physical education minutes into the school week to
 678 meet program standards of 60 minutes of physical education per week for each K-4
 679 student. All teachers have received professional development in the systematic
 680 incorporation of supplemental PE instruction in order to attain these minutes; therefore,
 681 every teacher in the Elementary has embraced their personal responsibility to serve as a
 682 PE teacher. This meets our Alliance for a Healthier Generation expectations and the
 683 guidelines published by the CDC in recommended program minutes. Each student has
 684 increased skill development and exercise as a result, promoting the notion not only of
 685 'lifelong learning' being modeled by all of our teachers but also fitness for a lifetime.

686 B. List measurable program goals and how they relate to your school wellness policy:
687 Students have a baseline goal of 25 minutes of physical education for each of two
688 instructional and exercise sessions with the physical education instructor. Students
689 participate in skill development, flexibility, endurance, and strengthening exercises.
690 Student performance is charted in Physical Education classes as the PE program has
691 embraced a data-driven model that emphasizes a fully participatory experience. Grades 3
692 and Grade 4 complete Fitnessgram assessments which are included in progress reports
693 each semester grading period. The feedback provided to parents includes supplemental
694 information providing explanatory input on the components of Fitnessgram that are
695 assessed and what the "Healthy Fit Zone" criteria says about their child's overall level of
696 fitness. Classroom teachers also facilitate 10 additional minutes three times a week within
697 the classroom setting; a novel approach to integrating PE as a basic responsibility for
698 each classroom instructor. The administration has emphasized a flexible approach to
699 classroom integration of PE. While expectations are clearly conveyed to staff, there are a
700 range of choices classroom teachers employ to meet and exceed program minutes
701 expectations. Activities options may include a one half mile walking trail, an indoor
702 walking circuit, the GymB4 DVD 10 minute group exercise sessions, one resource used
703 from a compendium of video compilations to support a full infusion model for
704 classroom-based exercise. Professional leave time was provided for the PE teachers to
705 develop an instrumental curricular support entitled the "[NS] Get Fit!!" program. We
706 have also capitalized on the availability of SPARK (research-based PE program) training
707 for [NS] staff and sent two educators to [C] to benefit from how the SPARK strategies
708 could be readily integrated into a regular classroom setting to emphasize rapid, classroom
709 based PE experiences. The program developed by our own on-site personnel has attracted
710 interest from other PE and content area teachers in the state, as it emphasizes specific
711 activities to use for 10 minutes of sustained vigorous activity in key areas of flexibility,
712 movement patterns, core strength, aerobic activity, and balance. Our School Wellness
713 Policy (Students 5550) and attendant regulation clearly state the expectation that
714 "physical education will be integrated into other subjects to complement, but not replace,
715 the health and physical education curriculum provided in accordance with NDE Rule 10.
716 Educators are to incorporate physical activity promotion and non-sedentary lifestyles in
717 all subject areas as appropriate." Thus, we are striving to ensure that all students
718 recognize that physical health attained through vigorous activity is the primary overt
719 means of combating a sedentary lifestyle and is the responsibility of both every child and
720 each educator!

721 E. Obstacles/challenges encountered and how you overcame them:
722 The biggest obstacle encountered is that, predictably, not all teachers (even generalists)
723 consider themselves to be teachers of physical education. The best means of addressing
724 this concern is to provide continuous, job-embedded professional development which
725 reiterates professional expectations while providing teachers with the support they need
726 to be able to integrate PE minutes into their classroom. We developed resources through
727 collegial collaboration that have encouraged teachers to capitalize on the materials
728 provided to them. We sent teachers to trainings in [C] for SPARK and we sent two of our
729 teachers to the state PE conference; we then provided professional release time for two
730 district PE teachers ([NP] and [NP]) to develop the activities book that focuses on easily-
731 integrated classroom exercise routines. To make it even more readily attainable for our

732 regular classroom teachers to teach PE minutes, we also purchased a DVD set of short
 733 exercise routines of five to fifteen minutes each and work through our closed-circuit
 734 television system to run these at designated times each day. The times coincide with
 735 requested periods during the day by each grade level team so that we optimize the ability
 736 of teachers to access a nice visual learning source to offer a demonstration exercise
 737 routine that can be easily conducted by teacher and class. Thus, the obstacle is getting
 738 universal buy-in from all teachers throughout a large Elementary. Overcoming that
 739 obstacle is a matter of removing rationalizations or excuses for NOT doing the exercise
 740 expectation: make it easy for teachers with good available resources and teachers will
 741 gladly take the risk and make the steps necessary to integrate this into their instruction.
 742 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 743 has influenced your overall school wellness environment?
 744 The connection to overall health and wellness in our school environment can be
 745 understood from a CSH perspective that considers this physical education extension as a
 746 CSH initiative. It should not really be considered in isolation apart from other CSH
 747 components. The need to extend and expand upon PE minutes, however, brought home in
 748 glaringly apparent fashion the need to address other facets of Coordinated School Health,
 749 and we have done this. Influences of the PE Extended Minutes initiative at [NS] on other
 750 healthy school environment areas: (A) Employee Wellness: We had a third of our staff
 751 members identified as overweight and nearly 18% as obese in a WorkWell Health Risk
 752 Assessment aggregate data report; we found that nearly 70% of our staff was expressing a
 753 need to lose weight and that a very slim percentage was eating a nutritionally
 754 recommended amount of fruits and vegetables daily. Thus, we collaborated with
 755 WorkWell and the Alliance for a Healthier Generation to offer Wellnessgrams and
 756 employee incentives for physical activity (Run @ Work Day) and to increase healthy
 757 choices in diet. We then established an opportunity for individual staff members to have a
 758 1:1 consultation with registered dietician interns who are completing hours toward
 759 program licensure; they offered 1:1 nutrition counseling to the many staff who elected to
 760 take advantage of this. (2) In the student nutrition realm, we did not want to consider
 761 nutrition awareness apart from the need for sustained physical education and expanded
 762 program minutes. We collaborated at grade level with parent volunteers to institute
 763 stricter guidelines for healthy snacks for school celebrations. While we still have a long
 764 ways to go in that regard, in some classrooms now, raw fruit and vegetable consumption
 765 is the new norm for healthy snacking. (3) In our food service program, we have made
 766 repeated decision to institute a healthier nutrition environment that supports the initiative
 767 of increased PE minutes by supplementing PE with good nutritional education (consistent
 768 with our health/wellness policy). For instance, our food service program offers fresh fruit
 769 and vegetables (multiple offerings) daily; the fresh fruit is either in its own (unsweetened)
 770 juice or an unsweetened pear juice - never in heavy syrup with a high fructose corn syrup
 771 base! (4) In our Elementary student day schedule, we have managed to maintain/preserve
 772 opportunities for play through recess minutes. We have not cut into the unstructured and
 773 imaginative play that occurs during recess minutes. (5) Community connections: we have
 774 worked with Kiwanis and local churches to expand the backpack program to deliver
 775 needed staple food commodities on weekends to families in need, targeting our
 776 free/reduced lunch student population and ensuring that healthy rations of nutritious,
 777 easy-to-prepare meals are provided on weekends for these families. This community

connection helps ensure that that PE minutes in the classroom are a valued part of an overall school wellness environment, since students who are suffering from hunger and malnutrition or inadequate caloric intake of healthy foods will clearly not have the same level of health and wellness that one would hope to achieve otherwise.

782

783 19. A. Program Description:

784 Suicide Prevention Handwashing/Sneezing

785 B. List measurable program goals and how they relate to your school wellness policy:

786 Administer screening tool for depression and Alcohol use Visit with each student

787 concerning available counseling services and the new behavioral crisis hot line initiated in

788 our area Public speaker on suicide and self harm PSA on the radio

789 E. Obstacles/challenges encountered and how you overcame them:

790 The program was scheduled for the fall but we wished to inform the kids of the 24 hour

791 crisis hot line so was rescheduled for January. There is the challenge of permission for the

792 children to participate in the screening portion of the program—we feel we had a good

793 percentage with the parent night and our education component.

794 F. Positive impacts or outcomes of your program—Describe how this program/initiative
795 has influenced your overall school wellness environment?

796 There had been some self harm behaviors in our school and I believe the parents and kids

797 needed some reinforcement on being involved. Publicizing the Behavioral Crisis Number

798 was widely accepted as another avenue for the kids if a friend was having a melt down.

799

800 20. A. Program Description:

801 Annual Health screening is done of all students to help identify real and potential health

802 problems of the [NS] students. Each student has a Ht/Wt, hip/waist measurement, blood

803 pressure, and vision screen. An Acanthosis Nigricans screen is also done. Referrals are

804 generated from the findings for things such as vision exams and/or health risks for

805 diabetes or obesity. Through out the year education is done on nutrition, diabetes

806 prevention, exercise, and portion control. The school works closely with community

807 programs such as the Carl T Curtis Health Education Center, the Prevention Center, and

808 the Wellness Center.

809 B. List measurable program goals and how they relate to your school wellness policy:

810 Each year parents receive a health report card for their child. The report cards track the

811 students screens for each grade and shows any improvement or risk areas. This helps the

812 school to identify areas of need.

813 E. Obstacles/challenges encountered and how you overcame them:

814 Ensuring that all students are screened and receive information within a timely manner.

815 F. Positive impacts or outcomes of your program—Describe how this program/initiative

816 has influenced your overall school wellness environment?

817 Gives the students the tools to live a healthy life free from obesity and diabetes. Allows

818 the students to lead healthy lives and focus on learning.

819

820 21. A. Program Description:

821 [NS], enrollment 440 students kindergarten through sixth grade, consists of

822 approximately 30% diversity with almost 45% free and reduced lunch students. During

823 the 2008-2009 school year, [NS] was awarded a Safe Routes to School grant to increase

physical activity of students and safety around the building. With this grant, [NS] started several wellness initiatives. Walking Club occurs every Monday, Wednesday, and Friday from 8:00-8:45 a.m. Students, including before care and preschoolers, arrive at school and walk in the gym or outside before transitioning to the breakfast program. A punch card is used to track progress. A quarterly "Golden Shoe" award is presented to the class with the most punches. A single student is then drawn from the completed punch cards to win an award. Students' emotional well-being is also important. Through stimulus funding, [NS] partnered with Capstone Behavioral Health to bring mental health therapists into the school. Capstone bills insurance, but [NS] picks up deductibles or the entire cost if need be. So far this school year, Capstone has served 35 students. For two weeks last summer, our physical education teacher, guidance counselor, and school psychologist created a program to teach some more challenging students sportsmanship, compromising, and conflict resolution skills. They then practiced these skills in real school situations. This proved successful, and we have since used these students as mentors for younger students who struggle with similar problems. [NS] still continues other wellness initiatives such as Jump Rope for Heart, Hoops for Heart, Health and Vision Screenings, and Dental Screenings. Through our partnership with Activate [C], we brought the "bicycle smoothie machine" to school to provide man-powered smoothies. [NS] participates in the Nebraska Walk to School Day and the International Walk to School Day and has also started walking school buses. An aerial map of the neighborhood is posted at the front of the building to pin point walking school bus routes. [NS]'s future plans include a bicycle rodeo to provide helmets to students who cannot afford them and to increase the size of our playground by adding exercise equipment disguised as playground equipment.

848

849 22. A. Program Description:

850 At [NS], we believe that no child should be left inside. We make it a point to ensure that
 851 every child has the opportunity to take their learning outside the four walls of their
 852 classroom. [NS] has developed a classroom where students can take their learning
 853 outdoors and it is in the form of a school/community garden. In our school/community
 854 garden, you will find eight raised beds, two round flower beds, bird feeders and a 100 tile
 855 grid. You will also find staff members, students and their families working in and around
 856 the garden year round. At [NS] our school/community garden is an integral part of our
 857 coordinated school health program. The garden specifically addresses the domains of a
 858 Healthy School Environment, Nutrition Services, Physical Education, Health Education,
 859 Employee Wellness and Family & Community Partnerships. Every student participates in
 860 physical activity when they help prepare our garden for planting during our Earth Day
 861 celebration in April. They also have the opportunity to plant seeds in their grade level bed
 862 during our physical education Field Day celebration in May. Students research and study
 863 the grasses, plants, flowers, vegetables and herbs that are grown in our garden. They
 864 make connections between the vegetables grown in our garden and the food they eat in
 865 the school cafeteria. Students have the opportunity to taste test foods from our garden and
 866 are taught how to make healthier food selections while in school or at home. Students
 867 attending summer school work with members from the community to maintain our
 868 garden. We also have a student / parent garden club that meets after school and
 869 throughout the summer working in the garden and selling fresh produce, flowers and

herbs at the [C] Farmer's Market. Items grown in our garden are also sold at our school Farmer's Market in the fall. Veggies are sold for 25 cents so that families and staff members have the opportunity to purchase produce at a reasonable price for use at home. All proceeds from the Farmer's Market are used to help sustain our garden.

B. List measurable program goals and how they relate to your school wellness policy:

1.Students will have the opportunity to work outside and be actively engaged in their learning. 2.Students will participate in cross curricular activities that incorporate gardening. 3.Students will learn how to make healthy selections when deciding what to eat. 4.Students will participate in the life cycle of seeds to plants, plants to produce and produce to cash. 5.Staff, Students and Family members will work cooperatively to maintain the school garden.

E. Obstacles/challenges encountered and how you overcame them:

Nebraska isn't an easy place to live and maintain an outdoor classroom. Winter months filled with snow and students on summer vacation can make maintaining a garden very difficult. However, we have found ways to overcome both of these obstacles and challenges. During the winter months we rely on our gardening electives, indoor gardener club and wildlife preservers to work on our gardening goals for the year. Students learn about the parts of a plant and begin planting seeds during the winter months. We use grow lights to get various plants started and we transplant these plants to our outdoor garden in the spring. Our wildlife preserves maintain our bird feeders during the winter months to ensure that the wildlife around our school don't suffer during the long winter months. In the summer, we have a group of committed parent and student volunteers who work in our garden every Tuesday and Thursday morning. We also offer summer school during the summer months and students participating in summer school do much of their learning in the garden. It isn't always easy, but we have found a way to make an outdoor classroom work year round in Nebraska!

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

We believe that we are leaving a lasting impression on the students at [NS]. Students leave [NS] with a new found appreciation for the outdoors. We are making an impact on students having the ability to try foods they might not normally have the opportunity to try. We are helping them make healthier food choices and influencing students to want to live a healthier lifestyle. Our students are also influencing their families to make better choices. Students also enjoy the physical activity they participate in through gardening. The school garden gives our staff, students, families and community members a sense of pride. It has made an impact on our school culture and has become a neighborhood treasure!

907

23. A. Program Description:

[NS] offered a student running club, healthy snack sales and staff wellness programs this school year. The programs were implemented to help offer physical activity during non-school hours, bring awareness of making sure snacks sold to students are healthy and offer programs to staff to benefit health. An article in a school monthly newsletter this year reminded parents of the School Wellness Policy and informed them how to access that policy in full on the [C] Public Schools website. One of the prized wellness programs consisted of students being given the opportunity to run four days a week, either before or

916 after school, over a two month period. Many parents supported the program through
 917 volunteering or cheering for the students and some even ran with their student. The [NS]
 918 parent group chose healthy snacks instead of chips, cookies or candy or soda, as an after
 919 school twice a month fundraiser. The students enjoyed the healthy snacks complaints and
 920 were able to support their school at the same time. The “healthy snack” advertising
 921 helped increase awareness of the importance of making nutritious choices for snacks at
 922 school and home. [NS] staff members were given several opportunities related to health
 923 over the school year. Those opportunities were well supported as a whole by teachers and
 924 support staff. Some staff participated in more than one of the opportunities. The
 925 importance of staff members being a part of setting an example for health, nutrition and
 926 physical activity for students is also noted in the School Wellness Policy.
 927 B. List measurable program goals and how they relate to your school wellness policy:
 928 Goal #1: Students will commit to the goal of physical fitness through a before and after
 929 school running club. -120 mostly second thru 5th grade students participated. 108 of
 930 those students completed the 26.2 mile Wildcat Marathon. Distance accumulated twice a
 931 week from August 26th - October 30th, 2009. Students ran a combined total of more than
 932 3000 miles. 32 parents planned and supervised the running events. A large indoor map
 933 displayed the route/miles that started at [C], headed west to the mountains and on to San
 934 Francisco, Hollywood, Phoenix, the Grand Canyon, Denver and home again. -Our
 935 Wellness policy states students are to be given opportunities for physical activity through
 936 before and after school programs and this program supported the policy. -\$750 covered
 937 student participant’s t-shirts, donated by grants and the parent group. A photo of each
 938 finisher with their t-shirt is displayed on a bulletin board recognizing those students. -The
 939 weather, change of seasons and morning darkness were a challenge. -Students applied
 940 fitness to their school days with family support. Students were alert and began their
 941 school day ready to learn. The program tied into the school counselor’s lessons on
 942 student commitment and responsibility. It also tied into the school physical education
 943 teacher’s goals in accordance with Nebraska Physical Education Standards on engaging
 944 in physical activities specifically related to each component of physical fitness and
 945 participating in physical activity that results in the development of health related fitness.
 946 It also fit the PE active lifestyle standard on participating in physical activity in both
 947 school and non-school settings. Goal #2: Healthy snacks and drinks will be sold as an end
 948 of school day fundraiser. -Healthy snack/drink items were assessed for
 949 nutrition/fat/sugar/calorie content. Students were allowed to purchase 2 items, twice a
 950 month. -School Wellness policy encourages school fund-raising efforts, including parent
 951 support groups, and booster clubs, to be supportive of healthy eating. -Parents brought the
 952 pre-packaged snack items with no other cost involved. -Educating parents on the type of
 953 snacks to provide and monitoring nutritional content was the challenge. Notes were sent
 954 home recommending appropriate items to bring for sale. Students were given opportunity
 955 in class identify healthy and unhealthy snacks and drinks for kids. - Students and families
 956 were exposed to healthy snack advertising as they supported fund raising efforts. The
 957 snacks tied into school nurse and teacher lessons on healthy versus unhealthy food
 958 choices. Goal #3: School Staff will engage in and set an example for students by
 959 participating in health and fitness opportunities. -25 out of 35 [NS] staff participated in
 960 various aspects of staff health screenings, a large staff Health Fair at the YMCA, a “5-4-
 961 3-2-1” Staff Wellness Challenge and an after school ZUMBA exercise class. - School

Wellness policy states we are to create an environment that provides consistent wellness message, conducive to eating well and being physically active. Efforts to keep school physical activity facilities open for use outside school hours and providing opportunities for staff to serve as role models for healthy eating and physical activity are to be encouraged. -\$200 was spent on incentives, covered by grants. Local medical staff and supporting health agencies donated time, health information and other incentives. - Planning, advertising and encouraging staff participation, given their time constraints, were a challenge. -Staff wellness activities foster and set an example regarding wellness, physical activity and healthy choices in the school community.

24. A. Program Description:

The elementary students are engaged in a walk to [C] with assistance from high school students. Each morning before school, students walk in the unused portion of the cafeteria with other students joining in after they have finished their breakfast. We are recording the distance on a Nebraska road map. Another program involves the entire school. Every Friday morning at 10:00 am the 5-minute exercise is announced. Students as well as faculty are encouraged to participate in the activity. A schedule of exercises with pictures and explanations was passed out to all faculty members. Some examples are: leg lifts, jumping jacks, arm circles, chair crunches, and wall sits. Our tasting program is call "A Rainbow of Fruits and Vegetables". Students are given opportunities to sample fruits and vegetables by color and then record their favorite on a rainbow. Red fruit and vegetables juices were provided for the valentine parties in the classrooms this year. Elementary students made posters encouraging students and staff to eat healthy foods and/or exercise. Posters were displayed in the high school hallway and in the stores downtown. Students were rewarded with fruits from a certain color group. A speaker from the Extension Office will be coming to speak to all grades on nutrition and how food helps us be better students. Holiday Challenge News Articles were distributed to the faculty the first of December. "How to Conquer Setback, Fitting in Winter Activity" was the topic. There was a different topic for 6 weeks. The articles came from Eat Smart, Move More website. The [C] Public Health Department provided an Employee Health Screening for all faculty in January and N1H1 vaccinations for students and faculty. We are participating in the "I Choose" program, which is designed to improve staff health, motivation and attitudes. This is also provided through [C]PHD. A committee member attended the "Nebraska Healthy Kids Learn Better", Coordinated School Healthy and Wellness project in November. This presented different views on what we should be doing with our students as far as wellness for the whole child.

B. List measurable program goals and how they relate to your school wellness policy:

Goal #1 To get more physical activity on a daily basis by setting up an appropriate and convenient time for students to walk. This is done 1st thing in the morning when the students are energetic. Goal #2 To provide an opportunity to have a short physical break from academics (help jog the brain). Goal #3 To provide the opportunity for students to taste unusual and unfamiliar fruits and vegetables.

E. Obstacles/challenges encountered and how you overcame them:

Teachers get busy and need to be reminded to do the 5-minutes exercise. The secretary announces over the intercom when it is time to do the exercises. Another obstacle is finding the time to do the taste testing. This is being done during teacher planning period.

1008 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1009 has influenced your overall school wellness environment?

1010 Students are enthused about walking in the mornings. They come out on the floor and
1011 begin their walk without being done. The elementary students stop me in the hall and
1012 inquire when it is their time to try new fruits and vegetables.

1013

1014 25. A. Program Description:

1015 After School Wellness Clubs: Cooking Club- After school program to promote the
1016 importance of food preparation that teaches children the basics of cooking, trying new
1017 foods that include healthy recipes that expose children to fruits, vegetables and whole
1018 grains. Running Club - an after school program for 3rd - 5th grade students to promote
1019 and increase opportunities for physical activity. Students actively participate in a variety
1020 of activities that encourage flexibility, strength conditioning and simple motor movement.
1021 Running stations focus on improving technique and overall conditioning in a fun group
1022 atmosphere.

1023 B. List measurable program goals and how they relate to your school wellness policy:

1024 Cooking Club- Increase student access and acceptability of healthy foods, including
1025 fruits, vegetables and whole grains during a 6 week cooking program. Running Club-
1026 Program goal is to build individual confidence and conditioning for running. A kids race,
1027 the one mile Mayors Run is a goal for all club participants.

1028 E. Obstacles/challenges encountered and how you overcame them:

1029 Cooking Club- Logistics of where to hold the club that would not interfere with existing
1030 after school program was a concern at the start of club, but was avoided by being allowed
1031 to use a small kitchen that was not being used in another part of the building. Running
1032 Club: Finding space for club to hold practice. Gym is used daily for the before and after
1033 school program and field space is impacted by weather related conditions and
1034 construction of new additions to school.

1035 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1036 has influenced your overall school wellness environment?

1037 Cooking club- Most students recognize the cooking club as a fun and exciting activity to
1038 participate in. School wide, most children are aware of the room that the club is held in
1039 and are interested to know what the students are making even if they are not participating
1040 in club themselves. Running Club: Students are excited to be a part of something new for
1041 Campbell School. The excitement about being a part of the club, which has encouraged
1042 others to participate. Their enthusiasm can be seen through their high energy level during
1043 club.

1044

1045 26. A. Program Description:

1046 Our most prized wellness initiative of the year was improving our school meal program.
1047 We knew we wanted to increase our offerings of fresh fruits, vegetables, fiber-rich and
1048 whole foods; lower fat, calories, and sodium; and reduce the amount of pre-packed foods
1049 served. We also knew all our efforts would be wasted if the outcome was not a menu that
1050 was palatable to kids. We “lightened” the kids’ favorite lunches already being served and
1051 solicited input on what items should be added. We transferred from full-fat to skim and
1052 low fat milk. And, we now offer breakfast! Every morning a minimum of three offerings
1053 (whole grain cereals and a rotating list of hot entrees; plus, milk juice, and fruit) are

1054 available. Our goals were to 1) Increase participation in our lunch program while
 1055 transitioning to healthier offerings, 2) Generate continued interest in the breakfast
 1056 program throughout the year (this program was initiated last year to bring us into
 1057 compliance with Nebraska Action for Healthy Kids program's recommendations), and 3)
 1058 Increase physical education minutes without reducing noon recess time. Many
 1059 elementary teachers also have incorporated "Jammin' Minutes," a program designed to
 1060 integrate short bursts to activity several times a day into a variety of curriculum areas.
 1061 This initiative reached all of the 85 students in our K-6. More importantly, our school
 1062 lunch participation increased by 8%. Plus, 70% of the students targeted as youth who
 1063 would benefit from the school breakfast program are currently enrolled. Cost was
 1064 minimal. Budgets are more carefully managed to monitor for specials, promotional items,
 1065 and seasonal produce. Scheduling was perhaps our most persistent obstacle. Our
 1066 Wellness Committee involved representatives from almost every constituency in our
 1067 school (teachers, students, lunchroom staff, parents, administration). The most concrete
 1068 result of our efforts is fewer stomach aches, both during the mid-morning slump (caused
 1069 by no breakfast or high sugar cereals) and after lunch. With less students reporting
 1070 nausea, we've been able to keep those kids in their classrooms and avoid having them
 1071 miss important instructional time. Plus, we've been getting more students to participate in
 1072 activities instead of feeling sluggish.

1073

1074 27. A. Program Description:

1075 Our most prized wellness initiative of the year was improving our school meal program.
 1076 We knew we wanted to increase our offerings of fiber-rich and whole foods; lower fat,
 1077 calories, and sodium; and reduce the amount of pre-packed foods served. We also knew
 1078 all our efforts would be wasted if the outcome was not a menu that was palatable to kids.
 1079 We started with our students. The student council conducted a survey to gather
 1080 information. We "lightened" the kids' favorite lunches already being served and solicited
 1081 input on what items should be added. There was clear interest on the students' part for an
 1082 expanded salad bar and healthier "ala carte" alternatives. Students not only said they
 1083 would eat healthier options and more salad (if the salad bar was expanded to include
 1084 more fresh fruits, vegetables, and low-fat protein such as cheese, boiled egg, and tuna),
 1085 once the expansion happened, consumption of those items increased as documented via
 1086 increased orders of fresh produce and the observation of lunch room staff. We transferred
 1087 from full-fat to skim and low fat milk. And, we now offer breakfast. A minimum of three
 1088 offerings (whole grain cereals and a rotating list of hot entrees; plus, milk juice, and fruit)
 1089 are available. Our goals were to 1) Increase participation in our lunch program while
 1090 transitioning to healthier offerings, and 2) Generate continued interest in the breakfast
 1091 program throughout the year (this program was initiated last year to bring us into
 1092 compliance with Nebraska Action for Healthy Kids program's recommendations). This
 1093 initiative reached 65 of the 68 students who attend our junior high and high school. More
 1094 importantly, our school lunch participation increased by 8%. Cost was actually minimal.
 1095 Budgets are more carefully managed to monitor for specials, promotional items, and
 1096 seasonal produce. Scheduling was perhaps our most persistent obstacle. Our Wellness
 1097 Committee involved representatives from almost every constituency in our school
 1098 (teachers, students, lunchroom staff, parents, administration). Teachers reported increased
 1099 attention and focus from students after they enrolled in the breakfast program. Many

1100 students have reported other positive effects, such as weight management and increased
1101 energy.

1102

1103 28. A. Program Description:

1104 This year many students at [NS] experienced their first ride on a school bus that was both
1105 fuel-efficient and 100% emission free. It is powered by simply H2O and food! These
1106 “Walking School Buses” run every Wednesday and Friday morning and afternoon and
1107 are “driven” by staff members. The four designated bus stops are strategically located
1108 within a six-block radius of [NS].

1109 B. List measurable program goals and how they relate to your school wellness policy:
1110 Activate [C]’s Safe Routes to School initiative helped [NS] get the program started by
1111 providing student/driver T-shirts, wristbands, and reflectors to help keep everyone
1112 motivated.

1113 E. Obstacles/challenges encountered and how you overcame them:

1114 Not only are there health benefits of the “Walking School Bus” program, but
1115 environmental and social benefits as well. While on their buses staff, parents and students
1116 also pick up any litter that they see on their ride to and from school. Many community
1117 members have responded positively to these efforts, as well as, the increased air quality
1118 around the school building, due to fewer cars in the neighborhood. Community members
1119 are visiting more with one another and discussing ways they can help our “Walking
1120 School Bus” grow.

1121 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1122 has influenced your overall school wellness environment?

1123 [NS] will continue the “Walking School Bus” program and will continue to keep staff,
1124 students, parents, and community members on the road to more active and healthy
1125 lifestyles.

1126

1127 29. A. Program Description:

1128 The [NS]Walking Club is an extremely popular initiative that began in September 2009.
1129 The students walk for 25 minutes on Monday and Friday mornings each week. When the
1130 students arrive, they check in with a parent volunteer and begin walking. Every five times
1131 a student walks, they receive a special foot token to place on their backpack. We also
1132 have a map of the United States and pick a location for the students to walk to
1133 collectively. In addition, when weather permits we provide the opportunity for students to
1134 walk to school once a week. On Wednesday morning there are 2 drop off sites for Walk
1135 to School Wednesdays with a parent volunteer. The drop off site is approximately ½ mile
1136 from the school and takes about 10-15 minutes for students to walk.

1137 B. List measurable program goals and how they relate to your school wellness policy:
1138 Although our Wellness policy does not address specific goals regarding physical activity,
1139 we set a goal for students to collectively walk 1550 miles starting in September 2009 and
1140 ending in May 2010. This goal was achieved in 5 months. We do not require students to
1141 walk every time but strongly encourage them to walk for 25 minutes each day of walking
1142 club. The students know that 6 times around the outside or 20 times around the inside of
1143 the building is approximately one mile. If a child comes late, they are still encouraged to
1144 walk but will be marked late and needs to walk twice as many times to earn an incentive.

1145 E. Obstacles/challenges encountered and how you overcame them:

1146 The walking club had to overcome a few obstacles in the beginning. Documentation was
 1147 an issue so the children would receive credit to earn incentive feet. This was overcome by
 1148 creating an excel spreadsheet with names of all the children. The children are asked to
 1149 give a parent volunteer their name so they will receive credit. Another obstacle was when
 1150 the weather turned cold. The walking club started outside. The students walked around
 1151 the building but are required to stay close for safety issues. Part of the path is not paved
 1152 and therefore presented a problem when it snowed. We moved the walking club inside.
 1153 The students have a set course that isn't very long but have continued to enjoy throughout
 1154 the winter.

1155 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1156 has influenced your overall school wellness environment?

1157 Although we have not formally evaluated the program, teachers and school staff have
 1158 reported excitement from students upon entering school on walking club days. Parents
 1159 have also been very appreciative and supportive of walking club. Families are invited to
 1160 come and walk with the students anytime. Parents are not only grateful for the exercise
 1161 their children are receiving but have expressed appreciation for dropping students off at
 1162 school 25 minutes early. The students are extremely well behaved while walking and
 1163 enjoy socializing with their friends.

1164

1165 30. A. Program Description:

1166 Our Healthy Schools program has flourished over the last 2-3 years. We have a School
 1167 Wellness Committee that meets quarterly, which includes parents and community
 1168 members. We are in the process of adding students to our committee.

1169 B. List measurable program goals and how they relate to your school wellness policy:

1170 We have tried to reach more students and their families through our wellness initiatives.
 1171 We have changed our student council candy sales to healthier options, or non-food items.
 1172 We created personalized labeled bottles of water called Falcon Fuel to ensure more
 1173 hydration. We purchased a projector for indoor recess so students could be more active
 1174 and do exercise videos during indoor recess days. Another big change we made was to
 1175 incorporate physical activity breaks in the regular classroom, by making Jammin'
 1176 Minutes CD's for teachers to use. The kids take quick, active breaks from learning, where
 1177 they get some physical activity. We also changed the display case at the entry of our
 1178 building to share healthy facts, eye catching whole grain cereal boxes, and plastic fruits
 1179 and vegetables.

1180 E. Obstacles/challenges encountered and how you overcame them:

1181 Our biggest challenge is finding the time to achieve all of the goals we want to conquer!
 1182 All of us are teachers or paras or parents who have busy lifestyles, so finding the time to
 1183 make all of the changes is difficult. Occasionally, finding money to make big changes can
 1184 be a challenge.

1185 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1186 has influenced your overall school wellness environment?

1187 I believe the overall environment has been positively impacted at [NS]. We've made
 1188 some changes that both the students and staff recognize and are inspired by. Moving
 1189 recess to before lunch has been well received. Having more opportunity for activity at
 1190 indoor recess has improved the environment. Making the display case at the entry of the

1191 building was a small change that many noticed. The healthy changes we've made have
1192 made a positive impact at our school.

1193

1194 31. A. Program Description:

1195 [NS]'s Wellness Program has really developed this school year with many exciting
1196 changes occurring. Our plan was designed for all students in the building, their families,
1197 the staff and the surrounding community. The majority of students participate in the ARF
1198 (All Recreate on Fridays) Program. Students are given monthly calendars and need to be
1199 active for at least 60 minutes each week of the month to earn a monthly reward. Parents
1200 must sign off on their child's activities and are encouraged to be active as well. [NS] is a
1201 Magnet School which focuses on Communication and Technology. Each morning,
1202 students anchor a morning announcement show in our TV studio which all students view
1203 in their classrooms. Nutritional lessons are given throughout the week. On Wednesdays,
1204 the PE teacher coordinates "Wednesday Warm-ups." All students in the building
1205 participate in a physical activity, such as a dance or an exercise routine to music. Each
1206 Friday, a "Health Fact" is read on the morning announcements. The "Health Fact" is a
1207 short description of a disease or condition that affects one of our Fullerton students. Some
1208 of the subject areas this year have been Cystic Fibrosis, Muscular Dystrophy, seizures,
1209 cancer and asthma. The [NS] Announcement Network ([NS]AN) has provided an
1210 abundance of health information to our students with interactive activities. Another focus
1211 this year has been on healthy beverages and snacks in the classroom. We have also
1212 promoted the reading of nutritional labels to prevent foods containing ingredients that
1213 students are allergic to (such as peanuts and red dye #40 being brought into the
1214 classroom. The Wellness Committee's year will conclude with the 2nd Annual [NS] Fun
1215 Walk in April. Participants will join students, family members and the community for a
1216 2K walk to benefit the BandofParents, which raises money for finding a cure for
1217 Neuroblastoma, a rare childhood cancer. One of [NS]'s students is in a battle against this
1218 disease. There will be many activities prior to the walk and healthy refreshments and
1219 raffle drawings after the walk. This has been an exciting year for the Wellness Program.
1220 Our goal to promote better health and wellness for all students will continue.

1221 B. List measurable program goals and how they relate to your school wellness policy:

1222 Nutrition Education is one of our major Wellness Policy Goals. Nutrition information is
1223 presented on the morning announcements, as well as included on the weekly school lunch
1224 menus sent home. Teachers reinforce the information with their students and it is
1225 included in the curriculum and on tests given to the students. The PTA has become
1226 involved in our efforts to prevent foods that students are allergic to being brought into the
1227 classroom. Healthy treats selected for classroom parties and birthday celebrations have
1228 been carefully chosen for all students. Another goal is providing Wellness Activities.
1229 These have included a forest family hike, the ARF Program, the Corporate Cup Run,
1230 "Wednesday Warm-ups," a flu shot clinic, the Fun Walk and a Wellness Fair. All the
1231 activities have been well received by the students and their families. Staff and parents
1232 have been an active part of planning many of the functions. Students have been so
1233 receptive to the "Wednesday Warm-ups" that they are now volunteering to plan and
1234 perform segments of their own. Staff have commented that the students really enjoy the
1235 time and are more alert and ready to begin the school day. A student in the building, who

1236 has Cystic Fibrosis, even invited his physician to speak to his grade level about the
1237 disease after hearing the “Health Facts” segment about the disease.

1238 E. Obstacles/challenges encountered and how you overcame them:

1239 Participation is very high at the onset of the ARF Program, but lessens as the months go
1240 on. Having all school staff support the program, and providing creative rewards, help
1241 provide encouragement for the students to continue each month. The morning
1242 announcements also provide a source to encourage the students and remind them of due
1243 dates. Our 1st Annual [NS] Fun Walk had over 300 participants. Evaluation after the
1244 walk showed that we did not reach the younger children at our school (Kindergartners in
1245 particular). Many students are the first children in their family to attend school and their
1246 parents may be hesitant to attend school functions. This year we will focus more on
1247 presenting the information to the newer members of our school community in a different
1248 way, with the hopes that they will sign up for the walk, enjoy the activity and want to
1249 participate in future Wellness activities.

1250 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1251 has influenced your overall school wellness environment?

1252 Seeing the students participate in the “Wednesday Warm-ups,” no matter what their
1253 abilities are, has been a rewarding experience. Many students start asking the PE teacher
1254 on the Monday before what song will be played or what dance will be done. The students
1255 have planned many of the Wednesdays on their own, and are excited to lead the school in
1256 the chosen activity. It is truly an amazing sight to see 660 students all standing in their
1257 classrooms and enjoying the movement and music. No student feels left out, and no one’s
1258 abilities stand out above the others. The ARF Program has gotten family members
1259 involved, as well as the students. Many of the calendars have notes from the parents
1260 about what activities the family has done together. Perhaps with this involvement, more
1261 family members will become active and improve their daily health habits. Overall,
1262 students are excited and staff is equally as excited about most of the Wellness Activities.
1263 They are eager to join in the planning and to participate. This cohesiveness makes our
1264 school a pleasant place to be and the students are ready to not only learn about wellness,
1265 but ready to learn in all their other subject areas as well.

1266

1267 32. A. Program Description:

1268 [NS]is promoting health, physical fitness and the importance of a healthy diet through
1269 planned programs and activities for students. The [NS] Running Club was established
1270 this year and coordinated by parent volunteers and the [C] Community Organization. All
1271 students had the opportunity to run, walk or jog a designed course in an attempt to
1272 complete the mileage of a half or full marathon. This program was run on selected days
1273 before and after school by parent volunteers. This activity certainly promoted a healthy
1274 life-style and the importance of exercise. Other equally important benefits were setting
1275 and achieving goals and the sense of accomplishment of completing a full or half-
1276 marathon. As an incentive for positive behavior, students at [NS] are rewarded once each
1277 quarter with an afternoon of special activities. In cooperation with students at UN[C], the
1278 theme of the third quarter celebration will center on physical fitness and nutrition.
1279 Students from UN[C] along with the [NS] staff and Nurse will provide three different
1280 units of planned physical activities including Wii Dancing, cup stacking and fun games in

1281 the gym. One additional unit will discuss and provide a unit on healthy snacks and the
1282 importance of a nutritious diet.

1283 B. List measurable program goals and how they relate to your school wellness policy:

1284 There are many goals in the [C] Public School Plan for School Wellness. The district

1285 provides an outstanding physical education program that engages students in physical

1286 activities and promotes student wellness and nutrition. To that end the goals of the

1287 program are: 1. Actively promote and offer physical activities to students (and staff) 2.

1288 Encourage students to set goals 3. Promote the advantages of physical fitness 4.

1289 Continually promote wellness to students

1290 E. Obstacles/challenges encountered and how you overcame them:

1291 The weather in the fall was an obstacle for the running program and the program had to

1292 be cancelled and make up days added at the end. Another obstacle we encounter is gym

1293 space.

1294 F. Positive impacts or outcomes of your program—Describe how this program/initiative

1295 has influenced your overall school wellness environment?

1296 The students that ran the Marathon in the early morning, students were fresh and ready to

1297 learn. This made for a very positive learning environment in each classroom.

1298

1299 33. A. Program Description:

1300 We are incorporating Health E tips.com JAM (Just A Minute) physical activity breaks in

1301 our classrooms. Classroom teachers can go online to conduct physical activity breaks. We

1302 have made the site very accessible to our staff. The one minute activity breaks allow

1303 students to get physical activity from any spot in the classroom or at their seat. Our

1304 Student Wellness Committee put together a JAM video and the Physical Education

1305 teacher presented the JAM physical activity breaks to the teachers during a staff meeting.

1306 B. List measurable program goals and how they relate to your school wellness policy:

1307 We are currently working on our school wellness goals with the Alliance for a Healthier

1308 Generation; physical activity breaks are one of the criteria we wanted to complete.

1309 E. Obstacles/challenges encountered and how you overcame them:

1310 The Health E tips website was put on our schools website as a link. This helped the

1311 teachers find the source more quickly. We also made hard copies of the JAM physical

1312 activity break routines, so teachers would not have to use the internet if they chose not to.

1313 The biggest obstacle is knowing how many teachers are actually using the breaks in their

1314 classrooms. Emails have been sent out to remind teachers of the JAM breaks, and they

1315 have also been asked to provide a quick feedback.

1316 F. Positive impacts or outcomes of your program—Describe how this program/initiative

1317 has influenced your overall school wellness environment?

1318 The physical activity breaks have helped teachers produce more focused learning in their

1319 classrooms. Research information was given to show how physical activity and

1320 academics work together for the good of all learners.

1321

1322 34. A. Program Description:

1323 [NS]staff and students have been working to create a healthier environment in our

1324 building this year. The creation of our school wellness council brings the ideas and

1325 resources of staff, parents and community members together as we work to create a

1326 school environment that encourages physical activity and healthy eating habits. As a part

1327 of these efforts, we are working to increase opportunities for physical activity available to
 1328 students and staff during school hours. A Frisbee golf course and a walking trail have
 1329 been created on our campus, and supervised lunchtime activities are also available for
 1330 students. We are working to create a healthy eating environment as well. As a part of
 1331 improving the nutritional selections offered during the school day we now offer only diet
 1332 pop, flavored milk, waters and juices. Fewer fried food and more fresh foods are
 1333 available. Vending machines contain healthier offerings, and no outside foods are
 1334 allowed in the building. The addition of our “Whatcha doin?” chapter has provided fun,
 1335 wacky and interesting ways for students and staff to learn about nutrition. Employee
 1336 wellness opportunities have increased this year with the addition of Activate [C]’s 5-4-3-
 1337 2-1 campaign, H1N1 immunizations, wellness screenings and a health fair. Collaborating
 1338 with community resources and taking advantage of educational opportunities has allowed
 1339 us to offer additional resources to staff, students and parents on creating a healthier
 1340 lifestyle.

1341 B. List measurable program goals and how they relate to your school wellness policy:
 1342 Our district wellness policy supports our efforts to create a school environment that
 1343 encourages physical activity and healthy eating for students and staff. Our wellness
 1344 council has looked at areas of need, gathered ideas and suggestions, set goals and created
 1345 a work plan. These are our goals : 1. Increase opportunities for physical activity available
 1346 to students and staff during their school day. -Collaboration with UN[C] has provided us
 1347 with supervision for student activities during the lunch hour. The activities vary, and may
 1348 include ping pong, basketball, volleyball, badminton, water melon seed spitting contest
 1349 and other fun games. Currently we have up to 60 participants daily. -We are working to
 1350 increase the number of program participants with the purchase of a display case dedicated
 1351 to spotlighting activities available, tips on wellness opportunities and nutrition offerings
 1352 in our building. Our display case was purchased with PEP grant funding at a cost of
 1353 \$500.00. -Collaboration with [C] Parks and Recreation staff and our Wellness director
 1354 has resulted in the creation of a Frisbee golf course on our campus and a walking trail as
 1355 well. -Our administrator has designated the upper gym facilities to be available for staff
 1356 use before and after school. 2. Create a healthier eating environment at school. -
 1357 Beverage selections will now include various waters, juices, flavored reduced fat milk
 1358 and diet pop. Regular soda and energy drinks are banned. Students are allowed to carry
 1359 clear water bottles to class. - Our dietician has met with vendors to get the most nutritious
 1360 versions of popular snack foods. Yogurt instead of ice cream, reduced fat granola bars
 1361 and cookies, fresh fruit and vegetables with dip. Fewer fried foods and more fresh foods.
 1362 - No outside foods are to be brought into the building. We may now utilize our cafeteria
 1363 to serve lunches and snacks for meetings. - A new computer program, acquired by our
 1364 Dietician, now gives staff, and soon parents, information about the portion size, RDA
 1365 specific vitamin and mineral content, grams of carbohydrate and calories for all meal
 1366 offerings.

1367 E. Obstacles/challenges encountered and how you overcame them:
 1368 The obstacle that we would face if it weren’t for community collaboration, and grant
 1369 moneys would be the financial impact to our school. We have no funding for these
 1370 programs currently. We are looking for sustainability in our programs so when grant
 1371 money is exhausted we can continue on.

1372 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1373 has influenced your overall school wellness environment?

1374 Our overall school wellness environment has soared! The changes implemented have
1375 been met with enthusiasm by parents, students and staff alike. The fact that so many areas
1376 are being impacted by our efforts spreads the word to many different groups in our
1377 school. Increasing the number of people impacted, increases the momentum. Making the
1378 effort to have a healthier lifestyle seems to be contagious!

1379

1380 35. A. Program Description:

1381 The [NS] Wellness Program is a comprehensive program encompassing Physical
1382 Education, Health classes, nutrition, and the districts food service individuals; to provide
1383 and encourage positive healthy habits.

1384 B. List measurable program goals and how they relate to your school wellness policy:

1385 This year the district is participating in the "Fuel Up to Play 60" initiative that promotes
1386 activity and increased consumption of healthy snacks/foods. The 1st thru 6th grade
1387 participated in the program "Hoops For Heart". This program raises money for a great
1388 cause in the American Heart Association.

1389 E. Obstacles/challenges encountered and how you overcame them:

1390 Some obstacles and challenges we have encountered are that the students have
1391 established bad eating habits and the lack of activity outside the school. They have also
1392 had a negative attitude towards trying to eat healthy foods and see no reason to change.

1393 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1394 has influenced your overall school wellness environment?

1395 The students have responded positively to the activities promoted by national names
1396 (NFL Players) and other celebrities. Students are aware of the good choices made by
1397 these individuals and are trying to do the same. The students that participated in the
1398 "Hoops for Heart" were active in shooting baskets and waling around town to ask for
1399 donations for a great cause.

1400

1401 36. A. Program Description:

1402 This year the wellness program at [NS] was 3-fold....an annual activity, weekly events
1403 and daily programs all coordinated, assisted or developed by our new 8-member Student
1404 Health Action Council.....the SHAC Team has developed into a dynamic group of kids
1405 spreading enthusiasm for health throughout our school. Annual - Healthy You University,
1406 a health and wellness day for all students had the theme Survive and Thrive - Part 2 -
1407 "Hearts and Soles" focusing on heart health and the importance of exercise and good
1408 nutrition. Students divided into "tribes" of 10 students each to attend mini-lectures by
1409 health professionals and then rotate between a myriad of displays, hands-on activities,
1410 physical challenges and health knowledge contests. Each student also participated in
1411 "CPR ANYTIME," compressions only, training. A special healthy sack lunch was served
1412 and in the afternoon students attended min-classes on new or unique physical activities
1413 led by local businesses, fitness instructors and parent volunteers.....archery, tia chi, step
1414 aerobics, etc. Weekly - The SHAC Team has implemented a variety of physical action,
1415 food and nutrition knowledge challenges. SHAC ATTACKS are surprise classroom visits
1416 featuring 3-minute movement activities with names like Beach Ball Blast, Pumpkin Roll
1417 and Bowl, and Name That Number. Food tasting challenges included The Dr.'s Pepper

1418 Challenge (green peppers) and Sailor Salad (fresh spinach). Nutrition displays, a website
 1419 and presenting a fun health activity at assemblies are also on the Team's agenda. Daily -
 1420 Healthy mid-morning snacks for 5th & 6th graders featuring choices from dairy, grain
 1421 foods and fruit/veggies. Food service, office staff, paras and the school nurse all help
 1422 prepare and serve the snacks. All the indoor recesses this winter were becoming boring
 1423 and chaotic with 120 kids in one gym day after day, so a 5th grade walking club called
 1424 "BackPacking Europe" was started with the students earning stickers from each country
 1425 they visit as calculated from the mileage on their pedometers. The SHAC Team enrolled
 1426 students in the program and leads walking activities during recess.

1427 B. List measurable program goals and how they relate to your school wellness policy:
 1428 Our middle school program goals were: 1. more opportunities for physical activity during
 1429 the school day 2. increased nutrition knowledge for all students. The programs and
 1430 projects implemented this year each focused on these areas.

1431 E. Obstacles/challenges encountered and how you overcame them:
 1432 Time and student availability are our challenges. With the need to continually improve
 1433 reading and math scores....fewer and fewer "extra minutes" are available for any kind of
 1434 projects. The SHAC Team meets once or twice a week over lunch to plan. Attendance is
 1435 not mandatory... but most would meet more often if their advisor had more time! Each
 1436 student uses their special talents and interests for the good of the group. Two students
 1437 developed the website, one member takes pictures of activities, another researches for
 1438 supplies and programs, others create posters and props, some speak at assemblies and
 1439 lead SHAC Attacks, one loves working with the 5th graders. Some conduct before school
 1440 activities (signups & Super Goal Bowl), others come over their lunch time (food tasting)
 1441 or during 2:45 tutorial time (SHAC Attacks & 5th grade walking club). Some stay after
 1442 school to work on hallway displays. This is a truly amazing group of students who have
 1443 "blossomed" into a focused, but fluid group of young leaders and thinkers. They are a
 1444 true cross-section of our school population with racial/ethnic diversity, family situations,
 1445 and academic abilities. Their advisory has enjoyed every venture with them!

1446 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1447 has influenced your overall school wellness environment?

1448 1. For starter, EVERYONE wants to be on the SHAC Team....how to effectively include
 1449 more members is being considered. 2. 5th /6th grade teachers report the students are
 1450 happier and more attentive after the snack and cafeteria monitors say the kids are more
 1451 patient while waiting their turn to go through the line. 3. Fresh pepper consumption on
 1452 the salad bar is way up after the tasting project. About once a month, we have a "It's a
 1453 Pepper Friday!" and thin slices of green peppers are personally handed out at the end of
 1454 the cafeteria line by a different staff member. :) They can't believe how many kids take
 1455 them. 4. Students look up health websites and offer the ideas for health projects and
 1456 SHAC Attacks. 5. With the great success of the snack program, the cafeteria is
 1457 experimenting with more ways to serve commodity fruits and vegetables. This week it
 1458 was berry smoothies. 6. New snack/concession/attendance window. 7. Tech classes
 1459 feature health and SHAC projects in their videos. Maybe nothing dramatic.....but little
 1460 steps that have been tons of fun!

1461

1462 37. A. Program Description:

1463 [NS]has been involved with the national Alliance for a Healthier Generation since
 1464 January 2008. After making progress on our action plan, we discovered it was necessary
 1465 to implement a breakfast program to continue advancing with the Alliance. Our wellness
 1466 committee decided this was a priority and began to set goals to implement our prized
 1467 initiative.

1468 B. List measurable program goals and how they relate to your school wellness policy:

1469 1. Researched other schools with breakfast programs - Spring of 2009 2. Visited the
 1470 schools researches to observe breakfast - Fall of 2009 3. Surveyed students to determine
 1471 breakfast needs/preferences - Fall of 2009 4. Surveyed parents for similar input - Fall of
 1472 2009 5. Developed a breakfast program proposal for grades K-12 - Fall of 2009 6.

1473 Presented proposal to administration/school board - December 2009 7. Began breakfast
 1474 program - January 4, 2010 These goals relate to our school wellness policy by providing
 1475 healthy food and beverages to students to promote their overall well-being.

1476 E. Obstacles/challenges encountered and how you overcame them:

1477 Our obstacles included: transportation, time, staff and storage. As a rural, consolidated
 1478 school, we have 8 buses transport students to our school every morning. To overcome our
 1479 transportation/time challenge, students are now dismissed directly from the buses to the
 1480 cafeteria. This allows students time to eat breakfast plus get to class on time. We added
 1481 shelves to the kitchen and become creative in serving logistics. The administration and
 1482 school board have supported this change by allowing more staffing hours to implement
 1483 the breakfast program and providing flexible scheduling of existing staff.

1484 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1485 has influenced your overall school wellness environment?

1486 By adding breakfast to school, we have given students the opportunity to begin their day
 1487 with a healthy meal. Our student survey indicated an average of 25% did not eat breakfast
 1488 before we started the program. Obviously this is a vital component of our students'
 1489 wellness. Students have reported that they feel better and are ready to focus and perform
 1490 at their best in the classroom.

1491

1492 38. A. Program Description:

1493 The [NS] Wellness Program strives to improve the health of students. Our Vision is
 1494 "Healthy kids in a healthy school. Our Mission is to promote the health of our students by
 1495 providing a healthy environment and to instill lifelong health habits. The School
 1496 Wellness Program uses Alliance for a Healthier Generation's Healthy School Program as
 1497 a framework for developing a healthier school environment. We are currently are
 1498 participating in the [C] Community Alliance for Healthy Children in Healthy Schools
 1499 project offered by [C] District Health Department through a Nebraska Department of
 1500 Health and Human Services Intervention grant.

1501 B. List measurable program goals and how they relate to your school wellness policy:

1502 The School Wellness Council of [NS] goals include: 1. Improve student nutrition

1503 Programs planned under this goal include: For the second year plans are being made for
 1504 Healthy Snack Week when each student receives a healthy snack each day during testing
 1505 week with classroom discussion about what is a healthy snack. Poster contest for third
 1506 grade students. To develop a poster that encourages good nutrition by making healthy
 1507 food choices. The posters will be displayed for all of the students. 2. Expose students and
 1508 their parents to information about health and wellness Interventions for this goal include:

1509 A motivational speaker will present a program to students this spring about the
 1510 importance of physical activity and good nutrition. Parent information sheets on health
 1511 topics sent home weekly. 3. Encourage student physical activity Interventions for this
 1512 goal includes: Encouraging teachers to utilize Jamin Minutes to provide physical activity
 1513 in the classrooms outside of recess. Each goal includes one or more objective that is
 1514 specific, measurable, achievable, realistic, and time based. Our goals are reflective of the
 1515 goals set for nutrition and physical activity in the School Wellness Policy of [C] Public
 1516 School District.

1517 E. Obstacles/challenges encountered and how you overcame them:

1518 Finding time in a very full school day to include extra physical activity and wellness
 1519 activities is challenging. Teachers are asked for input and suggestions for all of the
 1520 School Wellness Program activities, because their help and cooperation is vital to any
 1521 successes

1522 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1523 has influenced your overall school wellness environment?

1524 We believe that the motivational speaker will provide an entertaining way to reinforce the
 1525 nutrition and physical activity messages that the students have been receiving all year.
 1526 Last year the Healthy Snack Week was very popular with the students and teachers. The
 1527 students were able to fuel up with a healthy snack for testing and learned about making
 1528 good choices for a snack. The poster contest will provide participants the opportunity to
 1529 research a topic, design and create a poster. All of the students will benefit from the
 1530 information provided on each poster.

1531

1532 40. A. Program Description:

1533 One of [NS]'s most prized wellness programs/initiatives for the 2009-2010 was the birth
 1534 of "The Two Bite Club" in the Head Start/Preschool classrooms during the first semester.
 1535 This program began with the introduction to preschoolers and their families of the book
 1536 entitled "The Two Bite Club" - this book was developed by the United States Department
 1537 of Agriculture, Food and Nutrition Service to help introduce MyPyramid for Preschoolers
 1538 to young children. Initially, families (each had their own copy) read this book to their
 1539 children to encourage the children to take two bites from each of the food groups. We
 1540 partnered with Nebraska Dairy Council and Roberts Dairy to provide incentives to
 1541 children and families to complete the book and its various activities. Teachers promoted
 1542 this same message in the classroom - at mealtime/snacktime take two bites from each of
 1543 the food groups and you can be a MEMBER of the TWO BITE CLUB! What was so
 1544 exciting to observe is that children wanted to be members of The Two Bite Club, even
 1545 encouraging peers to eat two bites so as not to lose any members from the club! During
 1546 second semester, our twice monthly visits by the registered dietician from UNL
 1547 Extension - Nutrition Education Program, has resulted in a renewed concentration of the
 1548 Two Bite Club message. Food group activities and food tasting have become times of
 1549 anticipation for our preschoolers as they learn even more about the food groups. Families
 1550 receive written communication regarding these classroom activities and are encouraged
 1551 to join in the experiences.

1552 B. List measurable program goals and how they relate to your school wellness policy:

1553 Goals: 1) to familiarize preschool students with MyPyramid for Preschoolers, 2) to
 1554 educate parents on how to model healthy food choices for their preschool child, 3) to

1555 provide opportunities for preschool children to try new foods from each of the food
 1556 groups. Within our wellness policy, Goals 1 and 3 relate to the areas of nutrition
 1557 education in coursework, and goal 2 relates to the adult modeling of nutrition.

1558 E. Obstacles/challenges encountered and how you overcame them:

1559 Obstacles/Challenges and How Overcome: 1) healthy eating may be perceived as more
 1560 expensive - families would have the opportunity to work some of these foods into their
 1561 budgets; 2) students might be less likely to try some foods because they had not
 1562 experienced them at home - peer environment used to encourage children; 3) how to
 1563 educate parents regarding the "Two Bite Club" - staff modeling of the nutrition message,
 1564 written communication home, and classroom invitation to participate.

1565 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1566 has influenced your overall school wellness environment?

1567 Eating habits begin early in life. We want to encourage a lifestyle AND a lifetime of
 1568 healthy eating! Having our preschoolers use the "Two Bite Club" has encouraged them to
 1569 try foods from each of the food groups as well as new foods, and this message has been
 1570 extended to their older school siblings and parents. We are also observing the reduction
 1571 of "plate waste" by encouraging two bites of each food that help children meet their
 1572 nutrient and energy needs.

1573

1574 41. A. Program Description:

1575 The [NS] wellness team is continually working to improve the overall wellness of the
 1576 students and teachers. To accomplish this the school has numerous activities for the
 1577 students to participate in, such as walking club, chess club, and ballroom dancing.
 1578 Students are also given the opportunity to participate in intra-mural sports throughout the
 1579 year, such as soccer, flag football, volleyball, and basketball. Living in the Midwest,
 1580 outdoor recess is not always an option for our students. We have developed a structured
 1581 indoor recess plan that keeps the students moving, even when they can't enjoy the fresh
 1582 air. Our students are given the opportunity to sample fresh fruits and vegetables weekly.
 1583 For many of our students this is an element missing from their daily diet. Our teachers
 1584 take part in the morning walking club. We have also offered a 'Biggest Loser'
 1585 competition between our staff.

1586 B. List measurable program goals and how they relate to your school wellness policy:

1587 Nutrition - Students are able to identify fresh fruits and vegetables and discuss the
 1588 importance of these items in their daily diet. Exercise - Students have access to
 1589 pedometers and are able to monitor the number of steps they take during a walking
 1590 session.

1591 E. Obstacles/challenges encountered and how you overcame them:

1592 Our main obstacle to overcome is parental involvement. This is an area that we are
 1593 working to improve yearly. We have added several new programs this year to keep our
 1594 parents involved in our school. One program that we are seeing success with is a Parent
 1595 Chat, facilitated by our family liaison. She invites parents in to the school and provides
 1596 them with parenting skills and community building. Our parents are responding well to
 1597 this program.

1598 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1599 has influenced your overall school wellness environment?

1600 One of our biggest successes has been the morning walking club. In our school of
1601 approximately 350 students, 300 of them participate in the walking club each morning.
1602 Along side the students we have about 12 teachers. We are hoping to include parents in
1603 the walking club next year. Through this walking club, our students are starting their day
1604 with 20 minutes of quality exercise. Our school also offers intra-mural sports for our
1605 students throughout the school year. These consist of girls and boys soccer in the fall,
1606 girls and boys basketball in the winter, and flag-football and volleyball in the spring.
1607 These different activities offer our students the chance to get moving every day. This
1608 increases the student's desire and excitement when coming to school.

Appendix H: 2009-2010 Indiana Descriptions

Section H1: Staff Descriptions

[NS] = Name of School

[NP] = Name of Person

[C] = City/Community

1. [NS] stands for Physical Education Standards and Physically Educated Students! [NS] students, home of the [NS] Pirates, are always steering their ship towards a healthier lifestyle.

The physical well being of [NS]'s students has a direct impact on their ability to achieve academically. [NS]'s improved fitness test scores, improved BMI's, improved monthly mile runs, and improvement of all fitness activities are proof of our fit students. Exercise is one of the most important health factors to maintain a healthy life.

So, with all this being said, this is why [NS] has earned the "Healthy Hoosier School Award" five years in a row! [NS] stakeholders, students, staff, and family members, are very PROUD of the Healthy Hoosier School Award banners hanging in our gym. These banners are a constant reminder to our students to improve their levels of fitness.

[NS] is constantly assessing the strengths and weaknesses of current health/fitness programs, and new programs are being instituted. New programs include:

- [NS]'s principal, Mr. [NP] reads a "Healthy Nugget" message about healthy foods on a daily basis during morning announcements.
- For students walking and riding bikes to school, "Safe Routes to School" punch cards are distributed to earn prizes for exercising to and from school.
- A new-and-improved all-school Health and Safety Fair Day filled with a variety of health screenings with community health/fitness/safety instructors making presentations was held in the fall.
- The [NS] School Wellness Team has grown with more members (community, students, and parents), which provides our committee with a greater voice.
- Dance CD's were distributed to classroom teachers to use for indoor recess.
- The gym is being made available to classroom teachers during its idle times. Teachers can sign-up to bring their class or grade level to the gym during my planning times for more exercise.
- [NS] is developing its own personal [NS] Wellness Policy, in addition to our corporation wellness policy.
- After-school student/staff fitness programs are increasing based on the interests of the stakeholders.
- Community health and fitness professionals are being used as guest speakers and instructors/
- [NS] students study the Food Pyramid to create their own lunch blue print, and they learn how to read food labels.

With the addition of these new activities, along with what we already do on a daily basis (see the attached sheet), [NS] is rocking the "Healthy Life Style" and improving our own personal fitness goals.

45 2. [NS] has been chosen to be a pilot school for three wellness programs. A huge part of
46 our wellness efforts for this school year were spent vaccinating students against the
47 H1N1 virus. [NS] was chosen as the pilot school for the district in the very time
48 consuming planning and execution of this worthwhile program. [NS] also was chosen to
49 pilot a “riding to school” program where we installed bike racks and came up with a
50 detailed plan. Students and parents who choose to participate have to sign a bike riding
51 safety contract so they understand the rules. Many of our students are enjoying this new
52 program and it has brought opportunities for us to promote the importance of wearing the
53 helmet and other safety habits. Finally, our “riding to school” program ties in with a
54 grant the city received where they chose us to help them develop safer bike paths for the
55 city.

56 Our students and families have access to a walking trail on school grounds, and
57 several of our students compete on the Pups cross country team. Our PTO continues to
58 make wise food choices at parties and our teachers are using creative ways to reward
59 students. Rather than rewarding them with food, they are offering fun activities such as
60 time with the Wii Fit game that is located in our OT/PT room. Use of the Wii Fit game
61 also helps students needing to get their “wiggles” out, to have improved concentration in
62 class.

63 Our staff enjoys capitalizing on special events and creating wellness activities from
64 them. For example, when the Colts were in the SuperBowl, we had various activities
65 throughout the week prior to the big day with the culmination of a football game the
66 teachers played at a whole school convocation. We also are preparing an afterschool
67 staff curling event to celebrate the winter Olympics.

68 To promote the healthy practice of drinking water, our maintenance crew ran a water
69 line from the refrigerator we had in our records room. It is handy, and we can get water
70 and ice at our convenience.

71

72 3. [NS]’s Wellness Committee’s programs were designed to encourage positive health
73 practices among its staff and all 721 students, with a goal of 100% participation.

74 We strive to create multiple school wide fitness activities. To begin the school year
75 with a wellness-centered focus, students and staff participated in the Coyote POWER
76 (People Obtaining Wellness by Exercising/Eating Right) Kickoff, where everyone
77 enjoyed a fitness course designed by our P.E. teacher. Students were rewarded for
78 positive behavior with a Kid’s ZUMBA party (\$40 paid by PTO). We also participate in
79 Field Day and ACES Day (All Children Exercising Simultaneously), where students and
80 staff are led in cardio dance activities followed by a one mile walk around the school.

81 In their Physical Education classes, students participate in many different types of
82 fitness programs. Classes did Fitness Grams, which measure five fitness components
83 based on the Healthy Fitness Zone. Students also logged jump rope activities and
84 competed in “Stack-Up” Day for the World Speed Stacking Association Guinness Book
85 of World Records. Our P.E. teacher also utilizes the Physical Best program and the
86 Spark curriculum.

87 To encourage healthy eating habits our cafeteria ensures that nutritious, allergy-free
88 snacks are available for purchase daily by students who have early or late lunch times.
89 Additionally, our PTO provides healthy snacks for classroom parties, activities, and
90 covers the cost of snacks for students eligible for free/reduced lunches (\$820).

[NS] values staff wellness education. The wellness committee introduced a new weight loss initiative, The Biggest Loser, where staff voluntarily competed, tracked, and recorded their weight loss progress. Our PTO provided \$50 of incentives for the contest. To encourage physical activity, the wellness committee created “Moving Mondays” and “Wellness Wednesdays”. Monday afternoons gave staff an opportunity to walk or jog together at no cost. ZUMBA and Pilates/Yoga classes, led by a certified instructor, were offered on Wednesdays to staff for a small fee.

With the exception of weather, we thankfully have not encountered as many obstacles as in past years. We are encouraged to see the ways in which all of [NS] is a Healthy Hoosier School.

4. Some of the most prized healthy school programs at [NS] are our [NS] Health and Wellness Events, our partnership with the [C] Health Department, and our Health and Wellness Fishbowl Bowl Live News Show Presentations.

[NS] Health and Wellness Events: Million Mile Walk (MMW), Family Fitness Nights (FFN), Fitness Explorers (FE), Fit at [NS] (FA[NS]) are a variety of activities and programs offered during and outside the school day to promote health and wellness. For our district MMW [NS] has a goal to walk 60,000 miles and participation is offered to all students, staff, and community members. Classrooms record walking miles completed at school. Families and community members have also pledged to complete miles to help us reach our goal. FFN is offered to all 590 students and families and incorporates activities including volleyball, swimming, skating, hiking, and putt-putt. FE is offered to all students in grades four and five to participate in physical exercise before school on Friday mornings. Thirty five to forty students attend each week. FA[NS] is a teacher workout group led by a personal trainer for two times a week for sixty minutes after school. Additionally, the trainer offers a nutrition class once week. The cost per family/student for the MMW is free, for FFN fees range from free to \$2.50, and FA[NS] is \$10 per session. The FE leader is paid with extra curricular funds and no other funding is required. One obstacle is busy family schedules and their availability to attend. The results are health, physical exercise, family time, establishing school-family partnerships, learning more about living a healthy lifestyle, and fun!

The [C] Health Partnership with [NS] has offered the following opportunities to all 591 students during the school day at no cost: H1N1 shots, Smile Mobile, and Lead Poisoning Testing; as well as, Vision Screenings to students in grades 1 and 3; 198 students and Hearing Screenings to students in grades 1 and 4; 201 students. There have not been significant challenges and the positive results are that students are provided preventative medical care.

Health and Wellness Fishbowl Bowl Live News Show Presentations includes weekly presentations focusing on nutrition, physical activities, and a healthy lifestyle on our school student created news show, viewed by all school staff and 591 students. Presentations also include Brain Gym exercises that students may actively follow along with in their classrooms. There are no costs or challenges. The benefits are the students learn a variety of health and wellness information.

5. [NS], [NS] for LIFE (Lives Improved through Fitness Education) Program, [NS] for LIFE is a program that was begun under the scope of a [NP]Physical Education Program

(PEP) grant. Through the grant, all physical education classes were aligned with Indiana Academic Standards. In addition, we adopted the research-based SPARK PE program for use in middle school physical education. Through [NS] for LIFE, students are able to use various pieces of technology that entice them to work toward a healthier lifestyle. These include the use of heart rate monitors, pedometers, and a computer software program that tracks student progress on specific fitness targets. The program's main goals are to increase the number of minutes that students spend in physical activity; to improve the eating habits of students through increased intake of fruits and vegetables; and to improve physical education courses through alignment to Indiana standards. Great progress has been made toward those goals. Each student in grades 7-9 takes a full-year physical education class, which is far beyond minimum requirements for grades 7 and 8. These students set fitness goals at the start of the school year, and each year for the past three years, over 90% of the students have met their goals by the end of the year. In addition to these efforts targeting students, the program also provides staff wellness. Staff wellness initiatives include staff health fairs (twice per year), a weight loss program, and incentives for participating in school-based physical fitness activities such as weight training, walking, and aerobics.

6. During 2009-2010, [NS] has improved the Wellness Program with several new initiatives. [NP], physical education instructor and contact for the Healthy Schools Initiative, has actively pursued improving and extending opportunities for students and staff at [NS]. During the school day, the entire student body has the opportunity to play basketball inside and out (weather permitting) and walking during the forty minutes before school. During this time, students are encouraged to "get up and get moving." A healthy breakfast is offered to students every morning and school staff actively encourage students to eat breakfast regularly. Each student at [NS] enjoys twenty-four weeks of physical education and activities that focus on personal health, goal setting and life-long fitness. Students are physically engaged approximately thirty minutes per day. The remainder of the forty-minute period is used for daily routines that include recording information from heart-rate monitors. Physical engagement includes aerobic exercise, weight-room conditioning, outdoor games and physical fitness testing. [NP] purchased additional weight bars with funds provided through a PEF grant awarded to our school. She has applied for another grant of \$2100.00 for additional exercise mats to implement a new game, "Sink the Battleship." Students have had a multitude of fitness activities during their PE classes including roller skating, ballroom dancing, table tennis and weight training. The afterschool programs offered at [NS] provide daily opportunities for students and are well-attended. Bowling has been offered once weekly for twenty weeks with approximately twenty-five students participating each week. Fitness Club is exceptionally popular. Since September 1, fifty plus students participate in active exercise for seventy-five minutes once weekly. 6. Twelve students participated in Cardio Club twice weekly during January and February. More than fifty students are participating in the Running Club once weekly for seventy-five minutes in preparation for track season. The school principal, [NP], offers 3on3 Basketball every Friday until 4:00 p.m.

Each week, there are two dozen or more boys who remain at school for this engaging activity.

183 A dozen of our staff members exercise daily while at school and utilize school
 184 equipment to maintain a healthy lifestyle. Most staff members have attended the two
 185 health fairs offered before school this year. [NS] also served as a site for H1N1
 186 Immunizations for both students and staff.

187 The cafeteria manager, principal, assistant principal and food services director continue
 188 to encourage healthy food choices by increasing the variety of fruits, vegetables and
 189 drinks offered to students and staff. The cafeteria staff also work very hard to display
 190 healthy choices in an inviting manner. Students on free/reduced lunch have been given
 191 the opportunity to receive a bag of healthy snacks and drinks for the weekends. The
 192 groceries are concealed in either a backpack or solid container in an effort to respect their
 193 right to privacy. Additionally, St. Paul's UCC has contacted the school just this week.
 194 Members are eager to provide food to needy families in our school community. Students
 195 have been identified who might benefit from a trip to the EVSC Clothing Bank. Coats,
 196 school clothing and personal hygiene items are available free of charge to any family in
 197 need. Finally, the community outreach includes the YMCA After School Rocks Program
 198 where YMCA employees meet with our students until 5:00 p.m. twice weekly. Fifty
 199 students are now participating in this twelve week program. During the first hour,
 200 students are helped with homework and are provided a healthy snack. The second hour is
 201 filled with physical activity and crafts.

202 The [NS] Wellness Committee recommended that the selection of healthy snacks and
 203 drinks increase in the school concession that is open during most events in the gym.
 204 Sugar free drinks and a variety of bars and dried fruit snacks are now available.

205 In conclusion, the challenge continues to be salt, sugar and cheese. We are making an
 206 effort to reduce the amount of cheese sold at lunch with our recommendation that cheese
 207 is not sold as a condiment. Salt packets are not readily available and cookies have been
 208 dramatically reduced in size. Only whole wheat breads are offered, and though healthy,
 209 sweet potato fries are not a favorite yet. Financial challenges remain as equipment wears
 210 and new programs are on the horizon. The next school-wide interdisciplinary unit that
 211 will involve all students is being developed at this time with [NP], physical education
 212 teacher, serving as project leader. He has received accreditation as a site school for the
 213 Sport Fish Restoration Program funded by the Multistate Conservation Grant Program
 214 and supported by the Association of Fish and Wildlife Agencies and the U.S. Fish and
 215 Wildlife Service. All students, grades 6-8, will not only learn to fish but will acquire the
 216 knowledge and know how to continue this life-long hobby. The equipment and
 217 instruction were provided to [NP] as the result of completing a course offered by the
 218 agencies mentioned above. Our school, as a program site, will lend equipment and
 219 provide expertise to other interested schools. [NS] continues to excel in promoting
 220 healthy life choices and will seek grant sources to increase opportunities for all of our
 221 children.

222

223 7. Program description and measurable goals:

224 Girls and boys eat lunch separately due to lack of space. The order in which students eat
 225 is intentional: girls eat first, which has resulted in increased physical activity at recess.
 226 Recess personnel insure an active recess for all grade levels. Students run/walk before
 227 additional activities, allowing students to shed calories and expend constrained energy
 228 from sitting in class.

229 [NS] received PE equipment through the PEP grant. Students receive excellent health
 230 benefits during these classes through the SPARK curriculum. Activities change
 231 throughout the class period to keep students engaged and moving.
 232 Food services monitor and improve student menus. Brown rice replaced white; all bread
 233 offerings are whole wheat. Fresh fruits are available. Snack and vending machines offer
 234 only water, juice, and low-fat milk.
 235 Mornings, 60% of students participate in Walking Club for 45 minutes. After-school
 236 clubs involving staff and students promote healthy choices. Available after-school clubs
 237 include exercise, WiiFit, aerobics, bowling, and yoga; they offer a healthy snack and
 238 tutoring program, and provide a safe place for students after school.
 239 Monthly PTSA-sponsored family evenings feature a healthy meal followed by various
 240 activities, which included CPR, first aid, healthy cooking, math/literacy fun nights, a
 241 health fair, and a fun physical activity night. All family members are welcome to attend
 242 the monthly meetings. Student council members assist in providing age-appropriate
 243 activities.
 244 Partnerships with St. Mary's Mobile Dental and Lampion Mental Health Center
 245 respectively provide students with on-site, monthly dental cleaning and restorative care,
 246 and mental health services through individual, small, and large group sessions.
 247 Total number of students affected:
 248 All students benefit from modifications of food offerings during and after school.
 249 Walking Club provides physical activity opportunities to more than 60% of students
 250 daily. After-school programs involve more than 100 students each day. Attendance
 251 fluctuates at monthly family evenings, but more than 150 families have attended. Healthy
 252 initiatives of food services and in extracurricular concessions directly affect each student.
 253 Obstacles/Challenges you encountered:
 254 Students, staff, and families embrace the healthy school concept. The only challenge is
 255 securing funding for additional fitness equipment.
 256 Overall results of the program:
 257 Students report advantages of healthy eating. Parents appreciate the opportunities and
 258 education provided to become more physically active and healthier, and students express
 259 enthusiasm for staying healthy and future initiatives. An outside evaluator monitors
 260 [NS]'s progress. Using the CDC's School Health Index, we developed a three-year action
 261 plan.
 262
 263 8. For the past thirteen years, the [NS] Physical Education Dept. has annually hosted a
 264 FOCUS ON HEALTH event for all eight hundred district fourth graders. Beginning two
 265 years ago, a similar program was written for our fourth graders. All EACS second and
 266 fourth graders are transported to [NS]'s gym in October and then the other grade level in
 267 December to learn about Health topics in a variety of formats. Each topic is presented in
 268 interactive, twelve to twenty minute sessions. Exiting students are presented with their
 269 own "goodie bag" consisting of items to continue learning back at classrooms. A pre-test
 270 and a post-test enable us to learn just how effective our sessions are annually.
 271 Approximately eighty professional volunteers help us each year with each event. Nearly
 272 fourteen thousand students have participated in these annual programs to date with all
 273 costs covered by corporate sponsors. The [NS] Physical Education teacher has
 274 authored a bicycle safety unit entitled BIKE FOR LIFE which is now included in the P.

275 E. curriculum. [NP] found corporate funding (\$4,500) to purchase thirty five new
 276 eighteen speed mountain bicycles along with hand tools, course markers, helmets, and an
 277 air compressor. Students learn bicycle maintenance and repair, traffic laws, safe riding
 278 practices, and experience actual riding time on turf and hard surfaces during classes. Last
 279 year [NS] and another school hosted a Saturday morning family Bike for Life Family
 280 Health Fair. Two dozen community health agencies set up booths promoting their
 281 wellness causes. A family bicycle ride through the community culminated the Health
 282 Fair's activities. All [NS] students participate in the TOE TAG WALKING
 283 PROGRAM. Students may choose to walk a course on the play areas at recess and earn
 284 "toe tags" for every three miles walked. Students wear these tags on their shoe strings.
 285 When a student has earned three tags, a pedometer and a certificate of achievement are
 286 presented to the child along with having their accomplishment announced during
 287 morning announcements. This program has been in place for fifteen years. More may be
 288 read about this Toe Tag Program at www.doe.in.gov/cshp/success.html . The annual
 289 expense for this program is approximately \$100.00 for toe tokens and pedometers.
 290 9. [NS] was thrilled to be chosen to participate in the Fresh Fruit and Vegetable Program
 291 this school year. [NP], our corporation dietitian and our cafeteria manager were
 292 instrumental in applying for a grant from the USDA to cover all expenses of this
 293 program. The Fresh Fruit and Vegetable Program (FFVP) provides all children with a
 294 variety of free fruits and vegetables throughout the school day. Because these fruits and
 295 vegetables must be provided separately from the lunch or breakfast meal, this is a
 296 creative and effective way of introducing these foods as a healthy food choice. The goal
 297 of the FFVP is to create healthier school environments, expand the variety of fruits and
 298 vegetables children experience, increase children's fruit and vegetable consumption, and
 299 make a difference in children's diets. FFVP introduces children to new fruits and
 300 vegetables like star fruit, pomegranate, rutabaga, and kohlrabi. This program shows
 301 children that fresh fruits and vegetables are a healthy and tasty alternative to snacks high
 302 in fat, sugar, or salt. The FFVP works to combat childhood obesity. Students receive,
 303 in their classroom, a different fruit or vegetable each week. Teachers may request other
 304 fruits and vegetables if they would like. Teachers incorporate nutrition lessons into their
 305 curriculum. They are asked to use the fruits and vegetables in a creative way, for
 306 example during math class, or when they are studying different cultures or parts of the
 307 country. Teachers send nutritional information home to parents on a continuous basis.
 308 We are seeing many successes due to the FFVP. Teachers are being good role models for
 309 the students. Students are consuming more fruits and vegetables during the school day.
 310 Students are bringing healthier snacks to school. We are also seeing that the students are
 311 willing to try all these new foods. The only obstacles/challenges we have encountered is
 312 ordering the appropriate quantity of fruit and vegetables for the whole school and also
 313 providing the cafeteria staff the time to cut up and make small portions for each student.
 314 Overall, this has been a great program for our students."
 315
 316 10. I would like to say here at [NS], our most prized healthy school program is our school
 317 lunch program. From August through February 2006, we served 53,898 meals. From
 318 August 2009, through February 2010: 109,385 meals. This does not include double
 319 meals. With our student base of nearly fourteen hundred students and a staff of just over
 320 one hundred, we have to work hard to keep them happy. We have changed our

321 menus to include whole grain pizza to fresh fruit and fresh vegetables daily. We have
 322 oven fresh baked turkey to homemade rolls. Baked potatoes weekly, made from scratch
 323 soup, and boxed spinach, chef and garden salads. We have worked hard to implement the
 324 USDA guidelines, and follow their recommendations. We have incurred the cost of
 325 new employees, and some small expenses along the way that we paid for through our
 326 cafeteria account. I have not encountered too many obstacles along the way, just
 327 praise for our hard working staff, and the excellent job they are doing. Over all, the
 328 results are amazing. Just look at our meal participation. Based on these changes, that is
 329 why I, [NP], as the Food Service Manager here at [NS] would be honored to receive the
 330 Healthy Hoosier Award."

331
 332 11. This year [NS] received NCA Accreditation. This recognition shows our
 333 commitment to continuous improvement which is demonstrated by the school's
 334 adherence to the standards and implementation of a quality improvement process that
 335 yields results for students. Ongoing professional development is one of the keys to
 336 earning this accreditation. Our staff participated in a professional development meeting
 337 with the author, [NP], in which we initiated the plan from his book, Creating a Culture
 338 for High-Performing Schools: A Comprehensive Approach to School Reform and
 339 Dropout Prevention. The goal is to make students accountable for their actions. In
 340 addition, this goal would then improve the overall behavioral/mental health of our school.
 341 This program affects all students' and staff members' morale and their learning or
 342 teaching abilities. For every "redirect" of a student (due to misbehavior, talking,
 343 forgotten object in class, etc...), a click is made on the clicker. These clicks are counted
 344 daily by all teachers. If a weekly total falls within a certain range, the students will
 345 receive a reward. The rewards are things such as 5-minutes extra locker time or iPod use
 346 during lunch. The cost of the program has been very minimal. [NP] donated his time
 347 and plan from his book. T-shirts were designed by the students and made for the entire
 348 school to "kick-off" and raise excitement for the program at the beginning of the year
 349 which was funded through our vending machine money. Each teacher received a clicker
 350 that cost \$5 and these were funded through the general fund. Inconsistency was a
 351 challenge among a couple of the teachers. To be successful, all must abide by the same
 352 rules and believe in our goal. Additional requests had to be made for consistent use
 353 among all across the board. Overall, the program is beneficial. The administration
 354 has seen less discipline referrals. Our students are less distracted during class and can
 355 focus on the task at hand. The program has created a healthier learning environment.
 356 Students have learned to be responsible and accountable which will be with them for
 357 lifetime."

358
 359 12. Our most successful wellness program is our Fitness Club. It is offered to 3rd, 4th,
 360 and 5th grade students. They participate for one hour after school two days a week. This
 361 year, we had 112 students participate, which was over 40% of our students. Our focus is
 362 on nutrition and exercise in order to help them establish healthy lifetime habits. This year
 363 our nutrition segment focused on portion control. We showed them the portions they
 364 were most likely eating compared to the portions they should be eating using life-like
 365 food models. Being able to see the difference made a greater impact on them. Our
 366 exercise portion focused on making exercise fun. Through a grant, we purchased a Wii

367 along with fitness and exercise games. The students loved doing the routines, ranging
 368 from aerobics to yoga. Their favorite exercise program was the use of pedometers. The
 369 students were split into groups and their goal was to see how close they could get to
 370 Disney World in a week. It was very exciting listening to the students encourage their
 371 teammates to ""walk more"". At the beginning of this school year as part of our staff
 372 wellness program, our entire corporation staff received pedometers. Using these, the
 373 staff in my school had a competition among themselves to see who could walk the most
 374 steps. Many of our staff still wear their pedometers on a daily basis, serving as great role
 375 models. I am most thrilled about a new program we are embarking on. We have
 376 focused on our student population whose BMI's fall in the overweight or at risk category.
 377 We will be working specifically with these students after school every day on nutrition
 378 and exercise, as well as monitoring their blood pressure, pulse, weight and food intake
 379 with the use of a food diary. We will also be actively involving their parents with this
 380 program to help their child be successful. The overall results of our programs are
 381 evaluated by weight, BMI comparisons, student attitudes, and participation."

382
 383 13. Our school, [NS] has been working to improve the overall wellness at school in the
 384 past year. We were very honored to have won the Silver award the last two years. It's
 385 been a great motivator for us to continue to improve for the ultimate goal of being a Gold
 386 Medal school in wellness issues. We still have various programs that continue each
 387 year such as: middle school intramurals, Walking Club, Wacky Warriors, and Kuk Sol
 388 Won Karate, a student "cook off", staff chili "cook off", self-defense night class,
 389 Scooter 500, Spring Fling, Biathlon, Staff Biggest Loser, and lunch time fitness
 390 opportunities. All middle school and high school students have the opportunity to
 391 participate in various activities. We have continued our ""Game On"" activities that
 392 were established for the improvement of our communities health through the 2009
 393 "Game On" grant. These programs are nutritional taste testing days, convocations,
 394 "Ironman 500", cooking contests, and Biggest Loser. Open gym and fitness lab, hallway
 395 walking, track usage, a self-defense night class, and intramurals are offered for the
 396 community. Semester length, 90 minutes, physical education classes, strength and
 397 conditioning high school classes, and advanced PE are available for students. For a small
 398 school, these are a few elective classes that give our students fitness opportunities.
 399 With the help of our Wellness Committee and all the different curriculums, we continue
 400 to give our community members, staff, and students wellness opportunities. Challenges
 401 such as staff reduction, and funding, because of the education money crisis are a serious
 402 problem for us. However, we are committed in continuing a healthy environment at
 403 [NS].

404 14. The goal of the [NS] Wellness Committee is to incorporate a touch of "wellness" all
 405 activities of the school year. Back to School Routine- Educational
 406 announcements/newsletter articles reminded all families to get into a healthy school
 407 routine. • Sleep requirements of 11 to 9 hours for school age children. • Start
 408 your day with breakfast-include a protein. • Organize the night before to decrease stress.
 409 Red Ribbon Week- Students planned activities in October to educate all students: •
 410 Avoid drug use in the future as well as the effects of drugs and tobacco on the body. •
 411 Knowing who should give children their medications • Students
 412 distinguishing between medication and candy similarities • School nurse taught

413 third, fourth and fifth graders the effects of smoking, alcohol and marijuana respectively.
 414 Community Physical Programs- • [C] Parks & Recreation • [C] Dad's Club •
 415 [C] Swim Club • Pup Running • CE Race for the Cure Team
 416 Walking Club- Run Walk Club meets after school for one hour. 31 students are
 417 "Walking Across America" as well as join the "100 Mile a Month Club". Each student
 418 receives a certificate acknowledging this accomplishment. Pedometers are loaned to
 419 students through funding by grants received. Indoor Recess Initiatives- Exercise videos,
 420 indoor step walking Classroom Incentives- Class rewards for extra recess Dental Health
 421 Month- Dentist educated 88 second graders on dental health. PSA and posters on dental
 422 health Family Fitness Night – The 3rd Annual Family Fitness Night had an increase in
 423 participation this year to over 350 families. Activities include a one mile long run/walk
 424 loop, bounce houses, inflatable obstacle course, scooter races, and jump roping, hula
 425 hoops, cooking demonstration, health education booths and a grand finale group fitness
 426 routine lead by a certified aerobics instructor. Funded by PTO and community agencies
 427 BMI screening- Completed by nurse on all 2nd -5th grade students Drama programs-
 428 53 kids participated in drama club & learned choreographed dances. March National
 429 Nutrition Month – Healthy recipes were submitted by students to compile a student
 430 cookbook. Healthy Tips were printed in the weekly newsletter and announced daily by
 431 students on the wellness committee Movie nights – PTO serves popcorn and water"

432
 433 15. For the 2009-2010 school year, the [NS] Administration teamed up with the PTO and
 434 student body to raise funds for the school while promoting a healthy lifestyle for all
 435 involved. The First [NS] Challenge was chaired by parent volunteers, [NP] and [NP].
 436 Teachers, support staff, administrators and all 1200 [NS] students participated in a 30
 437 minute run/walk around the middle school's track over a three day period in September.
 438 On race day, the participants wore matching T-shirts which were funded through
 439 corporate sponsorships. Students had collected pledges prior to the event. Grade and
 440 team level contests for collecting the most funds encouraged students to seek out both
 441 private and corporate pledges. Our overall goals for the program were to have full
 442 student participation while raising at least \$11,000 for our school. Far succeeding our
 443 goal, the students collected more than \$19,000 in pledges. Our expenses for the event
 444 included water bottles and T-shirts for the participants. Much of this was offset by
 445 corporate sponsorship. The event was held over a three day period, as each grade level
 446 had an assigned day and time slot. More than 50 parent volunteers offered their time to
 447 man water stations while encouraging the students to keep moving around the track. The
 448 local paramedics were on hand during the event as well. The top performing participants
 449 logged nearly five miles during the 30 minute event. In the case of inclement weather,
 450 rain dates were scheduled. However, the entire student body enjoyed perfect weather,
 451 great music, exercise and lots of laughs. Regardless of their level of ability, all of the
 452 students were able and willing to participate. The feedback from students and teachers
 453 was very positive, and many requested that the [NS] Challenge become an annual event."

454
 455 16. [NS] promotes many healthy activities for our students. One such event which we are
 456 in partnership with our PTO is the WOW event. The kickoff to this event was an evening
 457 of fun which encouraged the students to do the following activities: basketball, rock
 458 climbing wall, obstacle course, photo booth, dancing and healthy snacks. During the

459 health fair, St. Vincent Hospital as well as other businesses set up booths for the students
 460 to participate and learn about their health. Some of the booths included: Stuffed, a stuffed
 461 animal with different organs, health screenings, healthy lungs, nutrition, hand washing,
 462 stress center, sugar content in foods, American Diabetes Assoc. Another large project
 463 we provided was the H1N1 Clinic. We worked with the Visiting Nurses Association to
 464 vaccinate all the students that wanted to be immunized for the H1N1 virus. Many of our
 465 students ride their bikes and skateboards to school due to our close proximity to many
 466 neighborhoods. Our teachers are encouraged to make ""healthy choices"" for incentives
 467 and rewards. For our staff, we encourage healthy choices all year long with contests and
 468 prizes to the winners. Some of these contests include the Trim a Turkey where staff had
 469 to watch what they were eating and were encouraged to eat healthy during the holidays.
 470 We had a March-a-Thon. This contest encouraged exercising for the month of March in
 471 the hopes that it would become a habit for the staff."

472

473 17. [NS] is involved in many different programs and initiatives to promote a healthy
 474 school environment. The first and third grades have their vision tested soon after school
 475 begins in compliance with Indiana rules. First graders also have the Modified Clinical
 476 Technique screening by eye doctors from our area. Preschoolers are a part of Operation
 477 KidSight which is sponsored by the Lions Club. All of these programs are free of charge.
 478 The Jump Rope for Heart initiative involving all of our students and the Go Red for Heart
 479 campaign for our staff raise a community-wide awareness of heart-healthy living in
 480 adults and children. One of our favorite promotions is the Pup Running Club that is
 481 supervised by our parent-teacher organization. All 4th and 5th graders are invited to
 482 meet twice a week in the fall and the spring for instruction and training related to
 483 running. The cost of this club is about \$14 per student which is funded individually. The
 484 members participate in meets corporation-wide and are taught healthy eating habits,
 485 sportsmanship, teamwork, discipline, and giving their best effort. [NS] has an annual
 486 Track & Field Day for all students every spring. The PTO sponsored event includes
 487 various physical activities and competitions throughout an entire school day. This is a
 488 great bonding experience for students, teachers, and parent volunteers. Primary graders
 489 receive hands on experience in handwashing each year from the school nurse. Our staff
 490 members are all great supporters of frequent handwashing which has greatly reduced our
 491 absenteeism this year. By far the biggest celebration of healthy living occurs each spring
 492 as our school sponsors a team in the Susan Komen Race for the Cure for breast cancer.
 493 Staff members and families and friends all bond together to walk/run to support this
 494 cause. In 2009, [NS] had almost 50 team members participating. Our halls are filled with
 495 race team shirts on staff and students alike at race time.

496

497 18. [NS] has an exciting, interactive way for the students to learn about the heart and
 498 why a healthy heart facilitates good health. Our Physical Education teacher, [NP],
 499 developed the program. The name of the program is "Pat's Heart" and is appropriate for
 500 Kindergarten through 5th grade. The main items for the activity include a parachute,
 501 hula hoops, collapsible nylon tunnels, a basketball hoop, soccer goal, inflatable plastic
 502 balls, plus an air pump. The P.E. teacher has the class sit on the floor in front of the
 503 heart/circulation model, which spans the entire gymnasium floor. The class is given an
 504 explanation about circulation, how the heart works, the anatomy of the heart, how blood

receives more oxygen and why, and what happens when blood flows through the lungs. Students are then assembled at different locations around the floor heart model. Students must move through the process in a timely manner. The student follows the path of blood cells through the heart chambers and lungs as they travel through the entire body via arteries and veins. Students learn why blood vessels are different colors and why. This information is supported through the student completing specific activities such as shooting an inflated (reason for air pump) plastic small beach ball (representing oxygenated blood) through the basketball hoop (represents the brain receiving oxygen), as blood travels back to the special heart chamber (parachute represents heart) through the nylon tunnels that are the arteries or veins. Students are walking, crawling, shooting hoops, and stepping through hula hoops as they progress through this activity. This activity, being student interactive, promotes physical activity, explains the anatomy of the circulation system, teaches how different body organs receive oxygen, and emphasizes the importance of making healthy choices, all of which meet health and physical education curriculum goals."

19. My name is [NP], I am the registered nurse and chairman of the wellness committee at [NS]. Our most prized healthy school program this year has been Project 18. Project 18 is an 18 week curriculum sponsored by Peyton Manning's Children's Hospital, Marsh Supermarkets and Ball State University. The curriculum has three parts, PE, nutrition and holistic Health. Each section has specific lessons such as learning the food pyramid, whole grains vs. refined grains, portion sizes: how much should I eat, how to avoid overeating at restaurants, dairy for strong bones and teeth. Some of the Pe and holistic health lessons are: breathing easy (asthma) aerobic activity, stretching, you and your heart, boosting your self-esteem, how to talk to adults and five steps to successful problem solving. The children used smart goals to accomplish their objectives, SMART stands for specific, measurable, attainable, realistic and timely. An example of a measurable goal would be the student chose to drink water after school instead of a carbonated beverage. Another way goals were measured is by the pre and post test assessments; these showed an increase of 15% in grades 3 and 5 for transference of knowledge. The total number affected by Project 18 varied by degrees, 300 students participated in our hands-on interactive Project 18 day where 18 stations of fun and learning took place. The entire school community took part in the rise and shine song and five a day song played on morning announcements. The program was funded through PTO, and community donations and volunteers. Guest speakers were brought in at no charge. An increase in the health and wellness budget would allow [NS] to fund many more assemblies and increase the number of student participation. The challenge facing the implementation of Project 18 is to include more staff members, grade levels, while keeping the excitement and enthusiasm at a palpable level. The overwhelming response to Project 18 is supported by the parent, student and community members many positive comments."

20. [NS] is fast becoming a leader in health and wellness in the [C] community. Our school family is made up of many caring and talented students, teachers, parents and community members who want to increase the health and wellness of our school. Our school partnered with St. Vincent's Hospital to have a health and safety fair for our

community. This year we also had our first annual health and safety fair specifically designed for students. Each of our 737 students in our building attended the fair. Our students learned healthy habits to last a lifetime. We teamed with our local mascot Blue from the Indianapolis Colts to bring his message of PRIDE to our students. This school wide convocation focused on Physical fitness, Respect for yourself and others, Intelligent decisions (saying no to drugs, alcohol and tobacco), Diet, and Education. Blue's theme of PRIDE really fit in with our wellness efforts at school. We continue with our "Walk across America" project that incorporates fitness, nutrition, and education. Students and families take a "hands on" approach to getting active, eating well, and learning the importance of a health lifestyle. We hope to break last years' record by the end of April. You could say it is a team effort to increase health and wellness at [NS]. We collaborated with VNS this year to administer over 760 H1N1 vaccinations to students. Our teachers motivate students with internal rewards, not candy. Our cafeteria staff works hard at offering fresh fruit, vegetables, juices and healthy alternatives to our staff and students. Our school nurse offers a school wide wellness Wednesday where our students engage in exercises to start the day. The nurse also promotes physical activity in the form of a wellness challenge to all students over the weekend. Our wellness committee maintains a bulletin board in the hallway to encourage a healthy life style, and provides the teachers with Health-e- tips to share with students. Our custodial staff details our building using only safe, non-toxic cleaning products. These programs impact the entire student body at no cost."

21. [NS] started its school year with an assembly featuring the Colts' mascot, Blue. Blue introduced the PRIDE initiative to [NS]'s very own 623 students: Physical fitness, Respect, Intelligent decisions, Diet and Education. These concepts have been integrated into school and extracurricular activities.

Healthy food options are provided daily in the cafeteria. Our food service ensures the freshest fruit is available. Students and staff are consistently encouraged to "take another fruit (or vegetable) for later." This encouragement has shown positive behavioral results, with education reinforcing the overall goal. [NS] has been working on its second annual Health & Wellness Fair. This fair is geared toward the school and its community. [NS] has enlisted the help of a local hospital and other medical services to provide free screenings and education on preventive health. Sources for fresh foods and alternative, healthy snacks are being offered. [NS] is collaborating with CIRBC to educate the students and community on making healthy choices and donating blood to help the community. Informative exhibits will educate fairgoers on healthy life choices as well as provide them with resources for questions and concerns. Healthy challenges are planned leading up to the fair day, such as Hike/Bike to School Day, a staff contest to see who can put the most steps on their pedometers, and cafeteria displays and challenges to "Eat This, Not That." To help cover the costs of the fair, [NS] has received a \$500 grant. Approximately 150 people participated in the fair last year and the goal for this year is to reach 300 to 400 participants or more. An Adventure Race, as well as a week-long build up with in-school activities to bring in more participants, are some of the activities that have been added to increase awareness of the fair. Overall, [NS] displays the commitment to create an environment that encourages children to develop healthy habits.

596 [NS] evaluates its standard procedures and strives to improve them and continue to
 597 provide programs that promote healthy, active lifestyles.

598 22. One of [NS]'s most prized healthy school programs is the creation of its Wellness
 599 class. The program was developed and instituted by Wellness Department Chair, [NP]

600 The creation of the program developed from alignment of the health and physical
 601 education standards so cross-curricular learning takes place that enhances the relevance
 602 of the curriculum. The Wellness program promotes weekly physical activity that uses
 603 goal setting, cardiovascular development, life-long fitness experiences, and cross-
 604 curricular health and physical education connections. Goals of our Wellness
 605 program focus on making the class beneficial for the students overall physical health and
 606 well being. Our first goal attempts to increase the amount of time students are exposed to
 607 physical activity throughout the year. Another goal focuses on student goal setting and
 608 achievement relative to fitness testing. Students are put through fitness tests each quarter
 609 and then set goals they hope to achieve by the next quarter. Activity days include
 610 exercise that fosters improvement of the students' goals. Finally we try to expose
 611 students to a wide variety of health and physical activity concepts that advance the
 612 development of the four parts of health to develop the total wellness of each student.

613 798 students experienced Wellness this year at [NS]. The cost to implement this
 614 program has been minimal thus far. The most exciting addition to our program has been
 615 the continued development of our cardio room. Through grants from our school
 616 foundation, Concept2 rowers, and Best Buy plus donations we have developed a room
 617 that contains six rowing machines, an elliptical machine, two stationary bicycles, a stair
 618 climber, 3 spinning bikes, as well as four Nintendo Wii's that students use for Wii Fit,
 619 cardio workouts, and DDR. Obstacles and challenges have been few thus far as support
 620 from parents and administration has been outstanding. Minor problems included funding,
 621 space for additional activities, staff attitudes while adjusting to large changes in their
 622 traditional ways of teaching, and students taking more ownership of their own behaviors.
 623 The overall results have been terrific as we see increased participation and attitudes about
 624 health and physical activity. Our students' fitness levels have increased tremendously
 625 this year, with some of our biggest gains being seen in cardiovascular improvement and
 626 flexibility. Students are excited and eager to chart their improvements and correlate their
 627 hard work in class to improvements in their overall health and well being."

628
 629 23. The [NS]Running Club is a school running club located in [C], Indiana. The Physical
 630 Education teacher, [NP], started the [NS] Running Club. Students from Kindergarten to
 631 fourth grade were able to join. The [NS] Running Club met after school once a week for
 632 five consecutive weeks. The students were training for a one mile cross-country meet
 633 held in October, which is sponsored by the High School Cross Country team. This is the
 634 fourth year for our running club. Each year the Running Club becomes more popular
 635 with the students. In 2009 [NS] had 186 students participate in the Running Club. The
 636 Running Club uses the schools outside facilities for our running courses. Spray paint
 637 marking the running course is the only minor cost, which the PTO purchases for us.

638 Our [NS] Running Club mission is to promote the sport of cross-country running
 639 to the youth in our community by providing a fun, positive opportunity. The students are
 640 self-motivated trying to run as many laps on the course as possible. The students set
 641 goals and are able to increase their distance eventually being able to run a mile or more.

642 The program is integrated with the high school cross country runners coming over to join
 643 our workouts, train with the kids, and teach the students about team spirit. They also
 644 encourage staying fit, mental toughness, and setting personal goals. The only
 645 challenges involved in this program have been supervising all 186 runners. Fortunately,
 646 the [NS] staff is more than willing to stay after school to help. Our staff feels introducing
 647 kids to the fun of running at a young age is an exciting way to help them develop healthy
 648 habits. It is our goal that their fitness activities will stick with for life. We stress that
 649 EVERYONE who participates is a winner! Hopefully, our club will surpass the '200'
 650 mark for 2010."

651
 652 24. [NS] values the importance of educating students about the benefits of physical
 653 activity. One of our school's most prized healthy programs is our "Heart Healthy
 654 Adventure." Our physical education teacher runs this program with assistance from the
 655 music and art teachers. Our Heart Healthy Adventure runs for two weeks at the
 656 beginning of March. This program includes teaching students about the importance of
 657 heart health by using the heart adventure obstacle course. This course simulates blood
 658 flow through the heart. This program concludes with our schools participation in Jump
 659 Rope For Heart. Our school's focus in Jump Rope for Heart is helping others. We teach
 660 every student that they have the opportunity to be a heart hero. For our Jump Rope for
 661 Heart event rotates students through stations, which include the heart adventure challenge
 662 course, jump rope stations, and dance/aerobics. Our music and art teachers help facilitate
 663 these stations. Students participate in Jump Rope for heart regardless if they raise money
 664 or not. Our goals for this program include the following: Educating students on the
 665 importance of heart health Being an advocate for their family on the importance of
 666 exercise Educating students about heart disease Allowing students to take an active role
 667 by raising money for the American Heart Association Completion of the Jump Rope for
 668 Heart event Fortunately, there is no cost for this program. We use physical education
 669 equipment that the school already has. We had 500 students participating this year
 670 ranging from grades 1-4. Our biggest challenge was the economy. It is a difficult
 671 time right now to do any type of fundraising but the students far exceeded our
 672 expectations. They were extremely dedicated to helping others. Our overall outcome
 673 was very positive. An entire class made it through the heart adventure challenge course
 674 between 80-100 times in a class period. Our fundraising goal for Jump Rope for Heart
 675 was \$2,000 and our school raised over \$7,500. I would say we had a great outcome!

676 25. It is our goal and mission at [NS] to offer our students quality programs/experiences
 677 that will promote, expose, and instill a lifetime of healthy living: [NS]has many fitness
 678 programs available for our students and community. Two specific programs that directly
 679 affect the high school students are our "Miller Strength and Conditioning" and "Fit Club"
 680 programs. The Miller Strength and Conditioning program services approximately 800
 681 students on a yearly basis. Students can take an "Athletic Weights" course during the
 682 day, and our NSCA-CSCS strength coach designs and implements pre-in-and out of
 683 season strength programs for our teams and individual students. Furthermore, our weight
 684 room is open everyday after school and some mornings on a year round basis for our
 685 students to attain and practice a health lifestyle. Student strength/fitness goals (bench,
 686 squat, clean, 40, vertical, body fat, E.S.D-Energy System Development, etc...) are
 687 measured and tested every 9-weeks. In addition we have implemented the Functional

688 Movement Screen, which aids us in identifying students' imbalances and asymmetries.
 689 This program has been adopted by many other high schools in Indiana and our strength
 690 coach has spoken at local, state, and national conventions regarding this program. We
 691 have also implemented our Championship Monday/Wednesday speed-athletic
 692 development program, which has had an average of 200 students (males/females 8-12th
 693 grade) coming in before school at 6:00 am. We have over 25 coaches volunteer their
 694 time and we supply them with a healthy breakfast that includes protein, carbohydrates,
 695 and electrolytes to aid them through their academic day. Our "Fit Club" is designated
 696 for any student who is not participating on an in-season competitive sports team. These
 697 students utilize our Freshman Campuses state of the art weight/ cardio center that is
 698 furnished with new Hoist strength equipment and a variety of cardiovascular machines.
 699 Programs are individually designed for each student and body fat/composition tests are
 700 periodically measured. In addition, fitness goals and nutrition concerns are addressed.
 701 Our Fit Club program consists of approximately 100 students throughout the year.
 702 Obstacles: We need a bigger training facility to accommodate more students Results:
 703 Popular program that has grown each year. Students are dropping body fat % and gaining
 704 strength (all results vary by individual)"

705
 706 26. Program Description and Measurable Goals: The FUN RUN is our amazing school-
 707 wide fundraiser, held in the fall and is put on by our PTO, as well as our Administrators,
 708 Wellness Department, Teachers with the assistance of our school Nurse and Custodial
 709 staff. Students are asked to receive monetary donations for the amount of laps they can
 710 achieve around a ¼ mile track for a specific amount of time. This year, each student was
 711 on the track for 40 minutes. Regardless if students receive sponsors or not, EVERY
 712 student and teacher participates. The goal was to raise \$40,000 as well as achieve and
 713 promote physical fitness. Students set goals as to how many miles they can achieve in 40
 714 minutes along with teachers participating with their students. Obstacles/Challenges You
 715 Encountered: We do not have an outdoor track, with the entire school involved, we were
 716 able to transport students to [NS] High School for the entire day and utilize their track.
 717 The weather can always be a challenge. Another challenge is making sure all student
 718 medications and health information is on site in the event that a nurse or medical
 719 personnel cannot be in attendance. Overall Results: We encountered beautiful days,
 720 transportation ran smoothly and our students not only gained a day of physical fitness,
 721 with some students achieving 4+ miles in 40 minutes but they raised over \$49,000 for the
 722 2009 FUN RUN. Achieving above and beyond the goal, our Principal along with our
 723 two Assistant Principals and two Wellness teachers rode bikes to every school in the
 724 district, totaling over 25 miles. The FUN RUN was a huge success, not only in monetary
 725 donations but for our students achieving physical fitness as well as witnessing their
 726 teachers and parents participating in the event. We take great pride at [NS] in being
 727 advocates of healthy lifestyles and lifelong fitness."

728
 729 27. We enhance our health curriculum with several programs. There are two DNR
 730 programs. Boating Safety is the state licensing program for boating. The program affects
 731 673 seventh graders. The cost is free to all students. The next program: outdoor
 732 recreation. The program affects. Obstacles: None. Overall result: anyone who passes
 733 the test will have an Indiana state boating license.

734 CPR is the next program. The program offers training for adult, child, and infant CPR
 735 through the American Heart Association. The program affects 639 eighth graders. The
 736 cost is free to all students. If students want certification, the cost is a dollar for the two-
 737 year card. The overall result is students who take the training can be certified in CPR.
 738 We also offer (Creating Positive Relationships). The program is abstinence education.
 739 The program affects 1312 seventh and eighth graders. The cost is six dollars per student,
 740 which is paid in book rental. Obstacles include families not wanting their child to take
 741 the class and scheduling issues. The overall outcome of the program is children will
 742 make educated decisions about abstinence. The Wellness Department sponsors the
 743 Miller Marathon, an annual run/walk event. The race is a 6.2-mile course for the entire
 744 school/staff. The cost to the students is free. PTO budgets \$1000.00 for supplies.
 745 Obstacles: Indiana weather and convincing seventh and eighth graders a 6.2-mile race is
 746 fun. Overall result: is to introduce walking and running as a fun lifetime activity.
 747 Everyone can be successful at this event. The Skating program allows students to roller
 748 skate for one week during physical education class. The program affects 1391 students.
 749 Cost: \$6.00 dollars per student. No conflicts. This allows all students to experience
 750 another lifetime activity. The last program is the Health Fair. We have a district wide
 751 Healthy Schools Week, September 21-25. [NS] will be holding a free health fair for all
 752 students/ staff complete with diagnostic health screening."

753
 754 28. [NS] offers a fitness club called Mustangs-N-Motion. The physical Education teacher,
 755 [NP], has taught Mustangs-N-Motion for three years. Mustangs-N-Motion is for grades
 756 1st-4th. There is approximately 175 students that attend the after school club. It is a
 757 well-documented fact that Americans become increasingly less active as they age. Just as
 758 children and youth can learn the habit of regular physical activity, they can learn to be
 759 inactive if they are not taught skills and given opportunities to be active during their
 760 childhood. Mustangs-N-Motion provides the skills, knowledge and attitudes that facilitate
 761 choosing physical activity after school, at home, and in the community. Goals and results
 762 of Mustangs-N-Motion: Establishes a positive, safe learning environment for all students
 763 Teaches a variety of physical activities that makes fitness fun and enjoyable
 764 *Creates maximum opportunities for students of all abilities to be successful
 765 *Promotes student honesty, integrity and good sportsmanship *Guides
 766 students into becoming skillful and confident movers *Facilitates the development
 767 and maintenance of physical fitness *Assist students in setting and achieving personal
 768 goals *Provides specific, constructive feedback to help students master motor skills
 769 *Afford opportunities for students to succeed in cooperative and competitive
 770 situations *Prepares and encourages students to practice skills and be active for a
 771 lifetime The program is free of cost for participates. [NP] is paid a one-time stipend
 772 from [C] schools of \$250.00. Students take a pre and post presidential fitness test. The
 773 students set goals from the pre-test results. Exiting questions are used at the end of class.
 774 The questions are: Why do these activities? Where and when should you perform this
 775 activity? Do you enjoy this activity? What is your favorite activity? Mustangs-N-Motion
 776 is very successful. The success and enjoyment students have is what causes the obstacles.
 777 The biggest obstacle of this program is that there is lack of adult help. There is a
 778 participation limit and every year students are turned down. It would be nice if another
 779 teacher or volunteer would help to allow more participates."

780
781 29. [NS] is currently partnered with Riverview Hospital of [C] in an effort to improve
782 the health and well being of our students. This initiative is Project Fit America and it is a
783 non-profit corporation that is organized and operated exclusively for charitable purposes.
784 [NS] and Riverview Hospital are also proud that this is the first Project Fit America
785 program in the state! The initiative was brought to the attention of [NP], CEO of
786 Riverview Hospital, and with her support the program was purchased for \$7,800. The
787 program included: State of the art outdoor equipment, indoor mobile fitness equipment,
788 curriculum guide that includes many health related lessons for both Physical Education
789 teachers and all grade level teachers, teacher training and community outreach programs.
790 Our challenge was to find the funding for installation of the outdoor equipment and our
791 Parent Teacher Organization provided the funds at the cost of \$3,000. This program is
792 in its first complete year of integration and it has been such a positive addition to our
793 school. The students are tested in several areas of fitness with the outdoor equipment in
794 the fall then retested in the spring. This program also goes hand in hand in with our
795 annual President's Challenge Fitness Testing Program. This equipment is available to
796 our students at recess, during Physical Education Classes and before and after school.
797 This includes all 550 of our students. This allows them to have ample time to increase
798 their level of fitness. "Chart and Challenge" activities are special to our students as they
799 have the opportunity to break personal records and post them in the gym on certificates or
800 chart paper during their Physical Education classes. These challenges are encouraging our
801 students to do their personal best. Our Physical Education Instructor, [NP], strongly feels
802 that our spring scores will improve as our indoor activities have also helped to build
803 strength throughout the winter. The practice scores are an indicator of the improvement.
804 Those activities include Pacer Run, fitness hula hoops and fitness cups. Final scores will
805 be recorded in April. Project Fit America started with a bang last spring as we had a
806 huge school and community celebration. The event was grand and heavily attended by
807 school board members, school administrators, hospital administration, students, faculty,
808 state representatives, parents and other community members. It was a great day for [NS]!
809 That event declared our commitment, as well as the community's commitment to
810 developing "healthy kids". This partnership is encouraging our kids and we look forward
811 to watching our students grow with the program year after year.

812 30. Our food service department partnered with St. Vincent's [NP] Children's Hospital to
813 develop a program that promotes eating more fruits and vegetables on a daily basis. This
814 was part of the Project 18 program. We piloted this program with the 4th graders.
815 Students counted the number of fruits and vegetables they ate from either their school
816 lunches or sack lunches. A poster representing a football field was created to keep track
817 of the number of fruits and vegetables the students ate during lunch. Each fourth grade
818 class teachers was listed and then each student's name under their teachers. Every time
819 they ate a fruit and/or vegetable they received a check mark on the football field poster.
820 The goal was to get the class to the 100 yard line by the end of the program. The first
821 classroom to get to the 100 yard line received a prize. We kicked off the program by
822 giving the students a [NP] play book. The contest allowed us to teach the students what
823 constitutes a fruit and vegetable and show them examples of many varieties. We had 107
824 students participate in the program. The [NP] Children Hospital paid for the posters,
825 playbooks and prizes. The food service department paid for the mailings to parents,

826 administrators and small items, this amounted to approximately \$25.00. The biggest
 827 obstacle encountered was handling the rush of students to the poster to record the number
 828 of fruits and vegetables after lunch. The students loved this contest and so did the staff.
 829

830 31. [NS]'s health and wellness program has continued to evolve since being introduced
 831 during the summer of 2007. The initial transformation began due to the alarming
 832 number of students with food allergies but concluded as a creative and healthy method
 833 for celebrating birthdays, holiday parties, special projects and rewards for classroom
 834 accomplishments. It also incorporated many physical and mental activities to help grow a
 835 healthy body and mind. [NS] has rid itself of all unhealthy food products in regards
 836 to parties, activities, or curriculum in nature. Parents and teachers together determined
 837 the list of food products that could be used within the building. At first, the idea of
 838 eliminating sugary treats and foods seemed extreme but any apprehension soon
 839 evaporated. Teachers and parents could not be happier, and in return our children are
 840 healthier and really enjoy all of the new options. This has also encouraged our staff to
 841 become healthier and make better choices in regards to eating healthy and becoming
 842 more physically fit. Staff members have joined Weight Watchers and health clubs. We
 843 adopted the Project 18 Eat To Win Challenge which has greatly benefited our school.
 844 Students are now eating more fruits and vegetables. Most importantly, our students and
 845 staff have become much more active and physical. Birthday parties "treats" can be an
 846 extra recess, bowling in the classroom, or dancing. A new program called cross lateral
 847 brain exercises are done five times every day in every classroom. These activities
 848 strengthen the student's mind and body. Our fall Walk-A-Thon has our students walking
 849 30 minutes and doing various types of physical activity during the entire day. After
 850 school enrichment programs have become more physical too: Tae Bo, golf, Pilates,
 851 cheerleading, roller skating and many more are offered. Our Science Club included
 852 activities such as hiking and canoeing. The cost for our programs is minimal. Since
 853 going green with all newsletters in our building, communication is done electronically
 854 which helps save trees and enhances our environment."
 855

856 32. In keeping with the vision of [C] Schools, the High School Health and Physical
 857 Education department believes that we can and need to always improve upon the
 858 curriculum offering for the [NS]HS students. There are advancements in the Health field
 859 that seem to occur on a daily basis. We as a 21st century school are always looking to
 860 increase programs in order to keep up with these advancements in Health and Physical
 861 Education. Four years ago, our corporation constructed a Multi Purpose Instructional
 862 Facility (MPIF). This facility contains: 4 full sized basketball courts, a 2/3 scale track,
 863 weight room, fitness room, cardio room, wrestling room, and three classrooms. With this
 864 new addition, the Health and PE department created new classes: Current Health Issues,
 865 Sports Medicine, Aquatics, Lifetime Fitness, and Team and Individual Sports. As a
 866 higher achieving school, we wanted to be healthier. In our Health classes, we have an
 867 outside group called Creating Positive Relationships that come in to discuss STD's and
 868 relationships. This group charges \$6.75 per student. This is a wonderful program. In our
 869 second year PE class, we have a member of the [C] Health Department come to our
 870 school to teach the students CPR and give each student the basic skills needed for early
 871 detection of breast and testicular cancer. CPR costs the students \$2.25 per student and

the BSE/TSE information is free of charge. We enjoy this because every 10th grader will have a chance to be certified in CPR for at least 2 years and gain valuable information on early detection of cancer. In our PE classes, we have a wide variety of fitness and fitness testing material. [NS] also has 40 Heart Rate Monitors. These simple watches are used on a daily basis during exercise. The entire set was around \$2000. This was paid by the corporation. Every class in the Health and PE department is based upon helping every student become healthier. It is estimated that the Health and PE department affects at least 1000 to 1200 students every year, hopefully for the good."

33. [NS] is a great place for students to think about getting and staying healthy. Each and every general education student in our school has Physical Education class once every four days. Our P. E. classes have added a very effective activity that we call "Running Club". Running Club takes place during regular PE class time about one time per month. The PE teachers, [NP] and [NP] turn on the score clock of the gym. The clock is set to run up to a certain length of time that increases with each month. Students continuously jog or run until the clock is up to the required time for that month. September was the first running club, in which students were encouraged to run for three minutes without stopping-no tying shoes, no getting a drink, no stopping for any reason until the three minutes was up. Time increased in subsequent months. In March, students were up to the 7, 8, & 9 minute times. The teachers then write student names on the bulletin board "club" sheets for all to see. There are three sheets on the bulletin boards right now, entitled: 7 minute running club, 8 minute running club, and 9 minute running club. There are not more than twenty names in the lower time clubs, as most students want to make the challenge of the top club. The PE department started the running club as a way to increase cardio-respiratory health and improve student endurance. In May, all students participate in The Presidential Challenge Fitness Testing. Teachers anticipate improved qualifying times for the mile run. Previous mile run times disqualified roughly 25% of our students from meeting presidential or national standards. This "Running Club" program had no increased cost or extra funding as all materials were readily available. Some of the first challenges were concerns for obese students. Many of these students have risen well above teacher expectations. Every student in [NS] is affected by the program.

34. The [NS] Community ([NS]C) is intensely focused on fitness/health because well/thriving children are better able to excel academically. The focus has been intensified and initiatives increased as recent research revealed the [NS]C is at risk for health concerns specific to our geographic locale. Our principal, dean and fitness/health committee guided 562 students, parents, and 75 staff to continue their awareness of total wellness. Goals include: 1) Walking Trail completion through awarded grant monies; utilized by students at each recess and staff after working hours. 2) Students are guaranteed 30 minutes of recess per day; recess is eliminated as a disciplinary consequence. 3) Collaborating with affiliate of Saint Margaret Mercy Hospital, Omini 41 Health & Fitness Connection to plan programs offered on school assembly days. 4) The [NS] web site includes F/H tips/internet links for parents. 5) Televised morning announcements include F/H information. 6) 100% participation in the "3rd Grade Fit Club" held during lunch recess. 7)

Curriculum/Resource Center: F/H material is available for all teachers/staff

918 members use as students create posters that demonstrate student learning including Jump
 919 Rope for Heart; \$12,290 raised. 8) Sustaining the "School Wellness" program;
 920 Sponsors: Action for Healthy Kids, USDA, US Health/Human Services, National Dairy
 921 Council, National Football League. 9) Nine staff participate in a "Biggest Looser
 922 Contest or "Weight Watchers" on school campuses; collectively losing over 75 pounds.
 923 10) Continue student health screenings: Mobile dentists (2), vision (2), hearing,
 924 weight. 11) Twenty five staff participated in health screenings. 12) Student
 925 Council promoted four Blood Drives; 50 units donated. 13) Emotional consultation
 926 offered to 35 students per week. 14) A Spring Fitness school wide walk held in
 927 cooperation with Dyer fire/police; Omini 41 Health & Fitness Connection. Healthy
 928 Hoosier Grant money (2008-2009) purchased a Gold Award banner welcoming everyone
 929 to [NS]; remaining funds were applied to a school wide fitness assembly. Additional
 930 programming costs were zero; required communication was accomplished through using
 931 recycled paper, internet and technology. Clearly communicated goals eliminated
 932 obstacles. The challenges at hand include scheduling time to continue/expand
 933 fitness/health projects; ensuring each student receives 30 minutes of recess per day."
 934
 935 35. [NS] school has become a very health and fitness minded school. The evolutionary
 936 process bringing [NS] to this point is due to dedicated, a health conscious staff who
 937 understands healthy students achieve more academically. Additionally, fitness/wellness
 938 has become a focus since the [C] Coordinated School Health Advisory Council ([C]-
 939 CSHAC) has made concerted efforts to meet specific goals for improving the overall
 940 fitness/wellness of the school community. Wellness endeavors supported by
 941 administration/staff past and present include: 1) Staff wellness screening through
 942 Health Check Systems, Inc.; 25 participants – 2009-2010. 2) A strong physical
 943 education curriculum that exceeds Indiana State Standards. 3) School wide vision
 944 screenings and grade level dental health educational presentation by local dentists' staff.
 945 4) Staff "after hours" walking club. Fitness/wellness initiatives implemented to
 946 meet [C]-CSHAC goals include: 1) Fitness/wellness tips are composed by the School
 947 Nurse and read by students every morning during televised announcements
 948 reaching 741 students. The nurse and music teacher collaborate to put the health tips
 949 to music. 2) Jump Rope for Heart; \$2,500 raised in 2009-2010. 3) Weight
 950 Watchers program; 13 staff participated; cumulative weight loss equals 300 pounds. 4)
 951 Emergency room physician presented a program on hand washing/germs to six
 952 first grade classes. 5) Field day was expanded to a daylong fitness event. 6)
 953 Counseling staff sees over 50 students per week for emotional support. 7) A
 954 school wide assembly with Staley, Chicago Bears mascot presented the
 955 "First and Goal-How to Score a Touchdown for a Healthy Life" program; 581 families
 956 received wellness information; 61 students completed the 6 week fitness competition. 8)
 957 Seasonal bulletin boards that promote good health habits/nutrition information
 958 based on the Food Pyramid are created/displayed at the Main Office. 9) Students are
 959 guaranteed 25 minutes of recess per day. The budget for [NS] fitness/wellness
 960 programming included the assembly fee for Staley of the Chicago Bears. Recycled paper,
 961 the internet and technology was used to promote health. [NS] staff provided instruction.
 962 Obstacles were eliminated by as goals were clearly communicated. Challenges include

963 scheduling time to continue/expand fitness/health projects and ways to ensure each
 964 student receives 25 minutes of recess."

965

966 36. Fresh Fruit and Vegetable Program Students receive fresh fruit or vegetables on a
 967 daily bases at school, along with Dole Super Kids nutrition education. We have seen an
 968 improvement in classroom energy levels after snack, and a increased effort from students.
 969 Students are also much more aware of their nutrition and the importance of a good diet.
 970 482 Students daily A \$30,000 to \$40,000 cost/ Indiana Department of Education Grant
 971 and the United States Agriculture Department. Fantastic, Wonderful, and rewarding to
 972 say the least. Students look forward to their snack time and Dole Bam-anna
 973 announcements and lessons. The teachers are working it into their daily routine (after
 974 recess for most)and presenting their Super Kids information at this time also. I am
 975 thanked on a daily bases by our students, and our staff is excited about the effects it is
 976 having in our building. A daily snack is the high light for some of our staff also. This
 977 program has put the icing on our Wellness Cake."

978

979 37. Program description and measurable goals: The students initiated the idea to help
 980 improve students health and wellness. Each month we have activities with a wellness
 981 themes for the students to participate in. Measuring the success of the program comes
 982 from the amount of participation and student feedback. Obstacles/Challenges you
 983 encountered: Education of students that this is a FUN club with many benefits. It is not
 984 about being THIN, it is about being actively involved. Overall results of the program:
 985 Students are enthusiastic about the upcoming events. School wide health fair was held
 986 that the amount of the students that participated was more than expected"

987

988 38. [NS] began the 2009-2010 school year with a wellness goal to achieve gold level
 989 recognition as a Healthy Hoosier School. As a school, we devised a strong plan to
 990 provide all students, staff, and families greater opportunities to improve their overall
 991 health. Our largest, daily initiative is a new program called Together Everyone
 992 Achieve More (TEAM) Time. All 450 first through fifth grade students and staff begin
 993 their school day in the gymnasium for twenty minutes of morning exercise. TEAM Time
 994 is a dance-based fitness program that incorporates the latest brain-based research with the
 995 "Play 60" minutes elementary activity guideline. Every session includes cross-lateral,
 996 bilateral, and sequential movements, vigorous fitness jumps, and full body stretching to
 997 calm the body. By incorporating TEAM Time into the school day, all students more
 998 easily achieve the "Play 60" guideline when combining minutes with recess. Led by
 999 teachers, [NP] and [NP], our school is energized and ready to learn each morning at no
 1000 cost. Leaders open the bleachers to use as elevated platforms with the students exercising
 1001 on the gym floor. TEAM Time has made a huge impact on students' attitudes, health,
 1002 and success at [NS]. TEAM Time is just the beginning. Grade 5's piloting
 1003 [NP] Children's Hospital's ([NP]CH) Project 18 program, an 18 week program that
 1004 incorporates 6 weeks each of nutrition, fitness, and health education, that we will expand
 1005 to grades 3-5 next year. [NP]CH has also assisted in our new Activity Backpacks
 1006 program. Students in grades 1-2 check out backpacks that contain equipment like
 1007 frisbees, jump ropes, and footballs to increase activity at home. Grades 3-5 share
 1008 classroom packs of pedometers to wear for one month at a time and record steps. For

1009 [NS] staff, we have a Wednesday Walking program and Friday Fitness circuit training.
 1010 In PE, students wear pedometers and participate in the "Jump Kids Jump" jump rope
 1011 initiative. And for nutrition education, our nurse uses the café as a lab for hands-on
 1012 learning to improve healthy choices. For families, each month [NS] hosts Family Fitness
 1013 Nights which are very popular."
 1014

1015 39. Program Description: Per our district's Wellness Policy: "'Nutrition Education shall
 1016 be included in the Health Curriculum so that instruction is sequential and standards-
 1017 based and provides students the knowledge, attitudes and skills necessary to lead healthy
 1018 lives.'" With this in mind, we opted to provide our first and second grade students with a
 1019 wellness class for part of thier specials rotation. We began these classes with our
 1020 beginning of the year focus on the food pyramid and nutrition and then changing our
 1021 focus the second half of the year to our food choices, the advertising influences on our
 1022 choices and healthy hearts and an overall healthy body. We have a high rate of poverty
 1023 (free and reduced lunches) in our school and statistics prove that people in poverty are
 1024 not receiving proper education on nutritional choices. Therefore, we are working to
 1025 provide our younger students with the information and education necessary to help make
 1026 the proper choices. Obstacles and Challenges: This first year has been challenging in
 1027 providing a proper curriculum and lessons. It has been very time consuming. However,
 1028 once this initial year is complete, we can continue the curriculum in years to come and
 1029 just make adjustments to the lessons as needed. Overall Results of the Program: As
 1030 seen through our observations of the students participating in these classes, there is an
 1031 increase in thier knowledge of food groups, healthier eating choices and what thier bodies
 1032 need each day. There is also evidence in the cafeteria as far as healthier choices and less
 1033 food wasted. Students have also been more aware of the serving sizes as well. It is
 1034 refreshing to hear the first and second graders discussing what areas of the food pyramid
 1035 they are reaching as they eat thier lunches."
 1036

1037 40. [NS] is a traditional elementary school with about 554 students located in [C] in [C],
 1038 Indiana. Since December 2009, through the efforts of the district administration and our
 1039 building principal [NP] and assistant principal [NP], [NS] has been piloting the Expanded
 1040 Breakfast Program by offering breakfast in the classroom for every student. In the past,
 1041 students could purchase breakfast in the school cafeteria after arriving to school by 8:00
 1042 am. While this program had its success, we found that many children were still not eating
 1043 breakfast because of the limited time breakfast was made available in the cafeteria and
 1044 the cost to the parents was not affordable. Each homeroom teacher receives a large cooler
 1045 prepared by the cafeteria staff and students are allowed to choose a low fat milk, 100%
 1046 juice, or yogurt, and a whole grain food item. This program is free to the students
 1047 regardless of income level of parents. Students have the choice to not eat breakfast in the
 1048 classroom if they already ate at home. The program is made possible through a grant.
 1049 Present challenge of this program include availability of wider food selections. Results of
 1050 the program are not readily available yet as it is still being evaluated.
 1051

1052 41. At [NS], we are proud of the many things we do to provide and support children and
 1053 Wellness. This school year we have encouraged our staff, families, and students to
 1054 become heart strong by participating in the [C] District initiative of the Million Mile

1055 Walk. This program was established by our Coordinated School Healthy Advisory
 1056 Council as a way to encourage our school communities and school members to exercise.
 1057 To help [C] reach their goal of walking one million miles, [NS]'s goal was to contribute
 1058 52,000 of those miles. To help encourage this walking initiative, St. Vincent's
 1059 [NP]Hospital provided pedometers to each classroom. Students are able to calculate how
 1060 many steps they take and convert these to miles. The building wellness committee
 1061 displayed individual and building wide totals in the cafeteria. Every Friday morning,
 1062 [NP] informs the school of new mileage totals. As of March 1, 2010, [NS] has walked
 1063 62,000 miles, well past the goal set at the beginning of the year. Our biggest event of
 1064 the year is the Family Fun Walk which is held in May. This event is funded by our PTO
 1065 and we spend approximately \$300.00. The entire [NS] community participates in
 1066 walking or running the established course. The local fire department, YMCA and the
 1067 [NP] Children's Hospital provide screenings, health and safety information, as well as
 1068 healthy food items and prizes to our families."

1069
 1070 42. [NS] school, school population of 870, located in [C], formed a committee during the
 1071 2007 -2008 school year to help guide our school in making decisions and to better
 1072 educate our students as a whole about overall Health. We have reinstituted this
 1073 committee to ensure our communities health. [NS] offers both intramural sports as
 1074 well as intermural activities. Our students participate in twelve weeks of Wellness. Our
 1075 Family and Consumer Science along with Science classes offer extensive information
 1076 concerning nutrition and anatomy. [NS] has made use of its weight room to all faculty as
 1077 well as students. Teachers, support staff, and students may use the weight room before
 1078 and after school. We often use the weight room when we are review the importance of
 1079 physical health in Wellness. This year our health insurance carrier has offered a
 1080 program called Health Perks. This program encourages participants leading a healthy
 1081 lifestyle to maintain this behavior and encourage other participants to make positive
 1082 lifestyle changes in order to improve their health. [C] schools are also participating in
 1083 what is known as the Million Mile Walk. Each employee as well as students logs how
 1084 many steps they take per week with the end goal equally one million miles. Our
 1085 goals are to focus on educating staff, students, and parents about the importance of our
 1086 Wellness initiatives. Our latest collaboration project is with the YMCA. [NS] and the
 1087 local YMCA have partnered together to encourage students to come to school before the
 1088 school day begins to participate in physical activity for one hour a day. [NS] has
 1089 welcomed a foundation called L.I.F.T to help fund our program. They offer grants to
 1090 help support teachers in the classrooms. We will use this foundation to fund our
 1091 upcoming Family Fun Night. Our partnership with St. Vincent's hospital allowed our
 1092 Wellness teachers to be trained and certified to teach CPR and First Aid. They then were
 1093 able to train the entire staff at [NS]. Our sixth grade students are filled with energy and
 1094 have shown much appreciation for fitness and circuit training. We have recorded our
 1095 sixth grade student's weight and will be tracking them throughout their middle school
 1096 years. Our students have made huge strides in remaining active while outside of school."

1097
 1098 43. [NS]'s most prized healthy school program is its classroom instruction in all aspects
 1099 of health, physical fitness, and nutrition. Our Wellness and FACS teachers do a
 1100 wonderful job of teaching all of our students how to make positive and healthy choices in

all of these areas. All of our students also have opportunities to apply and enrich their wellness knowledge and to practice and enhance their physical fitness and nutrition skills outside of the classroom. Over half of our 7th and 8th grade students participate in one or more interscholastic sport. We have Breakfast Club students who come to school early each week to learn about and to cook up healthy breakfast foods. We have over 50 students in our November - February run club who run a mile or more twice a week outside, despite rain, cold, or snow. The motto of this year's Run Club was "No Child Left Inside." We continue to have plenty of students who join in on our after-school, evening, and school break fitness and recreation sessions. Every other Thursday this spring, our whole school, staff and students alike, will start the day with a short outdoor walk. We will also be providing students the opportunity to participate in basketball, soccer, and physical fitness challenges during their lunch periods. Additionally, we are joining in with [NS] to hold the first [C] Phoenix 5K Run/Walk and Family Fun and Fitness Fair in late May.

44. It is rather jaunting to find out how many students do not have an emergency preparedness plan, to have no knowledge of what to do, where to go, or who to find in the most important situations. The Red Cross is out to change this school by school, and the [NS] National Honor Society is helping with this effort this year. The NHS had several students come to a special Red Cross training to learn for themselves about emergency preparedness and first aid in order to go to the three [C] middle schools and spend two days teaching them. In groups, the NHS will go over several topics such as making an emergency plan, making an emergency kit, and how to handle injuries. This year, there were 16 NHS members trained to talk to about 750 middle school students with each middle school having two days for training. The [C] Red Cross is supplying everything for this program, from the training binders for the NHS members to a basic first aid kit to every middle schooler involved, at no cost the NHS. This program was not necessarily easy to set up for the NHS. The process started in fall when the middle schools were contacted about interest in the program for training days. Training for the NHS members was in January. Each group consisted of two members, and some groups actually will have to make a second trip for a second teaching session. There was a good amount of time that each NHS member had to dedicate to this program, such as the 2-hour training, the practicing of the lesson, and the actual full day at the middle school. The middle schools have enjoyed this program in the past, as the students usually receive it well. It is always good to know that these students have at least received information preparing them for the potential emergencies in their futures.

45. Some of the most innovative and healthy programs reside right here at [NS]. It is with great pride that we apply for the "Healthy Hoosier School Award" because at [NS] we offer multiple healthy opportunities tailored to address many of our [C] community needs. Some of the healthy activities include: Family Fitness Night -community health organizations are invited to set up a booth to provide parents, students and staff with activities and information that lead to living a healthy lifestyle. This year's family fitness night's attendance was a record high... reaching a whopping 275-300; Parent Commit to be Fit Week- parents are strongly encouraged to attend their child's physical education class and participate in activities alongside their child. Again, this year we saw an increase in the number of parents that participated; Million Mile Walk - which is a

1147 district wide wellness initiative developed for students, teachers and community members
 1148 where each individual commits to walk at least 3miles a week throughout the school year
 1149 and keep a running log of their successes. And in order to advance our success we
 1150 conduct school-wide walking opportunities on a monthly basis; Morning seat-er-cizes –
 1151 are teacher led exercises performed in the morning using the media retrieval system in
 1152 which students exercise while sitting in their seats... they're preparing the brain for
 1153 learning; Teacher Trainer Program – teacher's gathered together after school to workout
 1154 with a hired trainer; Biggest Looser – a program generated by staff and for staff that
 1155 involves meeting individual weight loss goals. Some of the programs geared toward
 1156 satisfying student interest included many Guest Speakers who educate students about
 1157 specific sports such as 1) Colts Big Blue Football Program 2) [NP] from the Martial Arts
 1158 Studio 3) [NP] the track and field event coordinator for [NS] 4) [C] fire department on
 1159 bicycle safety and [C] swim coach who addressed swimming safety. In addition, [NS]
 1160 offers before school intramural events, a district-wide 5th grade field day as well as a
 1161 school-wide field day. Martial arts, basketball, and gymnastics are offered through the
 1162 loving care program, and [C]'s Youth League offers various organized sports for
 1163 students. Our school is even going to participate in teaching children how to garden and
 1164 grow nutritious live food. We feel that [NS] should win the Healthy Hoosier School
 1165 Award because we are healthy. We continue to improve our programs so that students,
 1166 staff and community members have more chances to improve their overall wellness. At
 1167 lunch we offer lunch choices as well as allow students to choose fruits and vegetables of
 1168 their choice from our salad bar. We also offer three choices of milk and adhere to the
 1169 recess before lunch recommendations. We realize that staff, student's and community
 1170 members need to be informed about what is going on in their community in order to add
 1171 to their wellness opportunities which is why we circulate the In Motion, In-shape, and
 1172 Healthy Recipe newsletters. It is our goal to provide the most current and accurate
 1173 information to the community so that they can learn more about living a healthy lifestyle.
 1174 Together we can achieve a healthier community. We feel that [NS] has gone above and
 1175 beyond when it comes to educating the community about the positive affects of eating
 1176 right, getting proper rest and exercise and promoting good overall physical and mental
 1177 health. That is why we feel we deserve to be named one of the Healthy Hoosier
 1178 Schools."

1179
 1180 46. [NS] has created a wonderful partnership with many community members, parents
 1181 and staff. The district's wellness director, wellness committee and administration have
 1182 worked together to ensure all food and drink available to the students is of low-fat and
 1183 low caloric count. The vending machines that are available to students before and after
 1184 school have products that are low in sugars, fats, and calories. The cafeteria offers
 1185 lunches that are low in fat and calories as well. The cafeteria offers fresh vegetables,
 1186 fruits, a variety of entrees including Sub Sandwiches and Fresh Chef Salads. The
 1187 cafeteria no longer has a deep fryer. All foods are baked or steamed. Nutrition and
 1188 physcial activity posters fill the serving area. The health and physical education
 1189 departments have increased the number of students in their elective physical education
 1190 classes. For the first time this year, they also offer an adaptive physical education class
 1191 so all of the students, including handicapped students, have an opportunity for physical
 1192 activity. Last year, the student council sponsored a HOPE walk for the students and

1193 staff. All students were encouraged to participate during the school day in this event
 1194 which was a fundraiser for needy families in our community and an awareness of
 1195 physical activity. The Student Leadership Academy sponsors an all-night activity which
 1196 starts at 10:00 p.m. with a dance and goes through the night until 5:00 a.m. with relays,
 1197 competitions and other events that promote healthy activities. The evening is led by
 1198 faculty and parents. The above mentioned programs and activities have been
 1199 supported by donations and volunteers without any additional costs to the school or
 1200 students. The obstacles and challenges were minimal with just taking the time to
 1201 recruit volunteers. The overall results of the program were well received, the students
 1202 enjoyed the HOPE walk and they welcome any opportunity to raise money for others."

1203
 1204 47. Since beginning my days at [NS], the cafeteria has always had a wide variety of
 1205 choices for my lunchtime meal. The main entree has a wide variety of items and every
 1206 day, has some choice of a cooked vegetable to go on the side. There are two fruit/raw
 1207 vegetable bars that always have things like peaches, pineapples, and orange slices to
 1208 celery, carrot sticks, and my personal favorite, sliced cucumbers that I eat almost
 1209 everyday. The salad bar is also a great way to eat healthy because of its fresh greens and
 1210 many healthful and tasty toppings. The sandwich bar is another station that I tend to use
 1211 quite often. There is also a new water machine that took the place of the fountain that
 1212 used to provide sugary drinks. The cafeteria always has a wide variety to choose from on
 1213 a daily basis, and it isn't hard to find a healthy meal. The high school started promoting a
 1214 healthier diet, as well, by posting posters throughout the school encouraging healthful
 1215 food choices and eating habits. My school has also recently switched to washable plates
 1216 and silverware instead of the usual Styrofoam plates and plastic silverware to promote
 1217 going ""green"". [NS] also offers physical fitness classes apart from the required Basic
 1218 P.E. class for both boys and girls. Specialized P.E. is a weightlifting class that helps with
 1219 the strength and agility of high school athletes, as well as anyone else who wants to learn
 1220 healthy workout techniques. There is also the Women's Lifetime Fitness class that is
 1221 similar to Specialized P.E., but with less actual weight lifting and is for females only.
 1222 Every semester, our school's dietitian comes and talks to the classes about personal
 1223 nutrition and healthy food choices that are the best for the needs of our body. [NS]
 1224 supports many opportunities to teach students how to live healthier lifestyles both in the
 1225 cafeteria and gym. Being an athlete myself, my school has helped me so much with
 1226 keeping up the healthier lifestyle that I wish to live. This is why I believe my school is a
 1227 Healthy Hoosier School!"

1228
 1229 48. Health and wellness are always emphasized in the curriculum, the cafeteria, and the
 1230 vending machines at [NS]. Over the last decade, PE staff at [NS] have embraced the
 1231 ""New PE"" with its focus on student activity, personal fitness goals, and developing
 1232 lifelong fitness habits. Small sided sports, skill activity stations, use of heart rate
 1233 monitors, and fitness assessment equipment are now standard in the classes as well as
 1234 nutrition and health studies. The heart rate monitors are an especially useful tool in that
 1235 they allow the teachers to see just how hard students are working based on the
 1236 information collected. The corporation as a whole has been concerned about childhood
 1237 obesity and looked closely at the school breakfast and lunch choices. Students receive
 1238 fresh and canned fruits and vegetables with every meal and have low-fat dairy and water

1239 vending machines available during the day. We believe that [NS] serves as a model for
 1240 other school that are seeking to address the issue of childhood obesity. The changes in
 1241 the physical education and the improved food choices for students are making a
 1242 difference for the students today and tomorrow!"

1243
 1244 49. Statements provided by kindergarten and first grade students: They were asked the
 1245 question: ""Why do you think [NS] should be considered a healthy school?"" - We have
 1246 oranges, juices and string cheese. -PE makes us strong -I like to jog in PE and on the
 1247 track -We get healthy food at breakfast like cereal and yogurt -We get veggies and they
 1248 make us strong -We have good cereal for breakfast -Because we wash our hands -
 1249 Because we have vegetables at lunch everyday -We have good food -Everyday we drink
 1250 milk and get veggies and fruit -We can eat salad at lunch -We can eat salad, cereal,
 1251 peanut butter and jelly, milk, and chicken nuggets"

1252
 1253 50. What's the best way to keep kids healthy? Physical education, salad bars at lunch,
 1254 and a healthy and clean environment are some of the ways [NS] does it. Our school
 1255 workers use a dietitian to plan meals that the students will like, and that will keep them
 1256 fit. We also use a wide range of physical activities in gym class that can work for us in
 1257 many ways. Hygiene is very important at our school, and I'm glad it is! In our gym
 1258 classes we complete activities ranging from badminton, to basketball, and floor hockey.
 1259 We can use the climbing wall, the fitness wall and the outdoor track to stay fit. We have
 1260 a great gym teacher that constantly encourages us in our workouts. In the cafeteria we
 1261 can get healthy food from the salad bar, and we eat healthy alternatives like low fat pizza
 1262 and whole grain breads. We also get sliced and whole fruits and vegetables everyday.
 1263 We have a very healthy and sanitary school. I'm glad our school keeps everyone so
 1264 active and that they help our leadership and teamwork skills. We use every opportunity
 1265 we have to keep kids at our school as fit and thin as we possibly can. I believe we have
 1266 one of the healthiest schools in our district, and probably even in the state!"

1267
 1268 51. [NS] has many different reasons to be considered a Healthy Hoosier School! Our
 1269 cafeteria offers many healthy food choices from well balanced meals with low fat/fat free
 1270 dairy products and whole grains to our fresh fruit and vegetable bar which includes mixed
 1271 greens, fresh fruits and vegetables, cottage cheese and other homemade salads. The
 1272 cafeteria staff work closely with the school corporation's Registered Dietitian to provide
 1273 healthy, colorful, well balanced meals that meet all the government standards. The
 1274 dietitian also provides classroom education and individual counseling to students and
 1275 staff. [NS] is also very proud of the physical education department that offers students the
 1276 opportunity to become fit and healthy individuals. Our Physical Education Teacher, [NP]
 1277 believes that students must incorporate physical activity and a healthy, well balanced diet
 1278 if they want to be as healthy as they can be. She incorporates small sided sports in an
 1279 effort to increase the active play time of students and also uses heart rate monitors to
 1280 encourage students to work to their maximum potential each time they have the
 1281 opportunity. Her job has been made easier with the addition of a rock climbing wall,
 1282 pedometers, a sport wall, sharbade scooters, and other equipment that was purchased with
 1283 funds from a PEP grant. [NP] also holds fitness clubs for students four days per week
 1284 after school. These clubs provide students with additional opportunities to play and be

1285 physically active in a safe and structured environment. These are just a few of the reason
 1286 [NS] should be considered a Healthy Hoosier School. We all work very hard to provide a
 1287 safe, healthy environment for students that encourages fitness, healthy eating, and
 1288 education for a well balanced lifestyle."

1289
 1290 52. Program Description- "'Walk Until You Drop'" is a walking program established for
 1291 grades 3 thru 6 (approx.265 elementary students). This is the second year the walking
 1292 program was funded by a \$1000 dollar grant provided by the [C] Community
 1293 Foundation(locally funded). The students have named the walking program dedicating it
 1294 to [NP] (4th grade teacher) which was last years 1st place team. The purpose of the
 1295 walking program is to increase the number of students exercising by walking at recess.
 1296 One measurable goal, the class has to have 50% of students walking to be eligible for
 1297 classroom incentives/prizes. The students that are walking is tracked on weekly sheets by
 1298 a designated student tracker which wears a pedometer counting the number of steps
 1299 walked at recess. Some of the biggest obstacles for the past 2 years is keeping students
 1300 motivated and interested in walking. The incentives or prizes have to be fun and what the
 1301 students want to win for their classrooms. Another obstacle is making the students aware
 1302 that walking as a team or classroom is beneficial for their health, and is fun. The results
 1303 of the program is outstanding each year. We run the program in the spring semester due
 1304 to the lack in January and February of going outside to recess. This keeps the students
 1305 physically active by walking in the gym at recess. Teachers and students walk together
 1306 which makes the program a healthy success for everyone."

1307
 1308 53. HEROES Program at [NS]. HEROES stands for Healthy, Energetic, Ready,
 1309 Outstanding, Enthusiastic, Schools. The HEROES Initiative is modeled after the Centers
 1310 for Disease Control and Prevention's (CDC) research-based and proven Coordinated
 1311 School Health (CSH) Model. The goal of the program is to build a healthier school
 1312 community through increasing the amount of time spent in physical activity before,
 1313 during and after-school for K-6 students and the alignment of PE and health classes to
 1314 Indiana Academic Standards. The program reaches all 612 students in the elementary
 1315 school. The program costs approximately \$30,000 per year and is funded through a grant
 1316 from the Welborn Baptist Foundation in [C], Indiana. The obstacles encountered include
 1317 finding time and getting buy in from some staff members; however, we met these
 1318 challenges successfully. We are in the second year of a 3-year grant initiative, and initial
 1319 results are promising. We are meeting yearly targets for increased physical fitness; all PE
 1320 courses are aligned with Indiana standards, and next year we will address health
 1321 standards. Specifically, nearly 100 children participate three or more times a week in
 1322 before or after-school physical fitness activities. All kindergarten students begin their
 1323 day with 25 minutes of physical activity in a program called "Minds in Motion." Recess
 1324 is being improved through the structured recess model, which ensures that all children are
 1325 physically active during recess. We have created a walking trail around the playground
 1326 which is used daily by students. A "Walker's Club" has been formed for K-6 students
 1327 before school as well. We began collecting data this school year on children's eating
 1328 habits and hope to see gains when we get post-data next school year. Our efforts in
 1329 wellness have also included staff outreach. Over 80% of staff members are participating
 1330 in one or more wellness activities. Activities for staff members include physical fitness

1331 such as walking, aerobics, weight training, and line dancing, as well as a staff weight loss
1332 program.
1333

1334 54. [NS] is a school of 184 students in rural [C], Indiana. Two years ago we were
1335 awarded a grant of almost \$120,000 from the Welborn Baptist Foundation. The grant's
1336 purpose is to help us fund different wellness programs that will improve the health and
1337 well-being of our students, faculty and community members. Some of the programs we
1338 have been able to implement with this grant include CPR training for staff, parish
1339 members, and 8th grade students, regular height, weight, and blood pressure checks of
1340 our students, the formation of a "respect" committee to teach and enforce social skills to
1341 our students, a recycling program, a daily morning walking club for students and staff
1342 members, implementation of the S.P.A.R.K. physical education program, activity-based
1343 field trips for our older students, the hiring of a social worker to be in our building two
1344 days a week, formation of teams of parents, teachers, and students to run in local,
1345 charitable events together, and formation of a fall cross country team for students in
1346 grades 5-8. Along with the above-mentioned items, we have also been able to
1347 incorporate some activities that are farther reaching. Our biggest event for this school
1348 year was a Community Wellness Fair held at the school. We invited different community
1349 members to set up booths or give presentations about health, wellness, and safety during
1350 a two and a half hour period. We had 15 occupied booths and 13 different presentations.
1351 Almost 400 community members attended our wellness fair as well as two news stations
1352 and the local newspaper. We received great reviews for our efforts and were happy to
1353 have such a large turnout. We hope that people walked away with new ideas for a
1354 healthier lifestyle. The entire Wellness Fair cost about \$4000 to pull together and was
1355 completely funded by the grant and other community sponsors. We had very few
1356 obstacles beyond logistics for the day. Most of the school staff was there to help for the
1357 day, as well as members of the school's wellness committee. We feel this event was
1358 quite successful.

1359 55. [NS] has implemented many healthy school programs over the past years. The
1360 freshman and sophomore class have their blood pressure checked, weight recorded, body
1361 composition measured, and are screened for scoliosis. This program takes place in the
1362 physical education classes, which is supervised by certified teachers and our school
1363 nurse. It involves about 300 plus students each year at no cost to the corporation.
1364 Certified instructors certify all sophomores in community CPR through our Advanced
1365 Health class. This program involves approximately 200 students. The only expense is
1366 eight dollars for the manual used throughout the course, which is paid by the student as a
1367 book fee. Also, we train all teachers at the beginning of the year on CPR and AED use.
1368 We use community resources such as local EMS and [NP] Community Hospital, along
1369 with our school nurse to train our teachers. We train approximately 60 staff members.
1370 Each year, we also offer free flu shots for our teachers. This year, we implemented
1371 Health and Wellness screenings for all staff. We continue to have a strong student
1372 program referred to as "CHOICES." This program offers programs to our students that
1373 discourage them from making unhealthy choices as it relates to their overall health. We
1374 are partnered with our local YMCA for many physical activities. This program also
1375 brings many convocations to our school that deal with smoking, drinking, drugs, and
1376 other lifestyle choices. This program is funded through a grant. We currently have

1377 approximately 100 students that are involved in this program. Our school corporation
 1378 is partnered with the American Cancer Society in which we receive monthly newsletters.
 1379 We are currently involved in a program that is called "Active for Life" in which teachers
 1380 count exercise minutes for a ten-week period. Our school is also partnered with the
 1381 YMCA that offers a weight loss and transformation program to staff members. There are
 1382 approximately 20 teachers that are participating which can cost each member anywhere
 1383 from fifty to one hundred dollars depending on the program that they enroll in. We also
 1384 have an after school-walking program for staff and community members at not cost.
 1385 As you can see, [NS] offers many programs that benefit both our students and staff. We
 1386 continue to monitor and implement programs that emphasize the importance of overall
 1387 health and wellness."

1388
 1389 56. [NS]'s most prized healthy school program is the Coordinated Approach to Child
 1390 Health Program or CATCH. CATCH is a partnership between our local [NP]
 1391 Community Hospital and all of our children, parents, teachers, and school staff. Data has
 1392 indicated we have an overweight/obese problem with our students. Preventive work and
 1393 education in making healthy choices was needed for our students. Our entire school
 1394 family has been working very hard on teaching skills and behaviors associated with
 1395 maintaining a healthy lifestyle. Some improvements include working with the cafeteria
 1396 manager and hospital dietician to create healthier menu choices, morning stretch routine
 1397 for all students, a minimum of 1/4 mile walk/run during recess for all students, and
 1398 family night nutrition lessons and exercise activities. Each year our school nurse screens
 1399 all of our children for vision, hearing, scoliosis, blood pressure, heights/weights, and
 1400 BMI's. Data illustrates an improvement of BIS students overweight/obese levels. By
 1401 comparing the same children year to year (data does include move-ins and outs), data
 1402 indicates: Girls in the 3rd grade (2008-2009) were 34% overweight/obese. These same
 1403 girls (2009-2010) as 4th graders are 32% overweight/obese. Boys in this group went
 1404 from 38% to 35% overweight/obese. Girls in the 4th grade (2008-2009) were 37%
 1405 overweight/obese. Now as 5th grade girls, they are 33%. The boys remained at 34%
 1406 overweight/obese. Girls in the 5th grade (2008-2009) were 37% overweight/obese.
 1407 These same girls (2009-2010) are now 27% overweight/obese. This is a 10% reduction
 1408 in girls considered overweight/obese. Boys remained the same at 31%. Although these
 1409 numbers of overweight/obese children are still too high, our CATCH program is starting
 1410 to make a difference in the choices our [NS] students and their families are making
 1411 towards achieving a healthier lifestyle. Hopefully, the support to fund our CATCH
 1412 program from the hospital and PTO will continue. Of course more gym space, more
 1413 physical education equipment, better cafeteria food, and more educational materials
 1414 would help, but here at BIS the change for a healthier child is happening."

1415
 1416 57. Program description/goals: A variety of health/wellness presenters in areas including
 1417 drug and disease prevention, dermatology, dentistry, chiropractic care, mental health, and
 1418 emergency medical care provided free materials and information to students.
 1419 Obstacles/challenges: Scheduling conflicts, inclement weather Program results:
 1420 Students received quality information from professionals in the health field and had the
 1421 opportunity to participate in several interactive booths and stations Program
 1422 description/goals: The goal of the program is to expose students to roller-skating as a

lifetime activity promoting wellness. Students are taught how to skate and stop properly by trained personnel. Each student wears wrist guards for safety. Students maximize activity time skating approximately 40 minutes each session. Obstacles/challenges: Scheduling Program results: Students participated in a variety of skating games, relays, and dances to vary their experience each day. The students enjoyed skating and their skills improved significantly during the one-week unit. The students noted positive gains in balance, coordination, and fitness. Program description/goals: CHOICES is a program geared toward teenagers providing healthy, safe alternatives to getting involved with risky behaviors like drinking and drugs. It has a community approach as it encourages parents to sign a pledge to have a drug-free atmosphere in their home. BMS students may participate in activities supervised by adults including dodgeball tournaments and dances. Relevant guest speakers emphasize the dangers of tobacco, inhalants, and alcohol. Obstacles/challenges: Scheduling, funding Program results: The poignant guest speakers make a lasting impression on the students. Each year there is higher participation among students and an increased % of parents signing drug-free pledge."

58. [NS] goal is to teach children how to be healthy for their lifetime. Through partnership with [C]'s [NP] Community Hospital, the CATCH program (Coordinated Approach to Child Health) has brought [C]PS students/staff, families, [NP]CH, YMCA and community together making our school a healthier learning environment. Students are making healthy choices through this quality physical education and nutritional partnership program. [NP]CH Community Health Improvement Department applies for grant funding. CATCH has provided training, physical education equipment, nutritional posters-curriculum- test tubes of fat/sugar and product to compare nutritional value kits. PTO purchased the Heart Maze turning the gym into a simulated heart during February. The children are the red blood cell learning the function of the heart, lungs and cells as they use different equipment navigating through the simulation and visualize being pumped to the heart, lungs, and then to deliver the oxygen to all parts of the body. Other games and activities bring these things all together to help make better choices of nutrition and physical activity. [C]PS Leukemia Hop then ties in with educating students about white blood and platelet cells. Students also learn about helping others live longer and healthier lives raising over \$190, 000.00 since 1994. Fresh Fruit Fridays, Family Fun Boot Camp evenings at [C]PS/YMCA, TWLN 3rd grade newscast fitness exercise broadcasted so students do classroom exercise and workshop for 3rd grade juggling to promote ladder of success are many outcomes from being a CATCH school. Students are required to walk one lap each day before recess around the track surrounding the playground. Stickers are given for "Catch You" walking/jogging/running using the track as their choice of recess time and at lunch eating fruits/vegetables. [C]PS PTO no longer sells candy for field trip funding but used the track for student "WALK-A-THON" fitness promotion raised over \$16,000.00 for the 628 [C]PS students. President's Challenge, blood pressures, heights-weights and BMI are used as assessments. Children are taught to set goals. [C]PS was chosen for one of the COLTS CAMPS to be held April 20, 2010 for second and third graders.

59. We are very proud of our CATCH PE program that we have implemented. We start the year by putting the students through a series of physical tests such as running, push-

ups, sit-ups, and flexibility. We end the year the same way. The students perform the exact same physical tests allowing us to measure progress. Throughout the year we use a variety of activities and games to help improve student health. Students are taught volleyball, basketball, and baseball. Recently they were exposed to numerous winter Olympic sports. What is unique is that the PE teacher makes adjustments to the games that have all students in motion most of the time. Our goal is to have them moving at least 75% of the time. Yearly we have independent evaluators from the local hospital come in to measure and compute student movement. We have always exceeded our goal. Beyond games, students are put through strength and flexibility training and running exercises. Our goal for each student is to improve on his or her personal best score by 20% on every test. Last year 76% of the students reached this goal. Twenty four percent improved by 20% in at least one area. We did find one challenge: getting all students to perform the tests the same way. This was something we wanted to do to ensure more credible results. So there was a bit of training prior to each of the events. [NS] has 426 students in grades K – 8 for whom this program positively affects. Our local hospital paid for CATCH training and materials for any local school interested."

60. As the Physical Educator of [NS], I am excited to share the importance our school community places on nutrition, physical activity and mental health. [NS] has embraced the idea that successful children are healthy and active. To this end, we would like to create an outside walking/running course to be shared with [NS]'s 560 students and the community to encourage everyone to get out and move. Our challenge is securing the funding. Our Educational Foundation believes in our vision and will provide partial funding for the \$1500 project. Your award would help to make this course a reality. [NS] has always valued the importance of physical activity for our students, staff, and community. In 2009, P-H-M earned a \$10,000.00 Saucony grant, used to provide a running club to all eleven of our elementary schools. One-fourth of [NS]'s fourth and fifth grade students participated in this event. This experience not only encouraged our students to make healthy active choices, but extended to parents, staff, and our community, with record attendance to events such as the Silver Mile, a corporation-wide health fair. This has become an annual event. We have also begun a "Walking for Wellness" program for our staff, encouraging members to log their walking progress with a pedometer. As a result, staff has experienced weight loss, increased energy levels, and better overall health, while providing a positive example for students. Last fall, staff members also received training to implement the Minds in Motion program, which uses exercises and coordinated movement to build pathways for learning. Teachers have noticed an improvement in attentiveness, focus, and even enhanced reading levels as a result. As [NP] says in Brain Rules, shared by our principal, "Exercise boosts brain power." We focus on continuing to provide [NS] with opportunities to be active. Children today spend less time outdoors, creating under-developed pathways that make learning difficult. Implementing the use of a walking course will help motivate our school community to get outside, be active and help reverse the current obesity epidemic that is facing our nation.

61. [NS] strives to reach all through a variety of wellness programs. Success is measured through participation. Planning thoroughly makes for few challenges, except for space.

Our Physical Education program serves all 977 [NS] students, 6th graders for 9 weeks; the 7th and 8th graders for a semester. Next year 6th grade P.E. time may be a semester. Our facilities encompass a large field house containing an indoor track. We are fortunate to have many acres of outdoor facilities that include a full football field, track and softball diamonds and enough flat land for three soccer fields. A fitness room contains enough stationary bikes and Cybex weight machines to accommodate a full class. Our teacher to student ratio is 32:1. We use Fitness Gram to gather individual student data. On Saturdays we offer open gym to all students for two hours. Our intramurals include: flag football, fitness weight lifting, swimming, soccer, poms and roller-skating. A new initiative is our Fit Club focusing on nutrition education and moderate exercise for students wanting to learn more about physical fitness and weight loss. Cost covered by student activity funds. Our athletic program serve 602 students in track, basketball, volleyball, cheerleading, wrestling, football, track, and cross-country. Five Star, mentoring, serves 100 students in each session. They incorporate physical activity within their weekly programs. Funded through PTO and Student Activity funds. We continue to participate in ACES, All Children Exercise Simultaneously, annually. The PHM foundation sponsors the "Silver Mile" fundraiser with a Fun Run and 5K Walk/Run, many fitness vendors, performances, and exhibits stressing wellness each spring. Our percentage of participation including staff, students and parents is high. Our Health curriculum covers a nutrition unit for all students. Food Service has made changes: eliminating fried foods, adding fresh fruits, vegetables, whole grains, and low fat dairy products to the menus. Our staff is provided with a Weight Watchers at Work program through which participants have lost hundreds of pounds over the past three years. [NS]'s goal is to continually provide activities while increasing the number of participants in all opportunities.

62. [NS] deserves to be awarded the Healthy Hoosier School Award because of its efforts to promote wellness in both the faculty and students. As a member of the Wellness Committee, I have been involved in several of the initiatives to incorporate health and wellness into our school. We have recently finished our Walking for Wellness competition among staff members. This program consisted of teams of participants who each paid a participation fee and received a pedometer to calculate their daily steps. These totals were published to the participants each week to encourage healthy competition and greater levels of physical fitness. The winning team was awarded a monetary gift, which was funded by the participation fee. the success of this initiative was measured by the increased daily numbers and therefore, increased physical activity of the participants as well as the increased awareness of activity among staff. Our school also participates in a 5K race each year to promote physical activity in both staff and students, as well as the community. The PE program spends six weeks training for this race and encouraging participation by offering extra credit as an incentive to those students who run in the race. We train using an increment program of walking and jogging as well as using high activity games to increase fitness. This program is for the entire community, and each participate pays a fee to run and receives a water bottle and t-shirt after the race. The other big program that [NS] runs to encourage wellness is a Field Day that is held for all three grade levels at the end of the school year. The school funds this initiative, provides a healthy lunch, and brings in a couple of blow-up obstacle

1561 courses. We have teachers help run each station, which consists of all different kinds of
 1562 physical activities. This initiative is one of the most enjoyable for the students as it
 1563 promotes wellness while also incorporating positive social interaction between peers as
 1564 teachers as well. [NS] values all areas of wellness and seeks to make improvements
 1565 in order to help more people obtain good health and physical fitness. We are constantly
 1566 improving and trying new programs to achieve this goal, and we deserve to obtain the
 1567 Healthy Hoosier School Award for these efforts.

1568
 1569 63. [NS] is the only [C] Community School selected for the Fuel Up to Play 60 pilot
 1570 program. [NP], Physical Education teacher and softball coach, is the Play 60 sponsor.
 1571 [NP] from the National Dairy Council serves as [NP]'s program adviser. Fuel Up to Play
 1572 60 is sponsored by the NFL, National Dairy Council and USDA. The mission of the
 1573 program is to motivate students to exercise 60 minutes a day and make healthy lifestyle
 1574 choices. The Fuel Up website tracks individual students weekly exercise and monitors
 1575 healthy eating choices. All students at [NS] had an opportunity to register for the Play 60
 1576 program online. Also, the in school, student led Play 60 club is open to all 8th grade
 1577 students. Meetings are held Monday and Friday mornings during homeroom from 7:45-
 1578 8:08 am. Student leaders make signs recognizing student athletes and educate the student
 1579 body about the power of nutrients. At the meetings students are allowed to play
 1580 basketball because Play 60 supports exercise as a reward. 8th Grade Play 60 members
 1581 created a Play 60 restaurant for the 5th Grade Health Fair. Play 60 student ambassadors
 1582 assisted students in creating a healthy snack using the 5 food groups and made grocery
 1583 lists to take home to their parents. After lunch, Play 60 sponsors basketball, soccer
 1584 tournaments and jump rope competitions with prizes. Fuel Up to Play has provided
 1585 funding for the 6th Grade Fuel Up Day where students were rewarded for good behavior
 1586 with the opportunity to play with new P.E. equipment. The physical education classes
 1587 were able to host a Zumba instructor to teach a Latin dance classes with the Fuel Up to
 1588 Play grant money. [NS] is a Healthy Hoosier school not only because our students
 1589 have the opportunity to make healthy lifestyle choices but our teachers set a healthy
 1590 example. This year 27 teachers participated in [NS]'s Biggest Loser competition with
 1591 weekly weigh ins. Our school cafeteria deserves recognition for hosting salad bar days
 1592 that expose students to different vegetables and promoting the fruit of the month."

1593
 1594 64. [NS] continues to strive everyday to be a healthy environment for our children. As
 1595 we have maintained many programs over the years, such as, 30 minuted walking club,
 1596 poster patrol in whhich we dispaly healthy posters, and offering healthy lunches and
 1597 snacks in the cafeteria, we have also developed new programs this year. We are offering
 1598 50 cent fruits druing lunch, and the Play Fit program for all of our students at recess just
 1599 to mention a couple. We continue to partner with several community oraganizations for
 1600 example, St. Marry's Outreach and USI Smart Program which visit in order to promote
 1601 healthy initiative programming several times a year. The Play Fit programming at recess
 1602 has been very successful. We have hired an individual that comes and works only at
 1603 recess developing and structuring age appropriate games to keep our 466 children
 1604 moving. We were able to utilize funds from the [NP] Physical Education Program in
 1605 order to employ this individual. It has greatly decreased the amount of injuries by 60%
 1606 and discipline problems have also drecreased as well. Our play fit specialist offers 2 to 3

1607 age appropriate games for the students to choose from for every recess indoors and out.
 1608 We have about 80% of all children participating in the games, but if the students choose
 1609 not to participate in a game they are encouraged to walk. This program is not only
 1610 keeping our students active, but also teaches productive freetime, self responsibility, and
 1611 social skills. We also incorporate exercise and healthy living education into our
 1612 curriculum. One program for example is ""Deskercise"", a program that incorporates
 1613 movement with brain power and is available at all times. We also provide a Friday
 1614 Fitness Fact. As you can see at [NS] we educate everyday about the importance of
 1615 nutrition, exercise, and overall healthy life style."

1616
 1617 65. We are [NS] serving 372 students. My name is [NP], and I am the coordinator for
 1618 our Healthy Outlook Program. The district wide annual budget for all our schools is
 1619 greater than \$50,000. This is a combination of several grants. Our particular school is
 1620 funded through the Welborn Baptist Foundation. Our long term goal is to establish
 1621 healthy life-style habits for students, staff, and families, in hopes of preventing chronic
 1622 illnesses later in life. Our first year main goal was to decrease unhealthy food/drinks
 1623 in our school by 50%. We surpassed that goal by replacing sodas and unhealthy snacks
 1624 in vending machines with bottled water. Only 25% of our fundraisers contain candy, and
 1625 bottled water is now served for classroom rewards. Our cafeteria has eliminated fried
 1626 foods completely, and offers a fresh fruit, vegetable, low fat milk, whole grains, and
 1627 salads on a daily basis. Our cafeteria recently received a grant through the Public
 1628 Education Foundation for nutrition posters which have been displayed throughout the
 1629 area. These initiatives have impacted students in making better choices here at school in
 1630 hopes of wise food choices outside of school. Our main goal this year was to get more
 1631 student/community involvement. We are off to a good start by honoring a Healthy
 1632 Student of the Month, monthly newsletter tips, and morning healthy announcements read
 1633 by students. We also held a staff health fair last fall and a family health fair this February,
 1634 which provided various health screenings and information for parents and students. We
 1635 provide blood pressure screenings and height and weights twice a year for our students
 1636 also. Free dental care is also provided for our students. We have various programs in
 1637 place that provide exercise after school. Among those are a walking club, Wii, Dance
 1638 Dance Revolution, ballet, intramural basketball, flag football, Afternoon Rocks, and
 1639 dance squad. We have partnered with SABIC, which is a plastics company in our
 1640 area. They have provided a wealth of great programs for our students as well. They
 1641 sponsored a day at the park with our students which included an obstacle course.
 1642 Students were challenged to lifting, balancing, and swinging from ropes. Another day
 1643 was spent inside our school learning Zumba, Cricket, and various physical activities.
 1644 Both of our PE teachers received the SPARK training and incorporate those lessons in
 1645 their classrooms daily. Probably the biggest challenges/obstacles have been getting
 1646 kids moving. Too many kids these days are spending time watching tv, playing video
 1647 games, and spending time on sedentary activities. Although this is just our second year, I
 1648 am happy with the results I am seeing with the program. More and more students are
 1649 trying new activities and trying healthier food/drink choices. If we all work together I
 1650 hope to see a much healthier group of students at [NS]. Our newest venture is working
 1651 on a school brochure which will explain all the great health initiatives we offer."

1652

1653 66. At [NS], teacher [NP] started a program using heart rate monitors in their PE classes.
 1654 The classes that were PE I/II, Team Sports, and Aerobic Walking. Through the Welborn
 1655 Foundation [NS] was able to purchase 70 heart rate monitors at a cost of \$7000.00. The
 1656 program affected roughly 700 students. The great thing about having PE I/II involved it
 1657 will target every freshman student at [NS]. The program was set up to have kids be held
 1658 accountable for PE classes. With large number of classes too many times kids were
 1659 slipping through the cracks and not participating in their PE classes. Whether they were
 1660 hiding in the bleachers or standing on the gym floor, kids were not maximizing there time
 1661 in PE classes. With the heart rate monitors kids are held accountable and have to retain a
 1662 certain level of physical activity in the gym. The way the program works at the
 1663 beginning of class the kids put on their heart rate monitors. They will be given a certain
 1664 amount of time by their teacher that they will have to keep their heart rate in the target
 1665 zone. At the end of the class each student will have to show their results to their teacher.
 1666 The teacher will document their results and that's how their grade is determined. The
 1667 hear rate monitors don't lie. If they stand they will not be in the target zone. Some
 1668 problems we had at first was adjusting kids to the right target zone. Some kids that were
 1669 out of shape could just stand there and be in the target zone. After adjusting everything
 1670 worked great. Overall the program has been awesome for our PE classes. If a parent
 1671 comes in to complain about their child's grade, we just show them the results that we
 1672 collect every day. As I said it now holds each kid accountable."

1673
 1674 67. The health and welfare of a student pivots on the acquisition of healthful nutrition and
 1675 exercise skills. [NS], under the direction of principal [NP], and grant contact and school
 1676 nurse [NP], has implemented initiatives to address each of these important issues. These
 1677 programs are providing students with the foundation necessary to implement healthy
 1678 behaviors on their own. A building wide initiative reaching all 924 students, the Fear
 1679 Food Factor Challenge, is a program designed to offer new food choices to students once
 1680 a month. Foods such as sauerkraut, olives, spinach, and broccoli are being introduced to
 1681 students. Announcements over the intercom and in classrooms, and introductions to each
 1682 new food by a staff member help build excitement and encourage participation. The
 1683 dining room prepares a new food each month and serves a portion to each child. Staff
 1684 members including administrators, counselors, teachers assistants, and support personnel
 1685 introduce the food to the children and award Fear Factor Food Challenge sticker to those
 1686 students willing to try the food. Conversations about nutritional values, ways to use the
 1687 food in various recipes, and questions to the students about prior experiences with the
 1688 food all combine to elevate enthusiasm. The students count down to tasting, taste as a
 1689 group, and celebrate the experience together. Staff members mingle with the students
 1690 and distribute stickers to those who tried the food. Informal evaluations of the experience
 1691 are shared between students and staff members as the event progresses. Students
 1692 reluctant to try the food often try it during these sessions. the responses are
 1693 overwhelmingly positive according to both staff and student evaluation. Most of the
 1694 initiatives appeared to succeed in making students aware of new, more nutritious food
 1695 and activity offerings. Challenges to the success of the program include ensuring a
 1696 commitment to healthy habit changes, and making certain enough staff members were
 1697 available to promote the event. Planning, publicity, wearing of stickers and follow-up

1698 activities in the classroom all work to offset these challenges. Student enthusiasm and
 1699 participation in the activities contribute to building wide success."

1700
 1701 68. Our physical education department continues to offer new opportunities for student
 1702 and teacher activity. Our recent initiation of two new programs in our physical education
 1703 program has increased the numbers of students choosing to promote lifelong healthy
 1704 living. These classes are Aerobic Walking and Yoga. Last year we introduced Jazzercise
 1705 into our curriculum and also added a [NS] Fit Club for before school participation. We
 1706 are excited about the addition of heart rate monitors. This has motivated our students to
 1707 excel individually and helped the teachers to monitor their progress. This year we
 1708 have increased our number of Fit Club days from 3 to 4 so that we can increase our hours
 1709 of activity offered to students. We have also added the weight room as another facility
 1710 offered to the students at this time. Four mornings per week, two facilities are now
 1711 available opportunities for students to exercise. In our first year, Yoga numbers
 1712 averaged 25 per class. In 2007-2008 we had 5 classes of Yoga. In 2008- 2009 we have
 1713 increased class size to an average of 31 and 7 classes. This year we have 8 classes of
 1714 Yoga! Aerobic Walking numbers have stayed consistent in the past 4 years. Fifty percent
 1715 of [NS]'s 1600 students enrolled are able to take advantage of one of our physical
 1716 education programs. Yoga for Health - 1 credit This course assumes a non-
 1717 competitive atmosphere in which each student will work on the basic asanas and their use
 1718 in building and maintaining muscle tone. Aerobic Walking - 1 credit This class is
 1719 designed to help students increase cardiovascular endurance. Learning experiences
 1720 include the concept of heart rate monitoring and mathematic calculations in summarizing
 1721 their daily walking logs. Fit Club does not need any additional funding. Our volunteers
 1722 are now paid through the Welborn grant. It is an open gym concept along with a walking
 1723 club and a strength program. These programs along with Lifetime Sports and
 1724 Weightlifting continue to push [NS]'s physical education program into the present mind
 1725 set on teaching lifelong fitness."

1726
 1727 69. [NS] serves 692 middle students (6-8) on the east side of [C], Indiana. In 2004, we
 1728 realized we had to address the health of our students. We were seeing an increase in the
 1729 number of students who were at risk for childhood obesity and a host of other health
 1730 problems. We were a simply a mirror reflection of our society in general. With the
 1731 leadership of our building administration, teachers, and students, a decision was made to
 1732 change the way we did business. A conscious effort was made in every aspect of the
 1733 school operation and how it affects the health and wellbeing of our students. Our
 1734 coordinated school health program focuses on promoting healthy behaviors for our
 1735 students. We want them to acquire the knowledge and skills to become healthy and
 1736 productive adults. Our main goal is to continue to develop and sustain all of the healthy
 1737 programs that we currently have in place. Through the creation of a site based
 1738 Wellness Council, small but important steps were made to address issues facing our
 1739 students. Realizing years of unhealthy habits had to be addressed; implementation would
 1740 be a slow process. Baby steps were made by first educating the staff on healthy
 1741 alternatives for rewards and parties. Small changes were also made with healthier options
 1742 offered in the concession stands for sporting events. More fruits and vegetables were
 1743 offered in the cafeteria along with a reduction in foods prepared by frying. The vending

1744 machines were completely converted to 100% fruit juice and bottled water and healthy
 1745 snacks replaced candy bars. [NS] far exceeds the district wellness policy by setting high
 1746 standards for students as well as teachers. Through our relationship with the School
 1747 Community Council, a collaboration of school and community partners in [C], Indiana,
 1748 the CDC's coordinated school health model was implemented and it is the basis of our
 1749 school wellness program. By leading the area in coordinated school health, a [NP] PEP
 1750 grant was awarded in 2007 which helped strengthen and expound on programs already in
 1751 existence. Our vision is one of sustainability through education, community
 1752 partners, and strong faculty and staff buy in. Through a strong parental involvement, our
 1753 endeavor is not just reaching the students but the parents and families as well. We
 1754 take the health of our student as seriously as our test scores. We know that children who
 1755 are well fed, physically fit and have healthy habits are more alert, have less discipline
 1756 problems, and perform better in school. We are dedicated to make difference in the health
 1757 and well being our school family. The Healthy Hoosier School Award would reinforce all
 1758 of the hard work we have done over the past 6 years. Thank you for your consideration.

1759 70. A ""Sportwall"" was purchased and hung in the gymnasium/cafeteria at [NS]. [NP],
 1760 School Principal, and [NP], Physical Education Teacher, were instrumental in getting the
 1761 Sportwall for their school. They feel the Sportwall is their most prized initiative, because
 1762 it is unique to their school and is available to a variety of students throughout the day.
 1763 Not only are the students utilizing the Sportwall during their gym classes, but under the
 1764 instruction of [NP] and [NP], the Sportwall is utilized by all the students, everyday, after
 1765 lunch, before they are dismissed to their classrooms. The students are dismissed by table
 1766 after lunch and they sit in rows, by class, on the gym floor. Two rows at a time are
 1767 instructed to line up as a team. The students then race to the Sportwall and try to throw
 1768 the ball on the light that is randomly moving on the Sportwall. [NP] reported that the
 1769 total cost of the ""Sportwall"" was \$11,961.00, and was funded in part through a grant
 1770 from the [C]. Education Foundation and a grant from the [C] Health Department.
 1771 Contributions were also made from the cheeseball sales, made by the teachers of [NS].
 1772 The Tiger Latchkey Club, who utilizes the Sportwall, made a contribution as well."
 1773

1774 71. [NP], [NS] Principal, has stated that although there are many exciting things
 1775 happening at [NS], the Mileage Club, implemented by [NP], is their school's most prized
 1776 program. [NP] is the P.E. Teacher at [NS]. He explains the guidelines of the
 1777 program while the students are in his gym class. The students then track how many
 1778 ""laps"" they complete while in his class. [NP] reports that a large number of students
 1779 choose to continue to walk ""laps"" around the playground during their recess. The
 1780 ""laps"" completed are tracked as well. When the students track five miles, they are
 1781 given a keychain and a colored plastic ""foot"" charm. At ten miles, they receive a
 1782 different colored ""foot"" charm and a certificate, and so on. The total cost of the
 1783 program was funded the PTO. [NP] further reported that [NP] sets up several work-
 1784 out stations to be used during gym class, such as: weight lifting, stretching with arm
 1785 bands, bench press and knee push-ups. The overall result of the program has been a
 1786 success. The students are having fun while gaining knowledge of safe and essential
 1787 exercise. [NS] teachers and staff help to promote health/wellness to the entire student
 1788 body."
 1789

1790 72. Exciting things are happening at [NS]. The [C] Schools Corporation Wellness
 1791 Council implemented a weekly Zumba class for staff and students, during the month of
 1792 March. Averages of 35 staff and 35 students have been participating in this fun work-
 1793 out. The students have stated they are excited to have been included in the program.
 1794 The Wellness Council is underwriting the cost of the program - \$2.00 per person, per
 1795 session. The overall response has been so positive, that the participants are willing to pay
 1796 out of pocket for the class to continue. Beginning in April, the Zumba class will be open
 1797 to staff, students and the community at the cost of \$3.00 per person. The Wellness
 1798 Council stresses the importance of the seven components stated in our Wellness Policy.
 1799 The seven components to live a healthy lifestyle are: Environmental, Intellectual,
 1800 Emotional, Social, Vocational, Spiritual and Physical."

1801
 1802 73. Studies have proven that students who eat breakfast: test better, are more attentive in
 1803 the classroom, are less tardy and make less visits to the nurse's office. As the director
 1804 of food services, I along with [NP], [NS] Cafeteria Manager, began providing incentives
 1805 to encourage students to eat a school breakfast. We began the incentives during the
 1806 2008-09SY and have carried over the incentives to this school year as well. The cost of
 1807 the program has been minimal. Last year, I asked the coaches of our high school sports
 1808 team to participate. They donated an autograph football, basketball, (guys and gals),
 1809 baseball and softball. These items were used as a prize in our give-away. Each time a
 1810 student ate a school breakfast, their name was entered into a drawing. At the conclusion
 1811 of each sport season, we invited the varsity team to eat a school breakfast with the middle
 1812 school students. The students enjoyed interacting with the older students, and the athletes
 1813 enjoyed the interaction as well. One incentive I used this school year was Wal-Mart
 1814 gift cards. I purchased the gift cards with the funds I received from a \$50.00 grant I was
 1815 awarded from our township education foundation. A lunch card holder/keychain was
 1816 used as an incentive as well. Forty keychains were given away at the total cost of 10.00.
 1817 It is a win/win combination for all of the students who choose to participate. They are
 1818 being given the chance to win something, while enjoying a nutritious school breakfast.
 1819 74. Each morning as [NS] students arrive to school, the daily routine reflects the overall
 1820 health awareness in our school. Books and bags are left as the student body walks until
 1821 classes begin. As buses arrive or parents drop off, students join the walk as they arrive.
 1822 An indoor route has been established through our building's hallways and gymnasium.
 1823 When weather permits an outdoor route is used to energize the students with the morning
 1824 air while walking. The entire student body is involved in our Step Up Walking
 1825 Program. This cost-effective initiative is low maintenance. Several teachers walk as the
 1826 route is monitored as well as a stationed hall-supervisor. Randomly, healthy prizes are
 1827 given out such as Frisbees, water bottles, and pencils. These items are purchased through
 1828 a healthy initiative grant by Welborn Baptist Foundation. The program was initially
 1829 implemented as a walking club. Nearly half of the students were involved and miles were
 1830 tracked and recorded daily for incentives and challenges. Little by little the number of
 1831 participants dropped. Several changes and motivational trials were not enough to give
 1832 this age the personal initiative to walk. Determined to make a difference in the health
 1833 and education of our students, we made a change of routine at the beginning of the 2009
 1834 school year. Once the students arrive to school walking begins. Students have grown to
 1835 enjoy the benefits socially and physically. It is encouraging to see the habit of walking.

1836 Occasionally, we have older students that join us “just to walk!” which is awesome to see
 1837 students take initiative on their own to take care of their health.”
 1838

1839 75. For the academic year 2009-2010, [NS] continued our program called P.O.W.
 1840 (Patriots of Wellness). The program involved a selected group of 35 (4th and 5th)
 1841 graders, who meet monthly with the School Nurse and School Counselor. The key to
 1842 P.O.W.'s success was the decision to identify and ultimately conquer health issues which
 1843 they believe are important to personal health and well-being. A survey was developed by
 1844 the counselor based on questions collected over the previous year and the focus group
 1845 then prioritized which of these issues were most significant. Examples of issues
 1846 that students' brought up were: bullying and increased nutritional guidance emphasizing
 1847 family involvement. The group met monthly and each meeting was organized around
 1848 clarification and understanding of an issue. The students had strong feelings about
 1849 bullying, therefore we spent several meetings learning the difference between appropriate
 1850 and inappropriate social contact. We then followed-up these meetings with “how best”
 1851 to communicate the issue to the general school population. The students decided that
 1852 they should be spokespersons for effective message delivery for the “good” of the
 1853 whole school. P.O.W. chose to use role playing during the live morning broadcast to
 1854 convey the importance of the issue to other children in the school. We have continued
 1855 our Wellness Wednesdays, sampling of healthy food alternatives with the money from
 1856 the grant we won last year. The P.O.W. group also received t-shirts that they wear with
 1857 great pride as a testimony to what it looks like to be healthy. A second substantive
 1858 initiative was [NS] 's participating in the [C] School Corporation's district-wide
 1859 immunization clinic. This was a considerable effort for [NS] to immunize nearly 500
 1860 children in one day. Six weeks later a second immunization was given which involved
 1861 around 300 of the younger students. Logistically this involved dozens of parent
 1862 volunteers coordinating with staff to help minimize the natural anxiety that goes with
 1863 young children receiving a shot. We learned that having a highly structured, coordinated
 1864 effort made the experience very successful for our students.”
 1865

1866 76. Our committee has become part of the school's regular focus groups which meet
 1867 monthly and report to the entire staff. For staff, we have access to athletic equipment
 1868 after school two days a week, a free exercise class lead by a certified instructor weekly,
 1869 and a “Biggest Loser” format five month weight loss program which we kicked off with
 1870 a presentation by a dietician from St. Vincent. [NS] hosted a comprehensive health fair
 1871 during our school day enabling us to reach our entire student body of 744. Students
 1872 rotated through eight different stations. Over 500 students returned a voluntary survey
 1873 question asking “What was the most important thing I learned at the health fair?” Their
 1874 responses overwhelmingly validated the time and effort put into this project by staff
 1875 members, parents and community partners. Our fifth grade wellness ambassadors (“The
 1876 Wellness Wolves”) were selected early in our school year and have been enthusiastic in
 1877 helping suggest and implement various wellness activities. They meet monthly with a
 1878 teacher/club sponsor during their lunch period. They have been responsible for keeping
 1879 our Wellness Bulletin Board updated, making posters for upcoming events (both school
 1880 & community), announcing events on our morning TV program, and helping during
 1881 wellness activities. In an upcoming after school basketball event, they will be helping

1882 younger students rotate through various basketball skill stations. We continue
 1883 to provide activities with little or no cost to participants. Our parents planned a “[NS]
 1884 Day at West Park” which was a well attended free family event. Fruit tastings continue
 1885 to be a lunch time favorite. Students enjoyed learning about cardiac health through the St.
 1886 Vincent’s heart course as they participated in Jump Rope for Heart. Our PTO has
 1887 demonstrated their commitment to wellness by generously donating a rock climbing wall
 1888 for our gymnasium. Our wellness teacher has created exercise videos to be used during
 1889 indoor recess. These are comprised of several different types of exercises and are
 1890 demonstrated by students in a simulated classroom environment. We have planned a
 1891 few events which could not be implemented due to weather or scheduling conflicts. We
 1892 don’t get discouraged and know we are in this for the long haul. Someone, whether it’s a
 1893 student, teacher or parent comes up with another idea that may even be better!
 1894 77. At [NS] we do several small things to teach our students about health and wellness.
 1895 In the cafeteria we use posters and I, [NP] as Cafeteria Manager, use the lunch times to
 1896 talk with all the students about food and nutrition. Our school nurse does a hand washing
 1897 program with the younger grades and the older grades have health programs as part of
 1898 their curriculum. They work on the food pyramid as well as learn about healthy bodies.
 1899 We have also utilized interns in the Food Service Department to put together a program
 1900 for our Kindergarten students about healthy foods and choices. Our PTO provides me
 1901 with a small amount of money each year that I use to purchase updated posters that I
 1902 rotate throughout the school year. The YMCA Before and After School program also
 1903 partners with the PTO a couple times a year to put on a Mother/Daughter and Father/Son
 1904 activity night to promote health and wellness activities. Obstacles would mostly
 1905 consist of money and time. Our students have shown improvement on what choices they
 1906 take and are eating more fruits and vegetables at lunch. They also are very observant
 1907 about hand washing and cleanliness.
 1908 78. One of the best health programs in which we participate at [NS] is the Mobile Dentist.
 1909 The Mobile Dentist provides dental examinations, cleanings, sealants, fluoride
 1910 treatments, radiographs, referrals, and education on good hygiene for our students. These
 1911 services are provided free to our school and benefit between 25 and 40 students annually.
 1912 All students are eligible. No child is turned away based on ability to pay, private
 1913 insurance, and Medicaid is accepted. For students not covered by any insurance program,
 1914 grants are available to cover the cost completely. One of the largest obstacles we deal
 1915 with is providing an adequate area for the dentist and hygienist to set up. Our school
 1916 building is roughly 80 years old and all of the rooms are occupied with a teacher or two
 1917 who share the space to provide instructional services for our students. The providers
 1918 from Mobile Dentist never complain about being squeezed into a work room, and
 1919 graciously set up their equipment and get to work providing a service our school greatly
 1920 appreciates. Dental decay is one of the most common chronic and infectious diseases in
 1921 children and children miss approximately 52 million hours of school due to oral
 1922 problems! I’m so thankful for the care they provide. One of the hygienist who comes to
 1923 our school every year, informed me after last year’s visit that the rewards of seeing some
 1924 of our students annually were really starting to pay off and the children’s oral health was
 1925 improving.
 1926

1927 79. We are participating "Active for Life" sponsored by American Cancer Society. By
 1928 increasing activity and eating healthier we can improve our own health and share with
 1929 students what we have learned. Each person involved sets a goal about the number of
 1930 minutes they exercise weekly. This measurable goal is calculated weekly and reported to
 1931 the staff and student body through a variety of means. Teachers display their goal
 1932 information and healthy eating information in their rooms and share updates with the
 1933 students weekly. This program is headed by [NP]. She also sends out a "Tuesday
 1934 healthy tip" that is shared with all students. Announcements are made via the morning
 1935 announcements heard by all students promoting the program and giving information. In
 1936 these ways we are including the entire student body in our progress and leading by
 1937 example. Students are able to see the benefits of healthy living first hand. The cost of
 1938 this is \$.00 which is great as we have no budget. Since each participant enters their own
 1939 active life style minutes and their healthy choice foods, goals are measurable weekly.
 1940 The whole community knows of our commitment to a healthier way of life. We operate
 1941 under a no smoke/no drug campus, recycle, and offer healthy food choices for lunch.
 1942 Most of these programs are student driven. Students are also joining the staff members by
 1943 participating in the running club and community exercise programs, offered by the
 1944 school. Initially, participation was rather limited, but through education and information
 1945 distributed by the program director, community, and food service program participation
 1946 is fantastic. Families and community members have joined the wellness initiative by
 1947 attending wellness workshops offered bi-monthly. I am very proud of the fact that we
 1948 continue to teach by modeling a healthy lifestyle. There are several staff members who
 1949 eat a healthy school lunch. The healthy life style we model to our students, the large staff
 1950 participation, student involvement and feedback, clearly make [NS] a Healthy Hoosier
 1951 School, but more importantly we are creating a generation of Americans who will lead a
 1952 healthy lifestyle.

1953 80. [NS] has implemented a wellness treats program. The school approved a list of snack
 1954 items that comply with corporation nutrient standards. The standards are: 1. Individual
 1955 food will contain no more than 30% of calories from fat and 10% of total calories from
 1956 saturated and Trans fat and 1000 mg of sodium per day. 2. Fruit or vegetable based fruit
 1957 drinks contain more than 50% real fruit and vegetable juice and no additional sweeteners.
 1958 3. Only low fat and fat free milk (all flavors). 4. Food items contain no more than
 1959 35% of their weight or 15 grams from sugars that do not occur naturally. 5. Food items
 1960 offered will be baked or steamed. Not fried. 6. Limit portion sizes of less healthy items
 1961 such as French fries, onion rings, bakery items, frozen dessert and snack items to:
 1962 vegetable/fruit with added fat to 1/2 cup or 1 ounce, bakery items to 3 ounces, chips,
 1963 crackers or popcorn to 1.25 ounces, trail mix no larger than 1.25 ounces, cookies or
 1964 cereal bars to 2 ounces, frozen desserts to 3 ounces and yogurt to 4-8 ounces. 7.
 1965 Encourage fruits, vegetables and whole grains. Whole grains will have at least 1 gram of
 1966 fiber per 1 ounce serving. The goal is for each classroom party held during the school
 1967 day to include no more than one food or beverage that does not meet the current
 1968 corporation standard. There are 765 students in the school and the cost of this
 1969 program is free. No funding was needed. Obstacles and challenges included the
 1970 parents were concerned the guidelines were too restrictive. Parents were given a list of
 1971 acceptable items. Another option was for a fee the food services department will provide

1972 acceptable foods for parties. The results were very encouraging. When the last party was
 1973 held there was 100% compliance. Of course, that is not always the case.

1974 81. Here at [NS], students and staff participate in a program entitled Fitness 4 Life. This
 1975 program was created in 2003 by our Physical Education teacher and the School Nurse in
 1976 response to the ever increasing rate of obesity and chronic health issues among school-
 1977 aged children in relation to poor nutrition and lack of exercise. Fitness 4 Life is intended
 1978 to offer opportunities to improve fitness, maintain good health, relieve stress and lose
 1979 weight. Staff members are also encouraged to participate in the program not only to
 1980 improve their own health but to lead by example and instill in our students that fitness is
 1981 a lifelong goal. Students are given the opportunity to vigorously exercise through
 1982 various activities (walking, soccer, basketball, softball) for 15 minutes a day during one
 1983 of their two recesses. In order to receive the incentive reward in May students must
 1984 participate 15 days/month and 5 out of 6 months during the school year. The reward is a
 1985 half-day field trip to Goshen College's Roman-Gingerich Recreation and Fitness Center.
 1986 This facility provides for us an opportunity to enjoy their swimming pool, indoor track,
 1987 basketball courts (where volleyball, basketball and soccer activities are set-up),
 1988 racquetball/wallyball courts and gaming area. This year, we expect approximately
 1989 125 students to attend the field trip. The cost is \$7.00 per student and is funded by the
 1990 WVE PTO. Healthy snacks are also provided at a cost of \$35.00. Total cost to go each is
 1991 year about \$900. Obstacles and challenges associated with the program include
 1992 adverse weather conditions, keeping the students and staff interested and tracking all
 1993 individuals who participate. Overall results of this program show that the obesity
 1994 rate among children at WVE is below the national average. Our attendance rate averages
 1995 97%. Yet, one of the more significant outcomes of this program is the development of
 1996 relationships outside the classroom between staff and students who participate. We
 1997 thank you for your interest in the health of our students and respectfully submit our
 1998 application for the Healthy Hoosier School Award.

1999 82. Under the directorship of [NP], here at [NS], a sampling of our most prized healthy
 2000 school programs include Healthy Snack classes and Label Reading classes along with our
 2001 daily offering of healthy, nutritious meals that students will eat. While the total cost of
 2002 our program is measured by product and labor, it is also all self-funded. Healthy
 2003 Snack classes, which are offered to all 409 students, offer them the opportunity to prepare
 2004 a vital, energy-boosting, nutritious afterschool snack from basic ingredients, under the
 2005 supervision of our kitchen staff. The students learn proper sanitation methods and why
 2006 we use these methods. They also learn how to make healthy food choices and healthy
 2007 portion sizes that we hope they will carry with them into adulthood. Our Label
 2008 Reading class is also a hands-on class where students learn to read, dissect and
 2009 understand food labels and how to choose healthier options when eating. Different
 2010 dietary practices are mentioned and discussions are started on how and sometimes why
 2011 the practitioners of these diets choose their food. Daily, we offer a number of
 2012 choices of nutritious lunch meals that meet or exceed state and federal guidelines while
 2013 maintaining palate-pleasing flavor and visual appeal and the ability to keep program costs
 2014 within our guidelines. Participation in our lunch program and our classes provides us the
 2015 ability to measure our program and set our goals. Participation speaks for itself. We
 2016 count our program as very successful judging by participation, parent and staff

2017 comments, and seeing daily the good choices that our students are making in our
 2018 cafeteria.
 2019 83. [NS] has grades third through fifth with an enrollment of 530 students. This is the
 2020 seventh year of operation. Our school is the only elementary school in the corporation
 2021 that is self serving for the main entree. Self serving gives our students the opportunity to
 2022 make smart, healthy choices when choosing their lunch for the day. All of our main food
 2023 entrees are baked not fried to make their choices healthier. Our school corporation's
 2024 director makes sure that the nutritional needs and requirements are met and established
 2025 for all the schools in our district. Proper nutrition is important every day with every
 2026 meal, but this week was even more critical because of I-step testing in our schools.
 2027 Students can not work to their full potential if their bodies are not properly nourished.
 2028 Next year, our school will be providing breakfast in the mornings. Too many students do
 2029 not eat breakfast to start their day. Next month, our school will offer a label reading
 2030 class. This class will help students to understand what is on a food label and hopefully
 2031 encourage them to interact with their parents when shopping. Our school, again this year,
 2032 is using the TV show ""Biggest Loser"", as a way to encourage our staff to exercise and
 2033 watch what they eat. Our staff has lost a total of 114 pounds. Our students see some of
 2034 our staff walking around our school to get into shape. Our physical education class
 2035 encourages strong bodies with exercise. In May, our local city will participate in the Hub
 2036 Run. There will be a 5K and a 2K walk/run for all local families to participate in. Our
 2037 school is also preparing for the President's Physical Fitness Test in May. I am trying to
 2038 find funding for pedometers for use by our students in their physical education class.
 2039 10,000 steps to health. Our outdoor learning lab is a positive part of our school's day.
 2040 Working in the different gardens and being outside for exercise and studies are important
 2041 aspects in our school's activity. After reading studies about ""Recess Before Lunch"", I
 2042 had a conversation with our principal about trying to incorporate this for our next school
 2043 year,"
 2044
 2045 84. [NS] participated in a school wide walk as well as providing incentive days/physical
 2046 activities for the students. The impact of the walk was tremendous. Since this was out
 2047 first year, we went from having zero participation to over 1150 students and staff. All
 2048 participants were able to finish the two mile walk. At the onset, several students indicated
 2049 that they did not feel they could complete the task, but each participant found success.
 2050 The students and staff who participated in the event were excited about the program and
 2051 are looking forward to it continuing in the spring. In regard to ""Incentive Days"",
 2052 student participation was based upon individual success during the nine week period.
 2053 Those students who met the requirements were allowed to participate in a variety of
 2054 athletic events in the gymnasium during a class period. A revised schedule was created
 2055 so the students did not miss out on instruction. The number of students participating for
 2056 the first incentive day was 1028 and for the second 1003. There was no cost incurred for
 2057 either of these events. The barriers that we encountered included the local newspaper
 2058 not arriving to cover the story, the trek or path for the walk (several students wanted to
 2059 run the track), the area to walk created a barrier for the students since we had to block the
 2060 traffic for parents, as well as the organization and setting up of the events. All aspects of
 2061 the walk/incentive day took an enormous amount of time to set up and prepare. As a
 2062 result of the wellness initiatives, [NS] participates in conjunction with the high school in

2063 a weight training program which occurs daily Monday through Thursday. At the present
 2064 time, we have almost 25 students participating in the after school program.
 2065 85. [NS] have developed several healthy school initiatives throughout the 2009-2010
 2066 school years. [NP] the schools 2nd year Physical Education and Wellness teacher has
 2067 spearheaded and promoted new healthy school committees and initiatives to improve and
 2068 bring awareness of healthy habits and lifestyles to the students. One initiative is the
 2069 "Health Tips of the Day" that is featured on the daily televised morning announcements
 2070 at our school. [NP] informs approximately 440 students a day with healthy facts, tips,
 2071 monthly nutrition themes, and extracurricular activity information. The second initiative
 2072 spearheaded by [NP] has been the continued development of the schools Wellness
 2073 Committee. This committee was formed to obtain staff collaboration, involvement, and
 2074 create awareness of their students overall health. The committee meets monthly to
 2075 brainstorm health related ideas, activities, grant writing, and ultimately improving the
 2076 wellbeing of our students. The implementation of the two initiatives is very much needed
 2077 in our school. The students and staff have bought into the program and are excited to
 2078 bring new ideas and energy to our school. [NP]'s enthusiasm to make [NS] a health
 2079 conscious school is on its way. Making the students aware that it is their responsibility to
 2080 take care of their bodies and that there are consequences if they fail to stay healthy is one
 2081 of the top goals of each initiative. Educating and bringing health awareness to our schools
 2082 families through the "In Motion" newsletters, creating health fairs and events, and
 2083 making health a since of urgency for all that are associated with our students is another
 2084 top priority. Our school has its challenges but not in the area of parent involvement. A
 2085 high percentage of our students' parents are very poor and uncultured in the area of
 2086 health education such as childhood obesity, type I&II diabetes, heart disease, and
 2087 nutrition. The overall goal for our schools healthy school initiatives is to bring a new
 2088 awareness and education of health to our students, staff, and community. In turn this
 2089 awareness and education will make for a healthier student and school in the future.
 2090 86. [NS] has, once again, joined with the district Wellness Program in order to offer
 2091 special health and physical education programs that reflect the [C]PS policy and conform
 2092 to PL 108-265 of section 204. The Wellness Committee is organized by supervisor [NP].
 2093 Once again, the committee is partnering with Clarian Health to implement the Committed
 2094 to Kids' Health (CTKH) Program. The 10-week curriculum educates students on lifelong
 2095 behaviors and skills to manage weight and prevent obesity through nutrition, physical
 2096 activity and modification. The program targets fifth graders (total 45-55 children).
 2097 Funding is provided through a grant from Clarian Health. There were no obstacles
 2098 encountered in conducting the program; scheduling, timely goals, and all objectives were
 2099 defined and met by Clarian Health's leader [NP]. Fitness Club (for grades 2 and 3) was a
 2100 new program this year. Students met after school twice weekly for 6 weeks. Students had
 2101 the opportunity to participate in aerobic activities such as stretching, jump rope, wall
 2102 climb, basketball, dance, and fit spot exercises. There were no obstacles encountered, and
 2103 the students verbalized enjoyment of the activities. There were no costs involved.
 2104 Committee members will be organizing and presenting our Health Fair in May, 2010.
 2105 Leaders [NP] and [NP] coordinate this excellent opportunity for children, staff, parents and
 2106 community to enjoy the fair while learning a great deal about health and wellness. This
 2107 activity is being developed on the positive results received from previous Health Fairs.
 2108 There is no cost involved to the school, as exhibitors and presenters are voluntary and

2109 healthy snacks are provided by the school staff members. In a previous year, we even had
 2110 the honor of [NP], neurosurgeon, giving bike helmet safety presentations to the students.
 2111 [NP] even provided several children with bike helmets. The Health Fair was a huge
 2112 success."

2113
 2114 87. At [NS] we are working on several projects that will give our students more
 2115 opportunities to develop healthy lifestyles. We have restructured our school schedule to
 2116 allow our students the option of taking eight classes instead of the more typical seven
 2117 period class schedule. More of our students will be able to take our "Lifetime Fitness"
 2118 class. The goal is to have up to 30 students in this class. We are also two-thirds finished
 2119 with a fitness trail designed to circumnavigate our school's campus. This trail is
 2120 accessible to all of our students and community members. The plan is to use funds from
 2121 capital fundraisers to complete this project before Fall 2010. In the cafeteria we are
 2122 working on a project where nutritional information for all of our menu items will be
 2123 displayed. It is our opinion that given clear information, our students will be motivated
 2124 to make healthier food choices. The funds for this project are being donated. Last
 2125 summer we piloted a Garden Project. We were late in planting, but were pleased with the
 2126 overall success of the project. The primary goal of the 91. Garden Project is to provide
 2127 the School Lunch Program with low cost produce. We will plant high value produce
 2128 (tomato, grape tomato, green pepper, jalapeno pepper and cucumber along with pumpkin
 2129 plants for our preschool) in addition we plan to plant some less popular items that we can
 2130 allow the students to sample: snap peas, radishes, bok choy, or swiss chard. We have
 2131 applied for an equipment grant, and our maintenance department has built supporting
 2132 structures for the plants. The funds to complete this project are being donated. As a
 2133 school community, we continue to look at ways to encourage our students: physically,
 2134 mentally, academically and spiritually. Each Spring all of our students participate in a
 2135 Walk-a-thon, walking approximately four miles through the neighborhood, followed by a
 2136 lawn party back at school.

2137 88. For the 2009-2010 school year, a new program was initiated at [NS]. The program,
 2138 entitled "Refuel After School", provides healthy nutrition and hydrating beverages to
 2139 student athletes and students for a very reasonable cost at the end of the school day. This
 2140 new program is particularly important for high school students who eat lunch as early as
 2141 10:30 AM, and then transition after school at 3:00 PM into athletic practices or
 2142 competitions. The Refuel After School program offers an alternative to going without
 2143 essential fuel for athletic endeavor, or driving to a fast food restaurant for something
 2144 quick to eat. The program was initiated by a parent volunteer who sensed a need for
 2145 healthy eating and hydrating options on campus after school, with the goal being to
 2146 enhance athletic performance and athlete health. The parent volunteer contacted St.
 2147 Vincent Sports Performance and consulted with a nutritionist to select the menu for the
 2148 program and then put together a proposal for the school's Athletic Department and
 2149 Administration. Once the proposal was approved, the parent volunteer purchased and
 2150 donated a locking mobile cart to house the items for sale, and purchased the food and
 2151 beverages to begin the program. Student response has been extremely positive, and the
 2152 program has not only met the nutrition needs of students after school, but has also made a
 2153 profit during the first semester of operation, to keep the program self-funding. Items for
 2154 sale through the [NS] Refuel After School program include: fresh fruit (bananas, apples,

2155 clementines), whole grain with fruit bars, 100% fruit snacks, trail mix, granola bars,
 2156 protein bars, dried beef sticks, cheese and whole grain crackers, and nuts. Hydrating
 2157 beverages available through the program include bottled water, low-fat chocolate milk,
 2158 and PowerAde. Through its first 8 months of existence, Refuel After School has made
 2159 available convenient, cost-conscious, and health-conscious nutrition and hydration at the
 2160 end of the school day to the 1500 students and more than 200 staff of [NS].

2161

2162 89. [NS] strives to promote healthy lifestyles through various venues. Our PTO worked
 2163 diligently over a three year period to raise funds to build a walking concrete path (1/8
 2164 mile) in length for 565 students to use during the course of the school day. Each day that
 2165 weather permits. our students walk 4-5 laps around the Eagle 500 Path right after lunch.
 2166 This handicap accessible track is adjacent to the school building and tied into the
 2167 playground area for EIS. The gym teacher uses the track for data collection when
 2168 students are working towards a Fitness Award. The community has access to the
 2169 Eagle 500 track before and after each school day along with our playground area.
 2170 Last year, our staff was given pedometers from Bloomington Hospital and began a
 2171 competition to collect the most miles attained by grade level. The use of the track was
 2172 part of the program. This challenged each staff member to promoting healthy choices
 2173 for themselves and role model the importance of exercise to the students. A bulletin
 2174 board displayed the results of each team every nine weeks throughout the school year.
 2175 We had one day set aside to have an All School Health Fair where students walked
 2176 around booths and listened, actively participated, and enjoyed the fun of getting fit and
 2177 staying fit. All students at [NS] participated in this event. It was held during the school
 2178 day. There was ZERO COST as our community members volunteered their time and
 2179 resources. This past January/February, we had a Girls' Night and Guys' Night where
 2180 PTO and staff members promoted healthy choices and good role modeling through
 2181 exercise stations. Community members were invited to attend and share their expertise.
 2182 We had yoga instruction, jazzercise, youth sports, dancing, basketball, science activities
 2183 and games to build the brain power in students and parents together. We have held
 2184 activities during the school day and in the evening as well. This helps us reach all
 2185 students who are enrolled in learning about healthy choices when they are at school. The
 2186 parents are brought in during the evening activities because of work schedule conflicts.
 2187 Each of the night activities were well attended."

2188

2189 90. The [NS] has a wonderful community connection that has been running three years
 2190 now. Our 7th Grade Health Fair has expanded to a bi-annual event reaching a total of
 2191 200 students and staff members. The Health Fair was formed in school year 07-08 by
 2192 [NP] (Physical Education Teacher), [NP] (Physical Education Teacher, [NP] (Health
 2193 Teacher), and [NP] (Food Service/Healthy Schools Director). The cost of the
 2194 program is ZERO dollars as we ask community members to volunteer their time and
 2195 resources for the special event. We have snacks (light string cheese and water) as an
 2196 incentive for completing the body assessments (BMI, blood pressure, heart rate) which
 2197 are donated by our food service/coordinated school health department. We've had
 2198 quite the reception of good comments about our Health Fair and even had media
 2199 coverage in the past with our local newspaper. As we've encountered obstacles and
 2200 challenges over the years, our group has met and found solutions. We currently do not

2201 have any obstacles or challenges in developing and implementing the health fair. In fact,
 2202 we are in the stages of expanding it to a community health fair with students, parents,
 2203 welcoming the entire community to come."
 2204

2205 91. Program description and measureable goals: Jump Rope for Heart promotes the value
 2206 of physical activity while showing students that they can contribute to their community's
 2207 welfare. The program provides a platform on which teachers can present the importance
 2208 of physical fitness, discuss the anatomy of the heart, heart disease and stroke. It also
 2209 encourages eating healthy, nutritious foods, being physically active, staying tobacco-free
 2210 and maintaining a healthy blood pressure and weight. Jumping rope is an excellent
 2211 exercise for cardiovascular fitness, muscular endurance and coordination. Physical
 2212 activity, like jumping rope, also prepares the brain for optimal learning. Supervising
 2213 teachers set up a variety of stations that include: jump roping, basketball shooting,
 2214 frisbee throwing, scooter obstacle course, hoola hoops, bean bag toss and a nutritious
 2215 snack station. Music is used to start and stop the station activities; students rotate to each
 2216 station during their physical education classes. Obstacles and Challenges you
 2217 encountered: NONE Overall results of the program: Students awareness of the
 2218 importance of physical activity is increased."
 2219

2220 92. [NS] incorporated two-three initiatives during the 2009-2010 school year to promote
 2221 a healthy school. The entire student body, 225 students participated in the first two
 2222 programs. The students participated in the "International Walk to School" Day on
 2223 Wednesday, October 7. They were supervised as they walked to school from the local
 2224 fire station. The efforts brought attention to the Safe Routes to School Movement and
 2225 our corporation wellness policy. The corporation food service program provided the
 2226 children with a bottle of water. Fed Ex also gave the boys and girls a little "gift" bag.
 2227 [NS] also took part in the Jump Rope for Heart campaign through the American Heart
 2228 Association in November. Students collected \$803.25 during the campaign. It was
 2229 coordinated by the principal, [NP], and the physical education teacher, [NP]. It was
 2230 conducted during the student's regular gym classes. In addition to raising money for a
 2231 very worthwhile cause, boys and girls had an opportunity to earn "prizes" for
 2232 themselves and items for our physical education program. The goal of the campaign was
 2233 to bring attention to the students about the importance of staying healthy with an
 2234 emphasis on having fun through exercise. [NS] has continued to incorporate the
 2235 Kid's Choice Program two days a month for fourth and fifth grade students through the
 2236 [C] Health Department and Americorps. The emphasis is on students making healthy
 2237 decisions about food and staying active. The initiatives taken by [NS] to promote a
 2238 healthy school with healthy students have been easy to implement and have been done
 2239 without incurring expenses. Hopefully the increased emphasis on being and staying
 2240 healthy, exercising, and eating properly will prove beneficial to our students and will
 2241 bring a continued awareness of their importance.

2242 93. [NS] offers our students a 25-minute morning walking club and a 15-minute lunch
 2243 recess walking club. They sign a shoe, drop it in the prize box for weekly drawings, from
 2244 which we derive number of participants. We have between 75-125 students walking for
 2245 water bottles or pencils weekly. Prizes cost approximately \$200.00, through a
 2246 Coordinated School Health Grant from Welborn Baptist Foundation. To motivate our 4th

2247 and 5th graders, "Walking Wednesday" became our drawing day to encourage them to
 2248 get up and move! Our "Little Marksmen Running Club" begins April 21st and lasts 6
 2249 weeks. Approximately 70 elementary students in grades 1-5, teachers, parents, high
 2250 school track members and track coaches run or walk different distances around the
 2251 beautiful wooded area at our school. Popsicles are donated for students after the run.
 2252 Weather can be a challenge, so running inside on a designated course is the alternative.
 2253 Our 2nd Annual Triathlon is May 15th and we are expecting about 150 participants from
 2254 grades 1-5. Upon completion, we celebrate with a pool party. What a community
 2255 endeavor-people line the streets and cheer for our students, law enforcement ride the
 2256 route with the bikers and high school lifeguards assist in the pool. Our Community
 2257 Wellness Initiative 2010 provides T-shirts for the participants and the PTO provides
 2258 water and fruit. Our "Fear Factor Food" encourages students to try fruits, vegetables,
 2259 salads and whole grains that are served daily. Students are awarded a fun food sticker
 2260 when they try the unknown predetermined food. Cost for stickers is \$600.00, paid by the
 2261 Grant. It's a hit!! Minds in Motion Program for K-1st grades is funded by Ready Schools
 2262 - \$1000 was invested for equipment. With help from parent volunteers, scheduling,
 2263 supervision and space obstacles were overcome. Students love the activity stations! Our
 2264 Pint Size Hero Blood Drive is April 24th. Students take information home and adult
 2265 friends and family members donate blood. We received a \$25,000 Safe Routes to School
 2266 NON-infrastructure grant to promote, support, teach walking/riding safely to school. Our
 2267 PTO purchased a Climbing Wall!!

2268 94. At [NS], kids are on the ""Moouoooooove""! [NP], Principal, has integrated fitness,
 2269 health, literacy, math, and social studies into a program called ""Kids On the
 2270 Moouoooooove"". The ""moouoooooving"" idea was a quick connection with literacy for the
 2271 students. Clara Belle, our school stuffed cow, has been very popular since her beginning
 2272 in the Fall of 2009. Clara Belle became the typing cow, like in the book ""Click, Clack,
 2273 Moo"" and typed letters to classrooms and individual students as the school prepared to
 2274 go to Clowe's Hall to see the play ""Click, Clack, Moo"" in October 2009. Since that
 2275 time, Clara Belle has grown in popularity and is leading our fitness/wellness initiative.
 2276 She told the students that she got out of shape during the winter and wants to begin
 2277 walking across America. She asked the students to help her reach her goal by walking
 2278 with her and adding their steps/miles to hers. Each student will have a pedometer, just
 2279 like Clara Belle. A large US map, with a small Clara Belle, is displayed in the main
 2280 hallway and Clara Belle will ""moouooooove"" along and write letters to the students about
 2281 what she is seeing in each state. Goals for the program are: The students will: 1.
 2282 Students will write letters to Clara Belle asking questions about her trip. (Literacy) 2.
 2283 Students will use math skills to estimate how long the trip will take, how many steps it
 2284 will take, etc. (Math) 3. Students will learn important facts about states. (Social Studies)
 2285 4. Students will focus on health and fitness while having fun. Health and Physical
 2286 Education) 5. Students will develop a sense of working together to achieve a goal.
 2287 (Social Skills) All 200 students and 25 staff will be involved in the program as well as
 2288 parents who come to walk with students. There has been no cost, as 250 pedometers
 2289 were donated by a local business. The excitement with Clara Belle has eliminated any
 2290 obstacles! We believe that the overall results will be long-lasting as students learn the
 2291 benefits of physical fitness."
 2292

2293 95. [NS] is proud to have students, community and staff participate in an annual event
 2294 called The Silver Mile/Run and Health& Fitness Fair. It is a 5K run/1 mile Fun Walk
 2295 designed for Educational purposes. Sponsored by the P-H-M Education Foundation
 2296 includes four active overseeing member who are [NP], [NP], [NP], and [NP]. These
 2297 coordinators organize volunteers who serve as the districts schools liaisons and
 2298 marketing/media liaisons. We are also very fortunate to have volunteers from various
 2299 health organization, (Health Works and Memorial Hospital), in our area who assist us
 2300 with the following activites that are present on the day of The Silver Mile. They assist:
 2301 coordinating our registrations and staff and student volunteers, layout of the 5K course/1
 2302 Mile Fun Walk. In addition to the athletic event they also coordinate volunteers for the
 2303 Health& Fitness Fair that runs throughout the day. These additional functions are: the
 2304 awards ceremony, offering samples of free fresh health foods, health screenings, services
 2305 and opportunitys offered by many booths. Thanks to all the 821 participants in 5K and
 2306 351 participants in the 1 Mile, 300 volunteers in 2009, the Silver Mile raised over
 2307 \$70,000 to support PHM schools. Our Silver Mile event for PHM promotes Healthy
 2308 Choices, Nutrition and Wellness, and displays our districts student talent. In 2009,
 2309 our school, [NS] had 66% of our 873 student population involved in The Silver Mile. Our
 2310 2010 goal is to have 75% of the students participate in this event. Traditionally hosted,
 2311 the first Saturday of May. In the classroom the Wellness Teacher, at this present time
 2312 have informed student about the 2010 upcoming Silver Mile event. First, we hand
 2313 out a family letter and registration form to be signed and returned by the end of March.
 2314 The family letter includes detailed information about the event, (Registration packet pick
 2315 up, mandatory 5K warm up, 5K start time, 1-Mile start time, Silver Mile Health and
 2316 Fitness Fair, talent showcase, race awards, and the Silver Mile School Awards, and
 2317 grants). All of these outstanding events happen from 8:30a.m.-12:00 noon that busy day!
 2318 Secondly, the wellness teachers make sure every student returns the family letter with a
 2319 reason why or why not the student will participate in the 5K or 1-Mile Walk by the end of
 2320 March.

2321 Wellness teachers have documented the following reasons a [NS] student is unable
 2322 to participate The Silver Mile. They are: illness, out of town, or involved in another
 2323 sporting event. The Wellness staff at [NS] promotes the students' participation. In
 2324 addition to this event which involves students, community and staff, our district Wellness
 2325 Committee established two new Wellness events for all employees, staff of our district.
 2326 The first program offered in 2009 and now in 2010, has a well known title because of all
 2327 the media programs that have been viewed on television. The first program is called
 2328 ""The Biggest Losers"". This is a program where PHM employees can team up together
 2329 or individually to see who can lose the largest about of adipose tissue, and come up with
 2330 a winning team after an 8 week trial. Scores of weight loss are reported weekly, and these
 2331 losses are sent out to participants to motivate them to continue forward while
 2332 approaching the remaining weeks. Weekly tips are sent out from the coordinator and
 2333 additional web site info is sent to all to guide and direct paarticipants during the duration
 2334 of the contest. Drawings take place each week for continued motivation for the
 2335 teams/individuals. At the completion of the contest there are cash awards made to the
 2336 winners. The cash awards, drawings, come from the registration fees contributed by all
 2337 participants. The second program offered for the first time in 2010 is known as
 2338 ""Walking Wellness"". Participants pay a registration fee of \$5.00, are issued a

2339 pedometer and a log sheet and are challenged with an 8 week walking program. This
 2340 event offers a team/individual involvement. On a weekly basis, for 8 weeks,
 2341 teams/individuals report weekly total steps to the building coordinato. This coordinator
 2342 sends building step total of each team/individual to the district program coordinator.
 2343 (This formula spreadsheet has been issued and formatted to each building coordinator).
 2344 The program coordinator each week compiles the data, and then places the order of the
 2345 teams by step totals and forwards to building coordinator. The Building rep then forwards
 2346 the results to participating staff members. Our building rep communicates the
 2347 following to our staff: sends out weekly reminders to all participants to report steps,
 2348 encouraging words for the approaching weekend to get in those extra steps, if pedometers
 2349 mal-function, she is ""Johnny on the spot"" to keep them enthused and help remedy the
 2350 problem so they would not become discouraged, she answers any email questions
 2351 regarding this program in a a timely fashion, and spreads an encouraging word when she
 2352 passes them in the hall during their work day. Currently, in this program we have one
 2353 week remaing before our Spring break when the competition ends. Weekly
 2354 incentive drawings are held for gift certiificates, with 10 winners in the corporation for
 2355 team and individual participant. The final prizes are cash, again all prizes money has been
 2356 supplied by the registrations of the applicants. As you can see our district continues
 2357 to grow in wanting to encourage more individuals to become healthy and help improve
 2358 the quality of all lives. From our central office, on a monthly basis we receive several
 2359 wellness associated letters to help encourage healthy life styles. The Silver Mile is
 2360 a collaborative school and community event that not only raises money for our schools,
 2361 but it focuses on teaching our students, staff, and community to increase their physical
 2362 activity and fitness levels,make healthier food choices and adopt a healthier lifestyle. It's
 2363 important for parents and schools to work together to create the best opportunities for our
 2364 students to live healthy, productive lives."

2365
 2366 96. At [NS] we strive to be active, healthy people by participating in the programs listed
 2367 below. This is a joint effort between our 447 students, classroom teachers, parents,
 2368 computer lab facilitator, outside community services , food service personnel, and our
 2369 Youth Service Bureau representative. Jump Rope Club (1st-5th grade after school
 2370 jumping program) Jump Rope Team (Jumpin' Eagles--sponsored by AHA; coached by
 2371 PE teacher) Jump Rope for Heart (fundraiser for the American Heart Association) Fire
 2372 Obstacle Course (collaboratively run by fire department and PE Teacher) A.C.E.S day
 2373 (All Children Exercise Simultaneously) Presidential Fitness Testing Monthly Fitness
 2374 Ticket Drawing (encourages home physical activity) Running Club (district wide-cross
 2375 country meet for 4/5 grade) 4/5 grade boys and girls basketball intramurals Monthly
 2376 newsletter Be Active Kids! Curriculum (University of Maryland used to teach elements
 2377 of fitness--cardio., muscular strength and flexibility) Project 18 Curriculum (used to
 2378 teach physical activity, health, nutrition) Fuel up to Play program implemented
 2379 collaboratively with PE/Computer lab facilitator. [NS] Health Fair and Mile Fun Run
 2380 (includes community resources: fire department, St. Joe Regional Medical Center, 4-H,
 2381 Jump Team, Dentist, [C] Parks, Stress Management Therapist, and Health Department)
 2382 [NS] Heart Obstacle Course (Grant written by district PE teachers) ""Fun in the Sun""
 2383 Fitness Day (run by PE teacher and committee of fifth graders) PTO budget line item
 2384 \$1200 Skating and Dance, Dance Revolution sponsored by PTO Staff programs

2385 (Biggest Loser and Walking for Wellness) Penn-Harris-Madison corporation wide health
 2386 fair 5k Silver Mile Classroom fitness rewards/incentives Winners of \$200 grant to
 2387 implement breakfast ideas. D.A.R.E My name is [NP], the physical education teacher
 2388 at Elm Road Elementary. I provide energy and leadership for these programs. As I teach
 2389 the Indiana State Standards, I incorporate these programs into our physical education
 2390 classes to encourage lifelong healthy choices. I model healthy habits with my exercise
 2391 and diet in hopes that my students will adopt these choices in their lives. I measure the
 2392 success of these endeavors by student health, tremendous participation, and positive
 2393 attitude."

2394

2395 97. Located on the west side of the town of [C], Indiana is the home of the 4 Star [NS].
 2396 The [NS] Panthers are students in grades preschool to fifth grade. I am [NP] and the
 2397 Physical Education teacher here at [NS]. I have taught P.E. for eight years and this is my
 2398 fourth year here. I have noticed a great improvement in our students' mental and physical
 2399 health and fitness. I have been able to monitor the third graders because they have been
 2400 with me since kindergarten. All grades come to P.E. twice a week for a total of 90
 2401 minutes. I promote life long skills, individual and team sports and games that students
 2402 can be active in throughout their lifetime. We have a new program this year that all
 2403 students participate in five days a week. The program is called Minds in Motion
 2404 (developed by [NP]). Minds in Motion is comprised of fifteen stations (physical
 2405 movement at each station) that stimulates the Vestibular System. Research shows that
 2406 physical activity improves a students overall intelligence in all areas (reading, writing,
 2407 science, math, music, P.E., etc.). This program is funded by our school budget. We
 2408 already had most of the equipment needed to begin Minds in Motion. The only
 2409 obstacle I faced was getting the classroom teachers on board. Once they saw their
 2410 students doing Minds in Motion, they were sold. It only takes five to seven minutes to get
 2411 an entire class of thirty through the stations. Overall results of the program are still
 2412 in the working progress. We did a pre-test in the fall and will do a post-test in May.
 2413 [NS] students also participate in P.E. Fun & Fitness Family Night, ACES Program,
 2414 Silver Mile Program, In-School Roller Skating, Field Day, Family Swim Night, Annual
 2415 4th & 5th grade Ski Trip, PM Panther, Summer Softball League, P.E. Challenge (5th
 2416 grade), Riley Bike-A-Thon, Heart Course Challenge, Dental Group Day, and Veteran's
 2417 Day Activities.

2418 98. As the physical education teacher at [NS], I am proud to talk about the numerous
 2419 opportunities our students have to participate in healthy programs. Our most successful
 2420 program is an after school program that is headed up by 3rd grade teacher, [NP]. The
 2421 program is called Silver Mile Movers. This program is a running/walking club that is
 2422 open to all students. Silver Mile Movers, encourages our students to make healthy
 2423 lifestyle choices. Not all students are athletic, so walking and running is a great lifestyle
 2424 choice to keep our students healthy. The program also teaches race etiquette to prepare
 2425 for the school corporations 5K run/walk (called Silver Mile). There is no cost for our
 2426 students as Silver Mile Movers is run by teacher and parent volunteers. The one obstacle
 2427 we encounter is getting enough parents to help with our 120+ students that are
 2428 participating this year. This program is only 2 years old, but we have seen tremendous
 2429 changes from our students, one of which is that [NS] had the most participants in the
 2430 Silver Mile out of all the schools in our school district. We are encouraging the Silver

2431 Mile Movers to participate in the May 8 Silver Mile 5K Run/Walk. This will give them a
 2432 goal to shoot for over the next couple months. [NS] is taking great strides to becoming a
 2433 healthy school."

2434

2435 99. At [NS], many changes have taken place to encourage our students toward an active,
 2436 healthy lifestyle. Our students are learning to increase physical activities at various times
 2437 throughout the day. Students are also learning the importance of healthy food choices to
 2438 help their bodies grow steady and strong without added sugars and calories. Students
 2439 are learning about their bodies in age appropriate ways with our "OrganWise Guys"
 2440 presentations and activity guides. After school programs integrate learning with physical
 2441 activities. Programs such as organized sports, Dance, Dance Revolution, and aerobics
 2442 keep the students active during these programs. Cafeteria choices include more
 2443 fresh fruit and vegetables. All fried foods have been eliminated. We have eliminated
 2444 "extra" purchases at meal times. All classroom parties and celebrations now include
 2445 either non-food items or healthy snack options such as pretzels, fruit, or low-fat yogurt.
 2446 Teachers encourage rewards for students to be extra recess times instead of the previous
 2447 food rewards of the past. Dieticians and dental hygienists are frequent visitors to
 2448 our school classrooms to teach students about dietary choices and healthy habits.
 2449 Annual height and weight screenings are taken along with blood pressure screenings.
 2450 Parents are notified via letter if his or her child has a blood pressure range outside the
 2451 normal limits. A dietician will schedule a visit with the family for meal planning, if
 2452 desired. In conclusion, our school has made many changes in our meals served to
 2453 our students, after school programs, and in our classroom parties and celebrations.
 2454 Students at [NS] are learning the importance of healthy lifestyle choices and the effects
 2455 on their bodies that will hopefully continue through their lifetime.

2456 100. [NS] adopted a healthy school initiative two years ago. [NP] and [NP] are the co-
 2457 coordinators of the wellness team at [NS]. We strive for each student to make healthy
 2458 choices everyday by encouraging healthy eating and exercise. We have started several
 2459 programs and activities that encourage a healthy lifestyle. One program that we started
 2460 this year is the [NS] Walking Club. Students can choose to participate in the walking
 2461 club during their recess time. We offer incentives for the grade levels and individuals
 2462 with the most miles. This has motivated some students that are normally inactive to be
 2463 active during their recess time. During Physical Education classes, our P.E. teacher is
 2464 using the SPARK Fitness program which allows more students to be more active during
 2465 the entire period. We have also begun to use the Organ Wise Guys curriculum. This is a
 2466 program that uses fun characters to teach students about our bodies and what we can do
 2467 to keep them healthy. We have several community partners that help us to reach our
 2468 goals for becoming a healthy school. St. Mary's Mobile Dental Clinic visits our school
 2469 to offer regular dental checkups for our students. Purdue Extensions offers a classroom
 2470 curriculum, called Professor Popcorn, which teaches students about good nutrition and
 2471 exercise. This is offered to all grade levels. We also have some community partners that
 2472 help up with family health fairs to offer information to our students and parents. Hand
 2473 sanitizer pumps have been installed in all classrooms as well as several other places
 2474 throughout the building. Each homeroom is also equipped with emergency backpacks
 2475 that include items needed if an emergency should occur in the building. [NS] also has a
 2476 policy for healthy birthday celebrations. We send home a letter to families with a list of

2477 suggestions for what students can bring in on their birthday. These suggestions include
 2478 both healthy snacks as well as non-food items. We also encourage our staff to be healthy.
 2479 We hold two staff health fairs each year. During these health fairs, staff members can
 2480 receive helpful information, as well as blood pressure and BMI screenings. We have
 2481 offered CPR training sessions to all staff members. Staff members can also choose to
 2482 participate in a friendly weight loss competition. Staff members are paired with a team or
 2483 partner to help them stay motivated and on track. This spring we are holding our first
 2484 annual 5K [NS] Dash. Students, their families, and community members are invited to
 2485 participate in the run/walk. There will even be a one mile fun run for the younger kids.
 2486 This is one way we are working to make fundraising healthy at our school. We also
 2487 hope that this will be a wonderful way to show our students and community how fun it
 2488 can be to exercise. Fall and spring health screenings are one way that we measure our
 2489 students' health. Each time students are measured, weighed, and their blood pressure is
 2490 checked. Students in grade four and five also participate in a survey twice a year that
 2491 asks questions about their nutritional choices and physical activity. In the past two years,
 2492 we feel as though we have improved our overall school health. Students are more
 2493 educated about how to be healthy and in turn are conscience about the choices they are
 2494 making and how those choices can affect their health."

2495
 2496 101. [NS] is proud of the many changes we've made in becoming a Healthy Hoosier
 2497 School! This is our 3rd year of the [NP] PEP grant and things have really taken hold -
 2498 news tips, grab 'n' go breakfasts, OrganWise Guys, walking club, SPARK PE program,
 2499 Project PlayFit at recess and an exciting Yoga and Life class we're starting soon...it's
 2500 been amazing to see our young Falcons respond! The big event at [NS] was our
 2501 first "Family Fitness Night" sponsored by our school Wellness Committee. Staff and
 2502 community vendors donated their time and set up different "wellness stations". We
 2503 incorporated learning and exercise because our school also focuses on being college
 2504 bound. We developed a syllabus and encouraged the entire family to participate in the
 2505 activities. A "Wellness Diploma" was earned after visiting 10 stations. Prizes were
 2506 donated and included books, exercise equipment, toys that encouraged physical activity
 2507 and games. The YMCA and TaeKwonDo gave free passes. We had so many that every
 2508 child got a prize! Each ten minute station had a healthy trailmix ingredient and
 2509 participants got a scoop when completed. A hospital donated bottled water. Community
 2510 vendor stations included a, ZUMBA class by YMCA, TaeKwonDo obstacle course,
 2511 blood pressures by our Coordinated School Health Specialist, a hospital dietician was on
 2512 hand with information on healthy eating. PTA members also volunteered. Staff
 2513 welcomed families, developed and ran such stations as, Dance Dance Revolution
 2514 competition, PlayFit games, Spellerize (practicing spelling words while exercising),
 2515 healthy foods dare, twist-n-graph (math facts and twister), Eat This, Not That (healthy
 2516 food choices), Jazzy Jumpers (new jump rope skills), Musical Shares (musical chairs
 2517 where no one sits out), Chicken Fat (the teacher even dressed up as a chicken!) We had
 2518 an estimated 200 participants! The biggest challenge was getting parents to join in and
 2519 not just watch their child. In spite of that, it was an overwhelming success! We can't
 2520 wait for the 2nd one! Our goals this year were to stabilize and build on our current
 2521 programs not only encouraging healthy activities at school, but to teach parents how to
 2522 incorporate fun activities into things at home...even homework!

102. [NS] began participating in the Coordinated School Health School Program beginning in the fall of 2008. A Wellness committee was formed and a Wellness rubric was created to determine areas of strength and weakness. The goal of [NS], with nearly 550 students, has been to create awareness among students, staff, and parents about the importance of physical education and activity, nutrition, health education and staff wellness. We believe we are on the right path to creating this awareness with measurable accomplishments completed. [NS]'s Coordinated School Health School program began its funding through the Welborn Baptist Foundation's HEROES Initiative in 2008. In the fall of 2009, [NS] was moved to the St. Mary's PEP Grant. These grants have helped to fund the purchase of equipment and supplies. The involvement with these grants has also created the school/community partnership that has provided [NS] with many resources and volunteers. In the past two years [NS] students, staff and parents have been given many opportunities to participate in programs that increase physical activity and awareness, along with mental health and wellness. Students have had the opportunity to participate in extracurricular activities that include boys' basketball, girls' basketball, volleyball, cheer, aerobics, and Step Up Club. Students and staff recently participated in [NS]'s Smoke-Free Week. A poster contest was held, announcements were read each morning, a Pig Lung presentation was provided to our 4th and 5th grade students and the students and staff signed a "I Pledge to be Smoke Free" banner. Parents have been invited to attend our Family Fun Night and Amazing Race. [NS]'s staff has participated in professional development on asthma awareness, unintentional injury and suicide prevention and a staff health fair. [NS]'s staff has also incorporated the Organ Wise Guys programs into classrooms. [NS]'s awareness of the importance of physical activity, nutrition and health has greatly increased over the past two years. Students, staff and parents are on the right path to making positive changes to improve the overall health of our [NS] community."

103. Program Description and measurable goals: This year was our first attempt at sponsoring a Family Fun Walk and Health Fair. The Health Advisory Council Leadership Team contacted various businesses, health organizations, school and community groups to ask for participation. We were able to host twenty four booths and had over fifty-four community members present to share about their products, services and facilities to promote health and nutrition. Our students were given the opportunity to visit the following booths:

Table #	Organization	Contribution
1	Art Classes	
1	[NS] PTO	Door Prize Cards
1	[NS]	
1	Grinder Switch	Cups
1	Washington Foundation	
2	Girl Scouts	Hand Washing Booth
2	Boy Scouts	
4	Gym	Fitness Challenge
4	Student Council	
6	Coit/Breast Cancer	Coit Services and Breast
6	Fire Department	Fire
7	Chiropractic Works	Services
7	Fire Department	Fire
9	Parks & Recreation	Activities and Facilities
9	Salem Pediatrics	
11	Tobacco Drug Awareness	Tobacco Drug Awareness
11	County	
13	Floyd Memorial	Blood sugar and lung
13	Vision	Vision
14	Lions Club	Glasses Program
14	Vision	Vision
16	Dentist	Dental
16	Health Nurse	Vaccines and Head Lice
18	YMCA	Fitness
18	Library	Books and Resources
20		

2569 Grinder Switch Healthy Options 21 Humana Society
 2570 Walking your pets 22 Target Pharmacy MEDS/ H1N1 23 Juice
 2571 Plus Products 24 1st Grade Class Our goal was to host the event. We
 2572 never dreamed our first attempt would be so successful. We had 312 family members
 2573 RSVP for the event. We had planned to kick off the event with a one mile family fin
 2574 walk, but the weather did not cooperate. We had a Plan B and the families spent more
 2575 time at the booths and had a chance to exercise together in our gym with hula-hoops. We
 2576 offered door prizes that the area businesses donated including carpet cleaning to help
 2577 with allergies, nutritional dinner coupons and medical supplies from a local pharmacy.
 2578 Overall the family surveys, input from the teachers and the publicity in the paper were all
 2579 very positive. We debriefed after the event and have some new ideas to make years a
 2580 bigger success. Our school system stretches over 139 square miles and the
 2581 opportunity to bring our community together for one night to focus on Health, nutrition
 2582 and health education was an award in itself. Obstacles/Challenges you encountered: The
 2583 weather did not cooperate and we had to move the family fun walk to a spring night.
 2584 Fortunately, we did have a plan B and the families were given an opportunity to exercise
 2585 inside together. Overall results of the program: "Tonight was fun, I loved the jell-o
 2586 brain" reported a first grade student. "Thank you for pulling this off, it was a needed
 2587 focus for our community" remarked a parent. "My class had good attendance and were
 2588 excited to see the booths" shared a first grade teacher. "Thank you for letting us set up a
 2589 booth. Everyone seemed interested and had lots of good questions about the free eye
 2590 glass program sponsored by the Lion's Club" said a volunteer. "Special thanks to [NS]
 2591 for spotlighting health and nutrition" was reported in the local paper."
 2592
 2593 104. Program Description: Jump Rope for Heart is a program that allows students to
 2594 work on being physically fit while raising money to help heart/stroke patients. This
 2595 program teaches students the importance of giving back to our community while learning
 2596 the skills needed to successfully jump rope and stay healthy. Students also learn about the
 2597 importance of the heart; how it works, and how to keep their heart healthy. Measurable
 2598 Goals: Students are assessed on a variety of jumping skills at the beginning and end of
 2599 the three week jump roping unit. [NS]set a school fundraising goal of \$1500. Each class
 2600 set a fundraising goal of at least \$100. Teachers set a fundraising goal of at least \$100.
 2601 Obstacles/Challenges: It was difficult to find volunteers to help with the Jump Rope for
 2602 Heart event since it was held during the school day. Results: Approximately 75% of
 2603 students improved on their jump roping skills. [NS] raised \$2100 as a school. Every
 2604 class made their \$100 fundraising goal. Teachers reached their \$100 fundraising goal."
 2605
 2606 105. The program we run here at [NS] yearly is the sophomore blood pressure screening.
 2607 On the day of the state mandated hearing screening we run blood pressure clinic. Doing
 2608 both screening on the same day cuts down on the amount of missed classroom time also
 2609 allowing us to interject some health tips without nagging. After the student and given
 2610 their results they receive information on what is a good blood pressure and what is not.
 2611 They also receive information on how to improve their numbers. If a student has an
 2612 elevated B/P they are called back down at another time and retested. They will be
 2613 retested up to three times and if the blood pressure still remains high a note is sent home
 2614 along with a phone call to the parent/guardian to have their student seen by their family

2615 doctor. All students are encouraged to stop in the health clinic and have their B/P taken
 2616 a couple times a year. It is amazing how many students just come in and have their B/P
 2617 check afterwards just because they know what it is about. Parents are very grateful for
 2618 this program and being informed on their student's health. As we all know the earlier
 2619 you catch the problem the easier it is to take care of and for a person to have a long
 2620 healthy life. There is very little cost to this program just the cost of copy work. I use
 2621 volunteers and student nurses looking to fill time requirements for their clinicals. Classes
 2622 are interrupted once for two issues, hearing and blood pressure which the teacher's
 2623 appreciate. This year we tested 289 students, we had 33 retested, 6 sent to their
 2624 doctors and one already put on medication."

2625
 2626 106. [NS] has 842 students and each student attends P. E. classes every other day for the
 2627 entire school year. Each student is tested for S.H.A.P.E. standards. S.H.A.P.E. stands for,
 2628 Super Healthy And Physically Educated. We have a rotation of two days in the gym with
 2629 their sport/activity unit and then two days upstairs with fitness training on the track and in
 2630 the workout room. A fitness test is given at the beginning of the year and at the end of
 2631 the year. There are five components to S.H.A.P.E: bench press, 1 minute sit-ups, vertical
 2632 jump, flexibility and the 12-minute run/walk. To qualify for our S.H.A.P.E. program
 2633 and receive a fitness t-shirt, they must meet these requirements: Bench Press (on
 2634 stationary/pulley machine)-75 lbs. for girls and 120 lbs. for boys, 1 minute sit-ups-55 for
 2635 girls and boys , vertical jump-16 inches for girls and 19 inches for boys, flexibility
 2636 (straight leg stretch)- 7 inches for girls and 2 inches for boys, 12-minute run/walk on
 2637 indoor track-15 laps for girls and 16 laps for boys. Students can qualify during the fall
 2638 and spring. Students should also sit their own goals to improve throughout the year.
 2639 Here are suggestions given to student's to work on at home: sit-ups, push-ups, leg
 2640 stretching exercises, burpees (squat thrusts), and cardio-vascular exercises (biking,
 2641 running, jogging, hiking, steppers, etc.) Challenges: It takes a lot of class time to test
 2642 each student twice a year and getting parents to help them at home. It is sometimes
 2643 difficult to get them to understand the meaning of being physically fit. With budget cuts
 2644 there is concern that the current money used will not be available to pay for the shirts.
 2645 Presently the kids sell magazines and a portion of that goes towards the purchase of our
 2646 shirts. Approximately 25-30% pass the test in the Fall. This number increases by about
 2647 5-10% in the spring and most all students improve in at least one area from Fall to
 2648 Spring."

2649
 2650 107. [NS] in [C], IN has made significant changes in the lives of its students, staff, and
 2651 families. Led by Wellness Coordinator, [NP]- 2007 NASPE National Elementary PE
 2652 Teacher of the Year, changes have been made in the areas of policy, school meals,
 2653 competitive foods and beverages, health education, physical activity, school wellness
 2654 activities, and before/after school wellness. While it would be nice to select just one area
 2655 where our school has made healthy improvements, the overall picture is much more
 2656 impressive. [NS] now has an active Wellness Committee which helps coordinate all
 2657 school wellness activities and initiatives. A few important changes made in just three
 2658 years are as follows: Complete overhaul of the student breakfast and lunch program
 2659 Only whole grain items are served Salads and fish served once a week Low fat/fat free
 2660 milk Fresh fruit/vegetables served daily Students receive recess every day whereas they

2661 did not have any recess up until four years ago Daily physical activity breaks are utilized
2662 to get students up and out of their seats Extensive before/after school YMCA program
2663 that uses the SPARK program secured by a PEP grant and a national Jump Rope for
2664 Heart grant Variety of staff wellness opportunities offered every semester Active
2665 student wellness group The total number of students and staff members affected
2666 by these changes is approximately 675. The biggest obstacle is financial. We have no
2667 money or budget to implement our programs. All changes and programs are funded
2668 through volunteer work and service or grants. We are extremely proud to be a
2669 Bronze Award winner from The Alliance and are working towards Silver Recognition.
2670 [NS] is also the benchmark school for our district to implement changes in other schools.
2671 We will continue to strive for greater excellence and improvement each and every year."
2672

2673

2674

1 **Section H2: Student Descriptions**

2 [NS] = Name of School

3 [NP] = Name of Person

4 [C] = City/Community

5

6 1. Hello, I am a student at [NS], and I am making a proposal that [NS] should be a
7 Healthy Hoosier School Award Winner. A lot of teachers and volunteers put in a lot of
8 time and effort to make sure that our school is fit and healthy. I appreciate this and hope
9 that you will as well.

10 [NP], our Physical Education teacher, is a main contributor. She is like one of the main
11 support beams in the [NS] pirate ship. She can not settle for less than the best, and has
12 shown it in her dedication to the school.

13 [NP] organizes and promotes many activities at our school to keep it healthy. These are
14 just a few...

- 15 • All school walk-a-thon
- 16 • P.E. health homework
- 17 • Fall fitness test
- 18 • Ice skating Field trips
- 19 • BMI's
- 20 • All school health fair
- 21 • Pilates for teachers
- 22 • Girls basketball teams
- 23 • Kids commons activities
- 24 • Recess run for toe-tokens
- 25 • Safe routes to school program
- 26 • Healthy Nugget announcements every morning on the PA
- 27 • Extra P.E. teacher once a week
- 28 • Spring fitness test
- 29 • Roller skating field trips
- 30 • 6th grade Greek Olympics
- 31 • Monthly mile run
- 32 • P.E. fitness homework
- 33 • Bowling field trips
- 34 • Enforcement of the food pyramid
- 35 • Mill Race race
- 36 • Hope Ride
- 37 • Play 60
- 38 • Alliance for a healthier generation program
- 39 • Cheerleading squad
- 40 • Putt putt field trips
- 41 • Yoga for teachers
- 42 • Boys basketball teams
- 43 • Black Pearl Club for teachers
- 44 • Jump Thumpers
- 45 • Dance CD's for indoor recess

46 • Extra gym use

47 If a teacher is this dedicated to her students, she deserves an award. If the students are
48 this dedicated to their school, they deserve an award. If a school is this dedicated to
49 fitness, it deserves an award. This is why [NS] deserves the Healthy Hoosier School
50 Award.

51

52 2. [NS] is a prime example of a healthy school. All around the school you can find
53 people encouraging students to live a healthy life and offering ways to get us kick started-
54 teachers, the cafeteria staff, even the janitors are there to support us on the way to a
55 choice worth making. In the cafeteria, students now have a choice to purchase water with
56 their lunch instead of milk. Bike racks have been installed in the back of the school
57 giving the kids opportunity to ride their bikes to school instead of car pooling or busing to
58 school every day. In the fall, [NS] had its first Walk to School Day, where kids were
59 encouraged to walk to school with their parents, friends, and even pets. We have Field
60 Day once every school year where the students spend most of the school day outside and
61 exercising. Students in the 3rd grade are educated about the food pyramid and 5th graders
62 have an introduction to the DARE Program. Running is strongly encouraged at [NS].
63 Every once in awhile, during gym, the students will run a mile. The school is proudly a
64 part of Pup's Running, an optional running program for 4th and 5th graders. This
65 program provides two additional hours of exercise for the students who sign up and
66 prepares them to do their personal best when they run a 2k (1.2 miles) race at the [C]
67 Church cross country course. The janitors have cut a mile course onto the school lawn so
68 that the kids have an opportunity to practice. [NS] is the perfect example of what it takes
69 to be a healthy school.

70

71 3. Is [NS] the healthiest school? I sure say so.

72 Why? We get choices of fruits or vegetables every day. Not just some days, but every
73 day.

74 Here are my reasons:

75 We get 15 minutes of recess. We get an hour of P.E.

76 Everyday our cafeteria staff gives us a choice of fruits and vegetables.

77 We have field day, All Children Exercise Simultaneously Day, Coyote Kick Off.

78 Those are when you go outside and run, have races against other classes. We get a lot of
79 exercise doing this stuff. But All Children Exercise Simultaneously Day (ACES) or
80 Walk to School day is when we walk around the whole school. We also have fun but
81 active games. We usually go around in a circle or we pair up with a partner or 2. It's a
82 lot of fun for me.

83 Our school has signs that tell us to wash our hands.

84 We also have persuasive posters that tell us to drink plenty of water every day.

85 That is why I think my school should win the Health Hoosier Award.

86

87 4. [NS] should win the Healthy Hoosier Award because we are always doing activities to
88 help people stay healthy.

89 For lunch there are four main entrees and four milk choices to pick from. We can also
90 choose fresh fruits and vegetables from our salad bar. Every morning kids can go to
91 breakfast and they have different choices like whole grain pop tarts and yogurt. We got to

help make our school menu by checking off our favorite food choices. Then the lunch ladies used our choices to make a menu. Our school menus also have health tips and facts about different foods.

At school we have lots of times to be active like PE, Music, and recess. In PE we do different sports and special activities like the Heart and Curious George Challenge Courses. On the Heart Challenge we crawl through tunnels the way blood cells move through the body. For the Curious George Challenge we read the book and then did activities Curious George did in the book. Fourth and fifth graders are able to join Fitness Explorers. Fitness Explorers is a group of students that meet on Friday mornings and do different sports. In music we do dances and games like square dancing and the Bluebird game. Before lunch students go outside for recess for 30 minutes. We can play on the playground, the black top, or on the soccer fields.

At our school we have a news show called Fishbowl Live where we do a Wednesday Wellness Message that talks about ways to stay healthy. There are different topics like coughing into your elbow and how to brush your teeth. We also give reminders about things going on at school that keep us healthy like the Smile Mobile, H1N1 shots, and the blood drive. We also talk about our Million Mile Walk. As a school we are trying to help our district walk one million miles!

So as you can see [NS] has a lot of activities that keep us healthy and that is why we think we should win the Healthy Hoosier Award!

5. [NS] is an exemplary paradigm for a Healthy Hoosier School because of the focus it gives to health and fitness. Our school sets out to be an example to the other schools in [C], and for that matter, in the state of Indiana. There is a general fervor towards eating healthy and exercising throughout the school, an electric buzz. In our classes, we are allowed to drink water, so as to keep hydrated. It doesn't form a distraction, but rather helps the students focus due to Maslow's hierarchy of needs. Our cafeteria offers food that provides a balanced, proportionate diet. It also includes in its repertoire a salad bar on Mondays and Wednesdays, and sub sandwiches on Tuesdays and Thursdays. This provides choices for the students of [NS] that offer beneficial nutrients. Plastered throughout the cafeteria are informative posters exemplifying the importance of a balanced, proportionate meal in regard to effects on the body. There is a specific poster featuring Usher in a milk ad, allowing the students to connect on a personal level to someone they idolize, allowing them to be aware that is socially acceptable to eat healthily.

The community of [NS] is a community that welcomes and ushers in fitness. Before and after school, it is common for students to be walking the halls so as to fit exercise into their occupied schedules. Through a federal PEP grant, [NS] improved PE classes with the use of SPARK equipment. Physical education classes simply scratch the surface. The school also offers aerobics, line dancing, basketball, volleyball, and a multitude of other activities. There is something for anyone, no matter who they are, to do to better their body physically. It's not only the students that are participating in creating a healthy lifestyle for themselves, the faculty and staff also set out to better their lifestyle. [NS] hosts a weight loss club, with incentives to further increase participation, and also a walking club that has outstanding attendance within the community.

138 6. As an eighth grade student at [NS], I would love to show you why my school should be
139 nominated for the Wellness Award.

140 For one, eating is a big choice in healthiness. The staff here at [NS] help us to make
141 good choices by giving us options at lunch like water, juice, fresh salads and fruit and
142 wraps. These choices are very delicious! They also encourage us around school with
143 healthy food awareness. We can bring water to class every day. In the concession stand,
144 we open up to healthy decisions. We offer water, nuts, and granola bars; trail mix and
145 fresh unsalted popcorn.

146 Not only is eating important. Exercise is too. In Physical Education we have 24 weeks of
147 action. Our grades here are personally based off of heart rate monitors. It's great! We also
148 provide blood pressure tests a few times a year. We offered the H1N1 vaccination this
149 year as well.

150 Being a STEM Academy as well also had benefits. We team up with USI (University of
151 Southern Indiana) and do fantastic experiments. They consist of health and bacteria labs
152 at USI where we hear on how we have to take care of our bodies. It's an amazing benefit.

153 Along with in-school activities, we have them after school. Sports like basketball,
154 hockey and volleyball are offered. Track, bowling, Cardio Club and Fitness Club are out
155 there for all students to get in shape and have no limit (in numbers of participants). It's an
156 outstanding feature we have here.

157 Here at [NS], we have a great support team behind us. Our staff is a big contributor to all
158 of this healthiness here. Our staff works out whenever they get the chance to, whether it
159 be before school, or after, and even when they have their lunch. They encourage us all the
160 time with exercising and eating right. They're terrific examples for us.

161 These are the outstanding qualities here at [NS]. Those are the reasons I chose to
162 nominate [NS] for the Wellness Award.

163

164 7. Being a healthy school at [NS] helps kids stay healthy and keep students from being so
165 obese. We have walking club, no candy as rewards, and healthier food, such as whole
166 wheat bread and baked food. We also got a PEP grant. The PEP grant is fun to get
167 because it makes exercising much more fun than it was. To stay healthier we have
168 personal best, which is part of the Spark program. In personal best we do push ups, sit
169 ups, and we run/walk for 10 minutes.

170 Walking helps students from being so obese by burning calories and it increases your
171 heart rate. Also, with no candy as rewards, students won't think it is good to eat
172 everyday. With healthier foods to eat we will think they are better to eat later on in life
173 instead of eating junk all the time. Even though the personal best is kind of tiring, it still
174 helps us stay healthy and keeps us from being obese. The PEP grant will also help us get
175 rock climbing, which will be fun to have.

176 In conclusion, being a healthy school at [NS] helps kids stay healthy and keeps students
177 from being so obese. We have walking club, personal best, and different activities like
178 that. I think we have worked hard to stay healthy and be active. We should be the winners
179 of the Healthy Hoosier School Award, and thank you for your consideration.

180

181 8. I think Physical Education classes at [NS] are fun and a safe place to learn.

182 The Bike for Life unit is an educating activity. [NP] is a good instructor. He tells us
 183 about the bike parts, every bit of information that we need to know, and he lets us ride the
 184 bikes so we can see what we need to work on.

185 The Ping Pong Intramurals are fun events that 4th and 5th graders get to participate in.
 186 We practice ping pong and learn strategies for ping pong. We face new and old
 187 opponents. In Intramurals we learn some of the history of ping pong.

188 Another unit we do in P.E. classes is Square Dancing. Square dance is a good dancing
 189 exercise. Not very many people square dance today but our class enjoys it. We dance in
 190 couples, so like girls and boys. We have learned a lot of square dancing history.

191 Volleyball is my favorite unit in gym. Our volleyball games in P.E. classes are fun.
 192 We have learned different positions. For instance, five people are in the front and the rest
 193 are in the back. There are some rules. After the ball lands, or [NP] blows his whistle, we
 194 rotate. Players in the back go left and the ones in front go to their right. Another rule is
 195 that the front people get to hit the ball three times and the back gets to hit it four times.
 196 Volleyball is fun because the first class we learned to pair up into partners and hit the ball
 197 over the net to each other.

198 Another special event we like is Focus on Health. The first time we had it we were in
 199 2nd grade. I think we are lucky to have Focus on Health because no other schools get to
 200 host it. All [C] Schools get to come to our school to participate.

201

202 9. [NS] should be a Healthy Hoosier School because we experience and eat healthy
 203 everyday. Our cafeteria provides daily fruits, veggies and salads. We eat one vegetable
 204 and one fruit everyday and once a week we even have a new fruit or vegetable to try in
 205 our class. We have been able to try new fruits like pluots, star fruit, blood red oranges,
 206 and different kinds of berries. We have been able to try new vegetables like snow peas,
 207 cauliflower, and carrots. When we have parties for a holiday or special event, we have
 208 big fruit and vegetable trays filled with melon, grapes, pineapple, broccoli, carrots, and
 209 celery.

210 Another way we stay healthy at [NS] is by exercising. We have lots of ways we
 211 exercise. In the morning we work out by doing different activities on morning
 212 announcements like dips and knee touches. We can also do those exercises throughout
 213 the day. We also exercise in PE class once a week. When the temperature is nice, we go
 214 outside and walk around our track for 40 minutes. On special occasions we get to go
 215 roller-skating for a few hours as a fundraiser activity. Last week we had a Dance-a-Thon
 216 fundraiser where all the classes danced with the principal during recess time. In May,
 217 classes get to participate in a fitness walk. We all go outside and spend extra free time
 218 walking the track. This lasts the whole month of May. Last of all, when we are rewarded
 219 for good citizenship, we don't eat any food, instead we have a party with fun games and
 220 activities that are healthy for all of us.

221 These are my reasons why [NS] should be a Healthy Hoosier School!

222

223 10. [NS] should be chosen as a Healthy Hoosier School for many reasons. Our school
 224 offers healthy options for those students wanting to live a healthy lifestyle. It offers
 225 salads, subs, soup and peanut butter sandwiches. [NS] also offers healthy drink options
 226 such as milk, 100% juice, and water. Along with these healthy options, they also offer
 227 snacks with a nutritional value. For example they offer whole grain chips, fruits and

228 vegetables. They also offer healthy drink options in between classes to get a healthy
 229 burst of energy. There are milk, juice and water machines for students to take advantage
 230 of. Through our school's FCCLA program, they held a Trojan Cooking Camp where
 231 they taught younger children in the school district how to make healthy choices through
 232 the foods they eat and the activities they participate in. The cafeteria also provides the
 233 food for many after school activities and other community events, so that the parents and
 234 students learn how to eat healthy together in the community. All around, [NS] helps
 235 students choose healthy options for a healthy lifestyle.

236
 237 11. Our school should be named the Hoosier Healthy School for many reasons. [NS] is a
 238 school that recognizes the importance of mental health, as well as physical health.

239 Without both of those, no one can be truly healthy.

240 Some examples of our school's concerns for physical health are how they don't offer
 241 soda in the cafeteria. Sugary drinks can lead to weight gain and tooth decay. They have
 242 posters placed all around the school which encourages us to stay drug-free, smoke-free,
 243 and to not drink alcohol, and they're working. Our school's sports are a big deal to us,
 244 and almost everyone is on a team of some sort. With the spread of the flu, our school has
 245 installed hand sanitizers everywhere. It's even a trend with the students to use them
 246 regularly. They also encourage us to be healthy outside of school with our health and
 247 P.E. classes.

248 [NS] doesn't just focus on its students' physical health-they teach us about being mentally
 249 healthy as well. Our academic team's motto is, "we aren't nerds-we're mentally buff!"
 250 This statement has taken over the school and being smart is considered an asset, not a set
 251 back. I think this is because our school system tries to get us to excel at everything we
 252 do.

253 These are all valid reasons I feel our school should be deemed a Healthy Hoosier
 254 School. They try very hard to keep us healthy, and they get results.

255
 256 12. [NS] should be a Healthy Hoosier School because we do a lot of healthy things. PE is
 257 an important part of what makes [NS] a healthy school. We run and exercise. We are
 258 always moving and having fun. Recess is a great way to be healthy. We have recess
 259 every day and we have lots of cool equipment like jungle gyms, monkey bars, swings,
 260 slides, and balls.

261 Another way [NS] stays healthy is be eating right. Our lunch ladies try to give us
 262 healthy choices. All of our food follows the food pyramid. We have food from every
 263 food group. For lunch we get lots of fruits and vegetables. we get healthy choices for the
 264 main food like salads or chicken sandwiches. We only have desserts a couple of times so
 265 we are healthier than if we had it every day. We don't have desserts at our school like
 266 other schools do. We usually only get desserts on special occasions like the Super Bowl
 267 or someone retiring. Wef also get milk every day so our bones are very healthy.

268 Fitness Club is one of the best ways to stay healthy. It is for an hour after school and
 269 we keep moving the whole time. We get to play the most fun games like dodgeball, the
 270 Wii, and four corners. We also had a pedometer challenge to see which group could walk
 271 the farthest. We also learn about nutrition at Fitness Club and lots of ways to stay
 272 healthy.

273 Every year we help people who have diseases or are very sick. Some of them are
 274 Pennies for Patients that help people with cancer, School Walk for Diabetes that helps
 275 people with diabetes, and Jump Rope for Heart that helps people with heart disease. Last
 276 year we also had a blood drive at our school and we were in a competition with other
 277 schools in Indiana. We won! Blue, the Colts mascot, came to our school and talked to us
 278 about PRIDE.

279 These are all ways that the students of [NS] stay healthy.
 280

281 13. I believe that [NS] should be a Healthy Hoosier School because [NS] offers a huge
 282 amount of exercising activities in and outside of school. Our school has a Walking Club.
 283 On every Friday, our Gym and Health classes meet to walk for thirty minutes and
 284 afterwards we get fruit. We combine the activity of staying in shape while also eating
 285 healthy. Another activity we have is the Scooter 500. Around the time of the Indy 500,
 286 our school has a scooter race for any students that want to participate. The students get in
 287 teams of five for the race. Our health teacher also got enough grant money to get our
 288 school a rock climbing wall. Our gym classes climb on the wall about once a week. It
 289 works all of our body's muscles and helps our balance. We have many in school
 290 activities.

291 Outside of school we host activities called intramurals. We have basketball, football,
 292 volleyball, and badminton intramurals. After every intramural, we get fruit and Gatorade
 293 supplied by the school. Our school wants to have fun by staying active and also eating
 294 healthy food like fruit, peanuts, and other foods. We even try to stay fit during class.
 295 Once or twice a week in Gym and Health class, we go down to the Health and Exercise
 296 room to exercise for around a half hour. Plus the Health and Exercise room is open to all
 297 students after school everyday. The Health and Exercise room is full of different exercise
 298 equipment. There are all kinds of equipment. There is weightlifting, treadmills, exercise
 299 bikes, Stairmaster, elliptical, and other Abs workouts. Without our gym and health
 300 teachers, then none of this would be possible. Our teachers push us to stay healthy and fit.
 301 They show this by giving us all the opportunities to stay fit. They take up their own time
 302 to make sure students stay healthy and fit. Our teachers give everything to our students.
 303 [NS] is a Healthy Hoosier School.
 304

305 14. I am [NP] a fifth grader. I am writing to tell you about why our school, [NS] should
 306 win the HHSA. First of all I would like to talk about the Jammin' minute. Every Friday
 307 morning we have live announcements and we participate in the Jammin' minute. It is
 308 where our students take a couple minutes out of their time and exercise to be ready for
 309 the day.

310 [NS] also participates in Red Ribbon Week in October. This is where we have a whole
 311 week dedicated to be drug free. Some fun activities we get to do are:

- 312 1. Have a performance in the gym about not doing drugs or cigarettes.
- 313 2. We make flyers and have ribbons that say "Pawsitively Drug Free"
- 314 3. Grades 3-5 each learn about a new thing. For instance grade 3 learns about cigarettes,
 315 grade 4 learns about alcohol, and grade 5 learns about marijuana.

316 Another thing that we like to do is Jump Rope for Heart. Our Run and Walk Club
 317 participated in this. Each day for a month straight that students of Run Walk Club wrote

318 down how many jumps they can do in how many minutes. I would like to thank Danielle
319 Van Buren who's mom's company donated \$500 dollars to Jump Rope for Heart.

320 Alright, speaking of Run Walk Club, 5th grade has put together a program, where every
321 Tuesday and Thursday, there is a special club and you run and walk for one hour. There
322 are a lot of fun activities that they do. During the Spring, they usually run outside. Nurse
323 Diane is in charge of this and I would love to say thank you! Nice job!

324 [NS] also put together Family Fitness Night. It is where one night out of the entire year,
325 families come together and exercise. Family Fitness Night includes a walking trial, moon
326 bounce, obstacle course, hoola hoops and dancing.

327 In February we celebrate Dental Health month. On announcements we give fun tips to
328 be healthy. Another thing we do is Body Safety presentations. Every week there is a
329 healthy tip for families in our Tiger Tales. In November is our canned food
330 drive/nutrition.

331

332 15. [NS] has many factors that make it a healthy school. Students are given the option to
333 eat healthy. They have the choice of getting a side of baked chips or fruit instead of the
334 more unhealthy ones. There is always milk and some sort of fruit or vegetable in the
335 lunch line for kids to buy.

336 Aside from food, [NS] also has mandatory physical education and extra physical
337 activities you can join in. For two quarters in the year, students have gym for two
338 periods. This turns into a whole year of gym for one period. During gym everyone runs
339 a 5K. Participation is necessary unless you have a doctor's excuse.

340 During the beginning of the school year, [NS] had a Fun Run ([NS] Challenge). In
341 this Fun Run students got pledges for how much they ran. Classes took turns running on
342 the track for a given amount of time. This was a healthy way of students raising money
343 for their school and exercising.

344 [NS] has their own Fitness Club that students can join. The Fitness Club meets 3
345 days a week in the morning, an hour before school starts. It enables kids to get out and
346 exercise. They work in the fitness room with all the equipment, for example, weight
347 machines and treadmills. Teachers supervise this club as well as the Intramural
348 Weightlifting that meets for an hour after school 2 days a week. They help the students if
349 they want to train for a specific sport or activity.

350 I think that [NS] does a good job in introducing healthy living to its students with the
351 health classes that tell you ways to live healthy and the teachers who teach it. Lunch
352 choices give students the option to eat healthy foods as well.

353

354 16. [NS] should be chosen as a Healthy Hoosier School because they offer many
355 programs and opportunities for the students to become more active and healthier. They
356 try to ensure that all of the students are permitted to the best physical education possible.
357 Each and every student puts an effort to their health by participating in gym, learning a
358 smarter life style in health, and eating the nutritious foods that our school provides every
359 day. In our lunches, they try to eliminate all of the sugar and salt that they can. They give
360 us the right amount of servings that we need every day. We also have a fitness room for a
361 different method of exercise during gym. In fact, the school has a Fitness club that meets
362 every Tuesday and Thursday after school to work out in the fitness room. They supply us
363 with a great quality of sports equipment including balls for almost every sport, nets,

364 cones, jerseys, and heart monitors. These heart monitors allow us to see how much we
 365 work physically in a certain amount of time during gym. Not only does [NS] have a great
 366 wellness education, but they hold fairs and fundraisers to inform our fellow classmates
 367 about better ways of living. The main opportunity we have is the St. Vincent's Health
 368 Fair. For this event, we dedicate one of our school days to allow volunteers to visit and
 369 teach us about fitness, hygiene, and food choices. They pass out brochures, show us the
 370 contents in the food that we, as teenagers, eat daily, and even give out free prizes. They
 371 hope to help us change the country one by one. We also celebrate Livestrong day by
 372 collecting pledges for each lap we run around our track and donate our earnings to the
 373 Livestrong foundation. As you can see, our school tries to be as active and healthy as we
 374 can be. We seek as many opportunities as possible to make our school healthier.

375
 376 17. Hoosier healthy schools are schools in Indiana that excel in health and we at [NS]
 377 have some good reasons to be a candidate for this honor. [NS] has many great qualities
 378 and extra activities that make our school very healthy. Hoosier Healthy schools are the
 379 healthiest schools in Indiana, and our school should be one of them because our school
 380 supports kid's health, and we have great after and during school activities.

381 First of all, our school supports kid's health. [NS] has a great nurse that helps us when
 382 we are sick or have anything wrong with our health. We have posters all through the
 383 school saying "Wash your hands", "Cover your mouth when you sneeze or cough" and
 384 many more. Our staff and faculty give us healthy tips and advice too. Our school helps us
 385 get to great health in many ways.

386 Second, our school has a great selection of healthy foods at our cafeteria. The cafeteria
 387 has great choices like apples, carrots, salad, baked apples, and much more. Our nice
 388 lunch ladies bake delicious entrees that kids just love. We offer milk as a drink and
 389 people with an allergy can bring water, along with anyone else, or have an option to
 390 juice.

391 Third, our school has great athletic activities during and after school. We have PE,
 392 which is also known as gym class, which a lot of students love. PE consists of many great
 393 and fun games including, floor hockey, basketball, soccer, and a handful of others. Before
 394 PE we stretch and run laps to get us ready for class. We also have PUP running after
 395 school which you compete in competitions of running which really helps your health and
 396 endurance.

397 To conclude, our school is a very healthy school where people love to be. We have
 398 many helpful ways to be healthy too. I, along with many others think that [NS] of [C]
 399 schools should be a Hoosier healthy school because our school supports health, we have
 400 great lunch choices, and we have many great athletic activities.

401
 402 18. Healthy Hoosier Schools are schools that promote health while children are learning.
 403 I feel that [NS] should be a Healthy Hoosier School.

404 Why? Our [NS] Wellness Committee (founded in 2006) has done many things to help
 405 kids in this school be healthy. First of all, the majority of the kids got the H1N1 vaccine
 406 on November 2009 to prevent getting sick from the virus. Second, our puppy run
 407 program has become even more popular after the brand new fitness trail built last year
 408 that was sponsored by the PTO. The fitness trail, together with the monkey bars, sling
 409 ball, swings etc., have encouraged many students to go outside and exercise. Also, the

410 teachers reward good behavior without using food. They give them more computer time,
 411 extra reading time, a special job, etc. Another thing is that [NP], the nurse, showed a hand
 412 washing video to everyone through the classroom monitor. Hand washing is very
 413 important because many germs hide on your hands. Our morning announcements include
 414 many healthy tips for the kids to hear, which the student say and researched by
 415 themselves. The gym teacher, [NP], often has the children in the gym class act as if the
 416 gym was a body, and go through the “heart” in the center to the “lungs” and then to the
 417 head or feet. This model helps children of all grade levels understand how the circulatory
 418 system works. Last, [NS] have fun and colorful nutrition bullet on boards outside the
 419 cafeteria that provide food pyramid choices. Those choices allow students to see what
 420 types of food they are eating.

421 All these reasons and many more are why [NS] should be a Healthy Hoosier School.

422

423 19. [NS] should be a Healthy Hoosier School because our cafeteria staff has changed our
 424 choices by adding more fruits and vegetables. This school year we have been doing
 425 Project 18 which helps us eat smarter, set goals and get active. Project 18 influences our
 426 school to eat and play healthier than ever before. In March we had an event called Project
 427 18 day, it was 18 stations of fun, with activities like dancing, jump rope, heart obstacle
 428 course, seat belt safety station and more. It turned out to be a huge success!

429 [NP] and I have been interviewing teachers and students on why our school should be a
 430 Healthy Hoosier School. First we interviewed [NP] in [NP]’s 3rd grade class. We asked
 431 “what have you learned throughout the year about being healthy?” and he replied “I have
 432 learned that not all sugar and fat is bad for your body.”

433 [NS] teachers have put a lot of effort into teaching students to be healthy and stay active.
 434 They have taught us to find something we like to do and have fun doing it. We
 435 interviewed our school nurse, [NP], and we asked her “Do you think our school is a
 436 Healthy Hoosier School and why?” She replied, “[NS] should be awarded this honor
 437 because almost every student grades K-5 know the colors of the food pyramid and what
 438 they stand for, students enjoy learning how to improve themselves.”

439 [NP] our assistant principal says” Kids are thirsty for knowledge on how to be healthy,
 440 they are reading more labels and saying no to certain things we used to say yes to.”

441 Next we interviewed a 3rd grade student named [NP] and we asked her “What have you
 442 done to improve yourself, in healthy ways?” She replied “I go to the monon center twice
 443 a week to work out with my family.”

444 This is why [NS] should be the Healthy Hoosier School Award winner for 2010; we live
 445 our motto of “Experience Excellence, Explore Opportunities, and Realize Potential!

446

447 20. As a student at [NS], I have a lot of reasons why I believe [NS] should be chosen to
 448 be represented as a Healthy Hoosier School. Here are some examples of our commitment
 449 to living healthy lives.

450 Every Wednesday, we do the JAMmin Minute. This is when we all get out of our seats
 451 and exercise. They are silly moves but can be done in a small space without equipment.
 452 The school also has a weekend wellness challenge and a Walk to School Day unlike
 453 many other schools.

454 The Wellness Bulletin Board is a place where many people can see what is going on in
 455 the community and events that offer information for healthy living. Some other things are

456 the Health Fair for the community and the Health Fair for students. These fairs give tips
 457 to living a healthier life style. The community health fair was on October 10th and the
 458 student health fair was on February 17th.

459 As we all know, the horrendous H1N1 disease caused a problem for many people. Since
 460 [NS] is committed to being a healthy school, all students and staff were offered the
 461 H1N1 vaccination. This helped to not only stop the spread of this disease within our
 462 building, but our community too. The vaccine was given here at school with the help of
 463 parent volunteers.

464 The school sponsors Walk Across America. Every time somebody walks, they get to
 465 record it on a United States map that we have displayed. A little bit can go a long way.

466 Lastly, [NS] has a Pup's Cross Country team for the 4th and 5th graders. Any student
 467 can sign up to participate in this event. This team is about beating your own time, not
 468 someone else. It truly encourages individuals to participate no matter where they are in
 469 their journey to living a healthier life. I know I liked when I participated on the team.

470 Because we are committed daily to living a healthy life, I believe, our school and staff is
 471 already a Healthy Hoosier School!

472
 473 21. What makes [NS] a healthy school? [NS] is a seed; it is striving to grow everyday.
 474 Our school promotes physical and emotional health. We can place the individual needs
 475 and potential of students at the forefront of efforts to find a durable solution to keep
 476 students strong, well educated, and healthy. Our school is very proactive. [NS] provides
 477 Wellness Fairs, supports Jump Rope for Heart, and creates small activities such as Walk
 478 to school days. Our staff members and students are very motivated to be a healthy school.
 479 Not only are we proactive but we are also reactive to the many issues affecting our lives.
 480 Our school has done much charity work such as Pennies for Patients; Pop Tabs for the
 481 Ronald McDonald House, and a lollipop drop supporting a graduating senior from [NS]
 482 High School. Also there are many hygiene problems that can be issues. Our school takes
 483 pride in making sure each room is cleaned every day after school. [NS] also provides
 484 free H1N1 vaccinations for its students. [NS] understands the value of students and
 485 provides emotional help. To ensure the student is confident in his/herself [NS] hires the
 486 finest staff. Some of those that lead our staff members are [NP], our principal, [NP] our
 487 assistant principal, and [NP], our counselor. They do an exceptional job of helping
 488 students through tough times. They help make students become more self-assured and
 489 provide programs such as banana splits helping students whose parents are divorced. Our
 490 school is physically healthy as well. We have a full-time nurse, Nurse [NP]. Our school
 491 provides daily recess, and our playground consists of mulch areas, basketball courts, and
 492 a soccer field. The school provides a balanced nutritional diet such as servings of fruit,
 493 vegetables and milk and all students receive Physical Education weekly. Our school helps
 494 students to build lives of dignity, health, security, and self-sufficiency. Our seed will
 495 eventually grow into a big tree with its branches strong and healthy. [NS] realizes that
 496 where hope grows miracles blossom.

497
 498 22. [NS] reduces the obesity rate of teens. I am glad to attend a healthy school like this.
 499 [NS] provides healthy food, exercise and education that keeps us aware of the
 500 consequences of obesity.

501 The healthiness of [NS] lunch follows me home. When I get home I don't eat a lot of
 502 junk food. I'm not addicted to soft drinks thanks to my school. Milk is always part of
 503 my morning; I have a glass everyday before school. We are always provided with fruits
 504 at lunch. Even the chips are baked, no fried food. We are not provided with unhealthy
 505 soft drinks or energy drinks. The vending machines advertise water. The snacks don't
 506 contain preservatives. Nobody likes the school prohibiting gum, but gum contains sugar.
 507 No gum adds a plus point to our school.

508 Even though I help myself keep slim by bollywood dancing, I get a lot of my exercise
 509 and flexibility from school. We do cardio every week to help with endurance. We have
 510 a day in the weight room to get rid of excess fat in my body. On Friday we end the week
 511 by playing a fun game or workout video. We are also offered after school options like,
 512 wrestling, basketball, volleyball, track and field. A sport for every season, so you will
 513 not have a chance to gain a pound.

514 Three days in gym, what about the other two days? We are educated about staying
 515 healthy, safety, diseases, and staying away from drugs and danger. There are posters all
 516 over school advertising the consequences of using drugs. There are posters in the
 517 cafeteria with the food pyramid. There are posters with basketball players, rock stars and
 518 people that influence us with milk on their lips talking about the advantages of milk.

519 I am proud to be a student of an extraordinary school. I smile everyday, confident about
 520 everything I do because I know I can touch my toes without bending my knees! [NS] is
 521 doing a good job in making America's healthy future. Keep up the good job [NS].
 522

523 23. [NS] is a Healthy Hoosier School because we have things like Running Club, P. E.,
 524 recess and healthy lunches. They all help us stay fit and healthy and that is very
 525 important.

526 [NS] has a Running Club where students can stay after school and run to stay fit and
 527 healthy. This is important because you need to run to stay fit and to exercise your body.

528 P. E. is also very important because our gym teacher, [NP] has us jog around our gym
 529 track. This is very important because people who don't play a sport still need to be
 530 healthy to live a longer, healthier life style. In P.E. we do things that make us happier
 531 and healthier. We play games like dodge ball, capture the flag, and many more. This is
 532 fun because you're getting a workout, and having fun playing the game at the same time.

533 [NS] has a healthy lunch, too. They serve us healthy salads, fruit, and bread. We need
 534 healthy foods because it gives us energy, unlike unhealthy foods that only slow you
 535 down. If you only eat junk food then it wouldn't get you the healthy things that your
 536 body really needs. If you eat food that is good for you, then you would feel more fit, and
 537 you would know that you would be living a healthy lifestyle.

538 [NS] is a Healthy Hoosier School because we have many things to keep our whole
 539 school healthy and that is really important. [NS] is a great Healthy Hoosier School.
 540

541 24. My name is [NP] and I am a fourth grade student at [NS]. I believe our school should
 542 be a healthy school because of the food we eat in the cafeteria, and the activities we do in
 543 physical education. The food we eat that I consider as healthy things are served
 544 everyday. Think of all these foods: grapes, carrots, peaches, and pineapples. ALL good
 545 foods right!? Our cafeteria ladies serve these foods to keep us healthy and full of energy!

546 Now in the gym, [NP] has an amazing idea of what keeps us healthy. Once a year, we
 547 do the heart adventure challenge course. The course has two sides, red and blue. The red
 548 side represents blood with oxygen and we do activities, which include jump roping,
 549 jumping over hurdles, running through hoops, and crawling through tunnels. The blue
 550 side represents blood without oxygen. On this side we ride on scooters, circle through
 551 hoops, and do a rope pull across the gym.

552 Another thing we do is Fitness Testing. During fitness testing we do the PACER test
 553 where we run back and forth and keep track of our laps. The other part includes push-
 554 ups, curl-ups, and sit and reach. We count the number of push-ups and sit-ups we do. In
 555 sit and reach we use a measuring box where you sit with your leg straight out and
 556 measure how far you get in inches.

557 [NP] does a really good job of keeping us healthy by making sure we get lots of
 558 exercise! We do many more things that make and keep us healthy in the gym but I think
 559 that gives you a pretty good reason why [NS] should be a healthy school!

560

561 25. [NS] leads students to live a healthy, active lifestyle. Not only does [NS] teach
 562 healthy living habits within the school lunch, the school also offers several fitness
 563 programs for both athletes and non-athletes.

564 Three years ago the school changed the lunches for the students. This included the
 565 removal of soda products, fattening snacks, and unhealthy lunches. They were substituted
 566 with milk machines, small Gatorades, vegetables and fruits, and healthy entrees. While
 567 the school can't control what a student eats outside of school, they can still provide the
 568 students with a healthy lunch during school hours.

569 [NS] offers several classes for athletes and non-athletes. Non-athletes can participate in
 570 the aerobics/Lifetime Fitness class. The students in these classes travel to the freshman
 571 campus to use the weight room and cardio machines. Along with this you will also learn
 572 step routines, abdominal routines, and overall life skills. After a year in these courses you
 573 can then join advanced aerobics or retake LTF. The advanced Aerobics focuses more on
 574 cardio, running, and weight lifting. As part of the curriculum, students enrolled in
 575 advanced aerobics frequently check their BMI and try to maintain or reach a healthy
 576 weight.

577 The class, athletic weights, is offered for in season athletes and year round athletes.
 578 You are given goals for bench, squat, clean, 40 yard dash, vertical, and body fat. Every
 579 nine weeks the athletes are tested to see if they have reached their goals. Our strength
 580 coach teaches correct technique necessary to improve strength. Along with this the
 581 athletes are also taught speed and agility skills. This keeps the athlete in shape and in
 582 better health.

583 Not only are all students offered these classes, before and after school programs are
 584 also offered. All students were recently given the option of Championship Monday and
 585 Wednesday. This program teaches speed development. This is offered to grades 8-12.
 586 After your workout, a healthy and nutritional breakfast is provided to the athletes to
 587 prepare them for a successful school day.

588

589 26. Hi, my name is [NP] and I go to [NS]. I would like to tell you why I think our school
 590 deserves a healthy school award.

591 Very few fifth graders get to have the amazing experience that I do. My favorite
 592 part of the day is getting to go to wellness and health class. We have four wellness
 593 teachers and two health teachers in our school. I get to go to wellness every other day.
 594 This is more than some schools offer. We have two amazing gyms with a track. We also
 595 have one of the best cardio and weight rooms I've ever seen. I get to use the equipment
 596 every other time I go to wellness.

597 I think it's really cool to see kids my age using all of the great equipment, such as
 598 the weights and elliptical machines. My favorite machines are the stair climbers. We had
 599 a stair stepper challenge in wellness. I was able to step over 2,000 steps in fifteen
 600 minutes. Most kids my age have never even been on a stair-climbing machine. I know it
 601 will encourage a lot of us to continue exercising for the rest of our lives.

602 Our school also offers after school clubs that allow us to get exercise and have fun!
 603 These clubs are the Running Club, Zumba Club, and Fit Kids Club. The Running Club
 604 promotes good health by letting students run together as a group. I love Zumba. We
 605 learn a lot of Latin and hip-hop moves. We just think we are dancing and having fun and
 606 then we realize that we are really exercising. We always do something new and fun in Fit
 607 Kids. One day we will play games in the gym and another day we are working on fitness.
 608 I always look forward to what we will do next.

609 You won't see any pop or junk food machines in our school hallways. Our cafeteria
 610 always serves healthy food choices, like fresh fruits and vegetables. If you don't like the
 611 lunch they are serving, you can choose a salad or yogurt and cheese meal.

612 Not only are the students trying to be healthy, the teachers are too! This year over
 613 forty teachers joined a weight loss challenge. After school you may see them walk down
 614 to the cardio and weight rooms for the weekly spin class or even just to workout.

615 You see, [NS] cares a lot about their students. It is a place that offers us great fitness
 616 opportunities, healthy food choices and a great education. Because we don't just need
 617 healthy minds, we need healthy bodies too!

618
 619 27. [NS] is the passing point where kids learn the value of being a young adult. During
 620 these years everyone starts to develop habits that will stay with him or her throughout
 621 life. [NS] teaches students how to be healthy, so, they can live a better life. For example
 622 in health class we learn about eating healthy and how to exercise. This will help us
 623 become better adults in the future. Teachers and peers care about our emotional and
 624 social health too. Teachers and make maps to help guide us to a healthy life style, to
 625 better ourselves. In wellness class, our teachers teach different exercises, and games to
 626 keep us in good shape and healthy. Some people think some of the games played in
 627 wellness class are hysterical and fun. Our teachers try to show us that exercise can be
 628 fun. The games are made to help us stay in shape and healthy throughout our lives. We
 629 also offer a variety of different sports that everyone can tryout for. [NS] has everything
 630 from Golf, wrestling, swimming, to baseball, football, and track. These sports help kids
 631 to be healthy both physically and socially. Hundreds of kids will stick with these sports
 632 all throughout high school and college, which keeps them in shape. Socially, kids meet a
 633 bunch of new people and form a bond of friendship. These sports are encouraged to be
 634 played to help young adults have fun with these middle school years. Whether you play a
 635 sport or not, because of this positive influence kids are honored to wear the black and
 636 gold to [NS].

637

638 28. My school is already healthy. We have lots of things to keep us healthy like germ-x,
 639 and a school nurse. We also have a ting called fitness club where you can sign up for it.
 640 Mustangs-N-Motion does one fun run against the other [C] schools. Like last year when
 641 I was in 3rd grade I ran somehting called 1200 meters. Mustangs-N-Motion really made a
 642 big difference on my strength and it made me able to run faster.

643 My school also has a thing called healthy school week where we get to wear like hats on
 644 Monday, or sweats on Tuesday, exercises lead by our prinicpal, and stuff like that.

645 We also have one thing called field day. That is where your class and the other classes in
 646 your grade get together around April or May and we have play games from around the
 647 world.

648 We also have P.E. or some people call it gym. First we exercise do like butterfly,
 649 superman, seal, and ramp. Then we go to stations and we have groups that we do each
 650 exercise station with. Then after we rotate to all the stations we play a game like straddle
 651 ball, pin ball, survivor, or snowball tag.

652

653 29. [NS] should be a Healthy Hoosier School because of all the heart healthy choices we
 654 make. We make great choices that a lot of other schools may not make!

655 We participate in President's Challenge testing. To help us with our President's
 656 Challenge, we have Project Fit America equipment (PFA) that helps us build our arm
 657 strength, abdominal strength, agility, flexibility, cardiovascular strength and speed. At
 658 recess kids in all grades can practice these areas to make us healthy.

659 Our cafeteria makes healthy food choices. There are raw and cooked vegetables, and
 660 lots of fresh fruit. Instead of frying, we bake, and there are very few treats.

661 Some schools do not have a not nurses. At our school we have a nurse that goes over
 662 and above to help us each and every day! She has great equipment that she can work
 663 with and makes sure that every student leaves her office with a smile. [NP] does
 664 everything she can to make our school healthy, there is not a better nurse in Indiana!!

665 We have health education in our classrooms. Our teachers work hard to help us with
 666 a healthy education. We talk about things that make our heart healthy and about making
 667 [NS] a healthy school! We are very smart students, and we are getting a healthy
 668 education!

669 [NS] should be chosen as a Healthy Hoosier School because of all the good choices
 670 we make. [NS] is the best school in America!

671

672 30. I Believe [NS] is a Healthy Hoosier School because we participate in Peyton
 673 Manning's Project 18 nutritious food program. When recess ends, I am very excited to
 674 eat lunch because after we eat, we go to our class poster. The lunch lady marks down
 675 how many fruits and vegetables you had for lunch. The maximum is two checkmarks per
 676 lunch period. Some of the fruits and vegetables you can have include apples, pears, corn,
 677 peas, pineapple, and a lot more. The first class who receives enough tally marks wins a
 678 backpack card signed by Peyton Manning and ten dollars in Cafe Cash, money that we
 679 earn during lunch for our economics unit. All of the classes that don't win receive five
 680 dollars in Cafe Cash. While the competition was going on at our school, our class lost
 681 hope in ourselves because we only had around forty check marks, and the other classes
 682 had close to the sixties. When [NP] was about to announce the winner, everyone was

683 nervous. [NP] finally announced the winner as [NP]'s class. Everyone clapped for them,
 684 and you could definitely hear that [NP]'s class was very happy. It would be a blast if
 685 [NS] could participate in Project 18 again. I believe that Project 18 encouraged me to
 686 make healthier food choices instead of snack food.

687
 688 31. [NS] is a school that really cares about its students. Our school does everything it can
 689 to keep the students and teachers healthy. Our school also keeps us fit.

690 There's lots of different ways that [NS] keeps us healthy. My favorite is the after-
 691 school clubs; kickball, dodge ball, kick boxing, basketball, and much more. They're fun
 692 ways to stay healthy and active.

693 Some of the kids in my class gave me their opinions. They said they like the way our
 694 school has changed and is healthier. I agree! I feel I am healthier because they offer
 695 more fruits and vegetables than before.

696 Our cafeteria has a wonderful program for the fourth graders. It is called Project 18! It
 697 is where each class is a team. Each person can eat any number of fruits and vegetables.
 698 If a person eats two or more veggies or fruits they get two points. One gets one, zero gets
 699 none. The kids were trying more fruits and veggies and discovered new favorites along
 700 the way. Through the program kids were encouraged to eat very healthy.

701 One of my friends, [NP], told me she thinks our school is very healthy because we now
 702 substitute snacks for physical activities. I love this too and so do my classmates. For
 703 birthdays there are different ways we celebrate. Sometimes we have extra recess, read
 704 books, and free time along with other exciting things. My class, [NS]'s, has a dance to
 705 celebrate! It's called the Happy Dance! The birthday person does the dance with [NS]!
 706 You raise and shake one leg while you do the twist, then you switch legs. It has become
 707 so popular that the entire class does it with the birthday student. It really makes your
 708 heart work and makes us more alert than a cupcake would.

709 [NS] is the healthiest school around; the teachers find healthy rewards, good food, and
 710 great active programs! I think our school is so healthy because the adults actually care
 711 for their students! [NS] ROCKS!!!

712
 713 32. Why should we be the Healthy Hoosier School? You may ask yourself that question.
 714 Here's why [NS] should be the Healthy Hoosier school. Because the cafeteria gives us
 715 about ten choices of fruits and veggies to stay healthy and have a great resource of
 716 energy. Everyday we have a recess either outside on the playground or in the school gym
 717 when it's raining. Also in two out of every four specials we do physical activities like
 718 stretching everytime before we do the class. That is why you should chose us for the best
 719 Healthy Hoosier school award because we do very good physical activities and eat healthy
 720 to stay at a level of good health. Thank you for taking your time to read this.

721
 722 33. My name is [NP] and I am a fourth grader at [NS] and participated in the Peyton
 723 Manning Project 18 this year. "French Fries?" No thanks. [NS] got the chance to do the
 724 Peyton Manning Project 18 this year. It was a real motivation for us to eat our fruits and
 725 veggies. Instead of having chips in our lunches we wanted to have an apple or some
 726 carrots. The Peyton Manning Project 18 is an amazing program that started and is
 727 keeping us healthy by focusing on eating healthier and tracking the fruits and veggies we

eat during our school lunch time. Now we are going to start saying no to French Fries and yes to carrots even more!

34. Eating healthy is important for everyone. So, the Project 18 Challenge was good to get kids started on a healthy eating pattern. I think most people today need a push to get them started on healthy, good, and delectable fruits and vegetables. Before Project 18 Challenge. I thought fruits and vegetables were gross and I never ate them. But now I know which ones I like and I am definitely happier and much, much, healthier. And if you're one of those people who just don't like vegetables maybe you just haven't had the right kinds. Try to be adventurous, and when you know your favorites, eat them. Making Health Choices is what Project 18 Challenge is all about, and I've been making healthy choices ever since.

35. I think my school; [NS] should be a Healthy Hoosier School because we serve fruits and vegetables everyday. I like that we have the choice of fruits and vegetables. I think everyday I see salads. These fruits and vegetables don't just go to waste, we eat them. I know someone who gets two fruits and vegetables everyday. They did that during the Project 18 Challenge and trust me; it just wasn't because it was a challenge. We love fruits and vegetables! The Project 18 Challenge gave us the chance to do something fun with what we love. We have salads and we make them fun by putting chicken nuggets in them. Our lunch menu is healthy but fun. We have fresh steamed carrots, broccoli and much more hot and cold. Our school is a great school to let us have fresh hot and cold fruits and vegetables everyday. We like that they color the applesauce to make it fun. We like that we have more than one choice so we can get what we want. I know that I wanted a fruit. I didn't like mixed fruit. I was able to get pears instead. Teachers set a great example by getting their fruits and vegetables too. They probably don't do it just to teach us a lesson to eat our fruits and vegetables. They do it out of their own will. So do we. We eat our lunch with our fruits and vegetables then we go out to recess to run, jog, walk and play it up. We not only eat fruits and vegetables but we get active too. If we eat ten fruits and vegetables, we get an awesome hand token. Also if we run or walk a certain number of steps in Gym, we get cool foot tokens. We try to be healthy all throughout the year not just at a certain time. We have woods so we can walk through it before and after school. We try to be a healthy school and we are working on our healthy habits for a long lifetime.

36. [NS] provides outstanding opportunities for health to its students, which is why it should be a Healthy Hoosier school. Our Multi-purpose Instructional Facility (MPIF) consists of extra classrooms, a weight room/fitness room, and 4 full size basketball courts. The fitness room includes 10 treadmills, 10 ellipticals, 10 bikes, and 2 recumbent bikes. The weight room is accessible three times a week after school for students. We have a full range of fitness equipment such as videos and heart rate monitors for the P.E. classes. There are many P.E. classes students can choose to take. Among these classes are Third Year P.E.: Team & Individual Sports, Lifetime Fitness, Aquatics, Sports Medicine, and Advanced Conditioning & Weightlifting. Current Health Issues is also an advanced health class students can take. During sophomore year, P.E. students are trained in life-saving CPR. The MPIF is available after school to accommodate club sports and other

774 activities. My school also holds open gym and open swim to anyone and has health fairs.
 775 This encourages people in the community to stay healthy as well. [NS] not only
 776 encourages students to be physically fit and healthy but also to eat right and drink water
 777 during the day. In the cafeteria, there are many healthy food options for students to get
 778 the right nutrition. We are also encouraged to keep a water bottle with us to drink during
 779 our classes. Every week our school nurse comes over the intercom for “Words of
 780 Wisdom Wednesdays.” Here she gives us tips on how to lead a healthier life. My school
 781 works in every way to keep its students and members of the community healthy and
 782 active beings. My Healthy Hoosier School has made a huge impact in the lives of its
 783 students and will continue to do so for generations to come.
 784

785 37. I think [NS] should be a Healthy Hoosier School for many reasons. The first reason
 786 would be that all students have a chance to be in the school running club. Everyone in
 787 my class has joined and most of my class has gotten into the 9 minute club.

788 Our P.E. teachers challenged us to join, and each P.E. day we spend the beginning of our
 789 class trying to beat our personal best time for running. All [NP], our P.E. teacher does, is
 790 keep track of the time, pushing us to the next level by running adding on an additional
 791 minute to our time. If we can run that length of time, we get to sign our name on the
 792 poster, joining the club. It is a really big deal to be in one of the running minute clubs.
 793 We will go around all day letting other kids know that we’re in the club. Kids really push
 794 themselves to go for the highest level club. Those kids that have asthma, or get
 795 dehydrated often stop and have trouble reaching the highest minutes, but they usually are
 796 on one of the clubs.

797 Another reason we should be a Healthy Hoosier School is that our lunch ladies always
 798 have fruits and vegetables for lunch. We don’t have any fried foods at school. I go to
 799 after school care – BAC – and they always have healthy foods for snacks after school.

800 During our midday time, even when it’s cold, nobody just sits around on the playground.
 801 We have lots of space and play equipment. We challenge each other to see who can race
 802 to touch the top of the pole first. Even when it’s cold, you won’t see anyone sitting
 803 around. We have to move around on the playground to be sure we don’t get too cold.

804 When I am attending BAC –I see our teachers working out in the teacher weight room. I
 805 also see teachers who attend Zumba classes in our gym after school.
 806

807 38. As fourth grade students we think [NS] is a very “Healthy Hoosier” place because we
 808 have very good fruits and vegetables lunch and breakfast. At school our school parties
 809 we have very yummy, healthy snacks that our parents bring. [NS] books and talk about
 810 things such as the food chain, Food Pyramid, and the foods we should eat, the foods we
 811 should not eat to keep us in shape and healthy. In fact, our P.E. instructor has a “Fit
 812 Club” during some of our recesses that helps us be more physically fit. We learn new
 813 and different games there and how to be keep from hurting ourselves when exercising.
 814 We do a lot of stretches and cool downs. Also, to keep all of us at [NS] thinking about
 815 fitness we have a school wide walk. Every year before we go on our walk through the
 816 neighborhood the teachers talk to us about the importance of fitness and why using drugs
 817 or alcohol keeps us from being healthy. We exercise at recess by running, jumping rope
 818 and playing on our equipment like many schools. But we also have a new walking path
 819 on our playground! A lot of us really like walking and talking on our path that is made of

820 recycled tire pieces. We are also healthy at [NS] because our teachers and staff make
 821 sure we are as clean as possible. Every day we wash our hands before we go to lunch.
 822 Also, our custodians put “elbow grease” into cleaning our lunch room and classrooms.
 823 All these are reasons are why [NS] should win the “Healthy Hoosier” Award!

824
 825 39. [NS] should be chosen for the “Healthy Hoosier” award for many reasons. Every day
 826 our morning school announcements that are shown on television. There is always a
 827 healthy fitness tip from the nurse that helps students and teachers throughout their life.
 828 We might be reminded to always stay active and eat healthy foods even for birthday
 829 treats. We try to bring in pencils or stickers instead of unhealthy treats.

830 Our gym teacher motivates the student to stay healthy and keep active. Every year he
 831 sets up an obstacle course and the Jump for Heart fundraiser which is a lot of fun. He
 832 makes up games so we can stay active and have still have a great time. In gym class we
 833 run laps and our teacher encourages us to keep moving. We also play tag or kick ball.
 834 He also plans a school wide activity day called “field day.” There are games we play
 835 with our class mates, eat healthy snacks and drink a lot of water!

836 Being active is so important at [NS] that we get recess two times a day. We can run,
 837 walk and play on the equipment and jump rope with our friends.

838 In our classes we study ways to be healthy when we use our health books. There are
 839 lessons on nutrition. In some classrooms there is a snack time every day. The teachers
 840 make sure the snacks are healthy. The school work is not overwhelming. The teachers
 841 understand we need exercise which helps to make everybody emotionally healthy.

842 At lunch, we are served a variety of fresh fruits and vegetables every day. We have low
 843 fat milk and even the milk cartons have health tips on the side. The milk gives all
 844 growing kids calcium.

845 [NS] also has sanitizers scattered throughout the school that are mounted on the walls.
 846 Being able to wash our hands keeps us healthy.

847 We are also emotionally healthy. There are people at [NS] to help with problems if one
 848 occurs.

849 These are the reasons [NS] should be chosen for the “Healthy Hoosier” Award.

850
 851 40. My name is [NP] and I am a 3rd grade student at [NS]. I think [NS] should be a
 852 Healthy Hoosier School. There are many reasons why we should be a Healthy Hoosier
 853 School. The first reason is that our school provides us with a fruit or vegetable snack
 854 everyday! I enjoy eating the snacks because the fruits and vegetables have vitamins A
 855 and C in them and they help us get healthy. The second reason is that our school has a
 856 playground and fitness trail. It helps us exercise and makes our bodies healthy during the
 857 school day. We even get to use the playground and fitness trail after school during Boys
 858 and Girls Club. The last reason we should be a Healthy Hoosier School is that our
 859 physical education class is fun because we always get to do something different and
 860 interesting. It is a fun way to help our bodies. [NS] does so many educational and
 861 healthy stuff that we deserve to be a Healthy Hoosier School.

862
 863 41. Ever since my freshman year at [NS], I have been educated more and more on the
 864 importance of my health. Groups at [NS] make it so that one's own personal health is
 865 something that is a crucial factor in everyday life. My freshman year, F.I.T. Club

866 (Falcons in Training) had a competition to see how well the school as a whole could
 867 become fit just in time for Spring Break. It was a real exciting and motivating way to lose
 868 weight for spring break. I learned that just an hour of daily exercise really makes a
 869 difference.

870 My sophomore year, there were different fitness tips each month and various organized
 871 events that F.I.T. Club held. Each month that year, reminders were available about the
 872 importance of being healthy and how to accomplish it. One month I received a magnet
 873 with 10 healthy tips on it and another month apples and granola bars were delivered as a
 874 healthy choice for breakfast. These were just two of the things done my sophomore year.

875 [NS] has continued to be on a mission to educate the students on the importance of good
 876 health. In 2009, my junior year, [NS] won an award from Channel One for the school
 877 taking ACTION with making healthy choices and how we educate students about fitness.

878 In 2010, now my senior year, we organized a Health Fair, where students were able to
 879 come and have an enjoyable time while learning about how to make healthy decisions.
 880 The Indianapolis Fire Department can and showed proper escape routes, a Wii was set up
 881 for student to participate in a fitness game, and healthy snacks were provided by a
 882 nutrition class.

883 [NS] staff has always been open to ideas and comments on improvements to the program
 884 and even allowed myself to teach a fitness class for the students and staff, ZUMBA! The
 885 students and staff were very receptive to the class and it has since become a huge hit. It
 886 means a lot to know that the teachers at our school are willing to take time out of their
 887 busy schedules just to help the students with special ideas and organizations such as
 888 Zumba. The attendance of the students at the class shows the leaps and bounds the
 889 students have come when it comes to their own fitness. Students are now taking time out
 890 of their lives to become more health conscience!

891

892 42. My name is [NS] and I am in the 5th grade at [NS]. I know the importance of
 893 working hard to be active by participating in soccer leagues and running track with Indy's
 894 Racing Cheetahs. Our school encourages us in so many ways to be healthy and fit.

895 When we first come into the building we put our things down in our pods but we don't
 896 unpack yet. First, we go into the gym with other grade levels for TEAM Time. Our
 897 physical education teacher stands on the bleachers and leads us in some dances,
 898 exercises, and stretches. We repeat patterns of steps and movements and sometimes
 899 freestyle where we can do whatever we want. We dance to the Cha Cha Slide, do skier
 900 jumps, rock forward and back, and much more. After we finish dancing, we stretch and
 901 relax. We leave TEAM Time in an orderly fashion to start our day.

902 In physical education (PE), we put our pedometers on to track our steps to challenge us
 903 to reach our individual goal of 2400 steps. After we get our pedometers on, we get right
 904 to work on jump ropes as part of the Jump Kids Jump Movement and combine strength
 905 training into our jump rope and fitness skills. Our games challenge us to remain at a high
 906 activity level to reach our goals.

907 In the classroom, we used pedometers to track our steps each day of the week. We wore
 908 the pedometers for two months to see our activity pattern over time and recorded our data
 909 on an excel spreadsheet in the computer lab. Our class also recorded food diaries to
 910 evaluate our eating patterns. Our school nurse and classroom teacher worked together to
 911 educate us on improving our food choices through Project 18.

912

913 43. [NS] is one of the healthiest schools in Indiana. Our [NS] staff always makes sure all
 914 fo the students are healthy. [NS] is one of the schools that knows how to use the lifeskill
 915 of self control. Most of the students know not to eat oil and food that will make them
 916 unhealthy. I guarantee that [NS] is a healthy school. A lot of students and staff like to
 917 get very active. Most of our students play in soccer or football leagues, which are very
 918 active and physical. Our gym teacher, [NP], sets up physical activities each year. There
 919 is a program called the Million Mile walk. It is a program which the [C] District sets up
 920 for people to get in really good shape. So every elementary, middle and high school are
 921 to walk up to one million miles in one school year. [NP] has each different grade levels
 922 and takes them outside and run 4 miles for a day behind our school playground, which is
 923 a big area. Our school provides the water and other things that are healthy for the body.
 924 Also our gym teacher takes all of the fifth grade students to a field during the last day of
 925 May. This field trip is called, "Field Day". This is when all 9 Elementary Schools,
 926 including [NS] is taken out to be very active and practice our sportsmanship.

927 [NS] should be awarded for being on of the healthiest schools in Indiana. I think our
 928 school tries to keep the whole staff and students active as can be. So remember that [NS]
 929 is a very healthy school and that is a fact. So come to [NS], the healthiest school in
 930 Indiana.

931

932 44. We think [NS] should be a Healthy Hoosier School because we can eat breakfast
 933 everyday in class if we want, we have salad choices everyday for lunch, and outdoor
 934 recess when it's not too cold or rainy outside. Best of all, we do a lot of fun and healthy
 935 activities in gym. Our teachers teach us about having healthy bodies by eating right and
 936 exercising. Every year we have the Run for the Arts program which raises money for the
 937 Arts. We get pledges from family and friends then run or walk as many laps as we can.
 938 The winner gets prizes. We also take field trips to the National Institute of Fitness and
 939 Sports and the Lily Health Education Center where we learn about having healthy bodies.
 940 We also have dentists and eye doctors come to our school to check our teeth and eyes.

941

942 45. The Million Mile Walk has continued to be a school-wide event for [NS]. Using
 943 pedometers it is a friendly competition that all classes participate in to see how many
 944 miles they can complete for our school. Miles are posted in the cafeteria for students,
 945 teachers, and visitors to see.

946 Families will again be participating in a Family Fitness Walk in May. We will have a
 947 picnic and health screenings going on during this time as welll. Students and families are
 948 encouraged to attend. At [NS] we value exercise and wellness and look forward to this
 949 annual event.

950

951 46. Here at [NS] we not only focus on academics but on health and fitness as well. [NS]
 952 has a variety of healthy food choices at lunch, a million mile walk program, and a very
 953 good physical education class. In this summary we will explain to you why we think our
 954 school should be considered a Healthy Hoosier school. We, [NP] and [NP], are sixth
 955 grade students at [NS] are writing about our healthy school.

956 At our school we have many choices for lunch. In the cafeteria we have three different
 957 lines that each holds a different healthy choice for whatever you crave. In line one we

958 have the sub station. In there you can get any sub you want, they have all types of
 959 vegetables and meat for a healthy lunch. In line two is the pizza line. Here you can get a
 960 slice of wheat bread pizza with cheese or pepperoni and even a taco pizza. In the final
 961 line you can eat the daily special. Most of the time it is normally something made of
 962 white meat such as chicken and a fruit or vegetable is always offered. This line also
 963 offers chicken salad, cheese burgers, and chicken patties.

964 [NS] along with other schools in the township is participating in the Million Mile Walk.
 965 The way this is done is mainly by keeping track of how many miles we walk a day. This
 966 sheet will tell you approximately how many miles you may walk to your mailbox, from
 967 one class to another and even how many miles you walk from your bus stop and back!

968 [NS] is pushing for individual students to go above and beyond by asking them to walk
 969 an extra three miles each week!

970 Another healthy activity [NS] provides for its student body is Friday Personal Best Days
 971 in physical education class. We each keep a record of all the pushups, sit ups, and laps we
 972 walk. Each week we try to improve our scores from the previous week. Lincoln also
 973 participates in the Presidential Fitness Challenge. At the end of the year the students who
 974 do the best will receive an award at the end of the year convocation. This keeps students
 975 motivated to try their best. Circuit Monday has been added for us sixth grade students.
 976 Every Monday we participate in many different stations to improve our fitness lever.

977 [NS] keeps us healthy in many ways. Whether it is giving us healthy choices at lunch,
 978 motivating us to walk or do our best on with the President's Fitness Challenge. We
 979 believe [NS] is a Healthy Hoosier School.

980

981 47. [NS] should be a Healthy Hoosier School because there are so many efforts to help
 982 kids be healthy. Many kids in school do not even know of all the ways Pike is trying to
 983 help them stay healthy. Let me try to tell about many of them.

984 [NS] has great athletic teams and lots of kids participate. There are plenty of sports for
 985 both girls and boys and many of our teams are often some of the best in the state. The
 986 coaches work really hard and put in lots of time. We have three gyms, a cool new
 987 stadium and track, a big weight room with a strength coach-[NP]. All of our teams work
 988 extremely hard and are very successful. There is always a place for a student to be part
 989 of a healthy team.

990 Our cafeteria serves a variety of foods. There is the tray lunch, sandwiches, salads, and
 991 pick and go. Students can get a healthy breakfast in the morning before school too. I
 992 have noticed that the snack machines have healthier snacks in them now and the drink
 993 machines do not have as much pop as before. This is a healthy option for kids.

994 Kids get lots of opportunities to be active in PE classes. Everyone has to take required
 995 PE everyday for one year. They do lots of different activities such as fitness, swimming,
 996 basketball, tennis, aerobics and soccer. After you take the required class you can take an
 997 elective like APC, aerobics, or fitness. They have classes all day long.

998 This year we are doing what is called the Million Mile Walk. Basically everyone is
 999 encouraged to try and walk a certain number of miles per week to help us feel healthier.
 1000 All the [NS] schools are doing it, even the elementary schools. We are trying to get a
 1001 million miles for the year.

1002 [NS] is trying to help our kids and teachers stay healthy and I think it is working. It is a
 1003 great school that just wants all of us to be healthy and happy.

1004

1005 48. Why does [NS] deserve to win a Healthy Hoosier Award?

1006 As a student I think [NS] deserves a Healthy Hoosier Award because we have activities
 1007 that not just get us moving but help us exercise in a fun way. As a student I hate
 1008 exercising because walking can sometimes be boring but, when I go to [NS]'s gym class
 1009 exercising is fun and cool. We have awesome exercising programs like Field Day, The
 1010 Million Mile Walk, and a fun motivational activity where we can earn foot shaped
 1011 charms for our shoes. We also have activities that parents can participate and help out in.
 1012 We walk in a fun way too. We walk around the school and look at nature. It's fun and
 1013 exciting exercise.

1014 We work at a fitness level appropriate for our level. [NS] exemplifies a school who truly
 1015 promotes wellness. Whether it's learning about the food pyramid, planting a garden,
 1016 learning about why it's important to take care of our body or promoting a healthy
 1017 environment. Many programs are offered throughout the year that help advance
 1018 community health. Who knew exercising could be fun and cool! We all try our personal
 1019 best in gym hoping to make a big difference in our health. We all strive for a healthier
 1020 school and a healthier us. That's why I think [NS] deserves a Healthy Hoosier Award.

1021

1022 49. [NS] truly is a great place to go to school. They have fantastic teachers and an
 1023 administration that really does care about the students and about making it the best school
 1024 it can be! I will forever be a changed person because of my attendance at this wonderful
 1025 place.

1026 [NS] offers a lot of programs and "goes beyond the call of duty" when it comes to
 1027 Health Education and Physical Fitness. They offer healthy alternatives at lunch and no
 1028 longer offer the sugary sodas but rather the "diet" or "zero" versions. They have a
 1029 vending machine that offers yogurts, cheeses, and milks which is frequented by a lot of
 1030 the school population. On top of this they offer really fun P.E. classes like Lifeguarding
 1031 and Strength Training and Conditioning. I have taken the latter for two years now and it's
 1032 a great class. I have only been in the class this semester for about eight weeks and have
 1033 already noticed a change in my strength and ability to do what were once difficult tasks
 1034 like lifting a tray full of food at work!

1035 I know that without a doubt [NS] puts a 100% effort in every goal they strive for at
 1036 the school. This most certainly includes Health Awareness and just making the right
 1037 choices in life. I will always be grateful for the lessons the high school taught me and the
 1038 values they have instilled in me and I will continue to carry out these things so that the
 1039 memory of [NS] will be a cherished one.

1040

1041 50. Since receiving a Carol M. White PEP grant 5 years ago, [NS] has consistently
 1042 provided a safe and healthy place for students to learn. The grant allowed us to purchase
 1043 equipment that continues to be used daily. It also allowed our physical education staff to
 1044 receive extensive training in improved techniques such as using small sided sports to
 1045 allow more students to be active during class periods.

1046 [C] schools employee a Registered Dietitian as our nutrition educator. Her job includes
 1047 classroom nutrition education, individual counseling, staff wellness, menu analysis, and
 1048 more. She is always there to help students or staff when a nutrition related issue arises.

1049 Recently our cafeteria has replaced the Styrofoam plates and bowls and plasticware with
1050 reusable, washable items. This switch has reduced the amount of waste going to our
1051 landfills and, in my opinion, provides a more enjoyable meal experience. The cafeteria
1052 provides many fresh fruit and vegetable choices daily, low fat and fat free dairy products
1053 and many whole grain choices. They recently created a flavor station with salt free herb
1054 and spice blends to help students and staff reduce their intake of sodium and increase
1055 their enjoyment of meals served.

1056 [NS] consistently provides a safe, healthy, balanced center for learning and growing.
1057 We know that students who have the opportunity to be active, eat healthy meals, and
1058 have a safe place to learn are less likely to miss school due to illness, are better able to
1059 learn in the classroom, and are more physically and mentally fit.

1060

1061 51. In the morning, when you walk into the school you can smell a hot breakfast in the
1062 cafeteria. Inside the cafeteria you can see healthy options like fruit, granola, yogurt,
1063 breakfast sandwiches, and hot and cold cereals. Later in the day, the bell rings as we all
1064 rush into the cafeteria of [NS] with growling stomachs. As we take our seats, we wait to
1065 be called to get our lunch. When we walk into the lunchroom the smell of our school's
1066 healthy food rises to our noses. We get in line and there are options galore. We have
1067 healthy choices like broccoli, carrots, radishes, celery, cucumber, sliced apples, oranges,
1068 bananas and pears. We also have peaches, pineapple, yogurt and salads.

1069 After lunch, many of us have physical education class. Physical education is not all
1070 about sports anymore. Daily we learn about healthy habits such as how to exercise
1071 properly and how to get our heart rate up. Thanks to the hard work of our staff, we also
1072 have the opportunity to go into the fitness room, and work on the Total Gyms, treadmills,
1073 bikes and elliptical machines. On warm days, we go outside and walk or jog around our
1074 track. At the end of our P.E. class, our teachers encourage us to buy milk from the dairy
1075 vending machine!

1076 In family and consumer sciences, students learn about preparing healthy foods and the
1077 food pyramid.

1078 At the end of the day, athletes and students involved in extra-curricular activities have
1079 the opportunity to have a healthy snack before they start their activities. The cafeteria
1080 staff makes options such as baked chips, water, Gatorade, muffins and string cheese
1081 available to us. These snacks give us the energy to make it through our after-school
1082 activities.

1083 Overall, being healthy is not a challenge at our school. Our teachers and staff always
1084 make it easy to learn how to take care of ourselves. Each year it is obvious our teachers
1085 work hard to keep us healthy. They have made it fun for us to live healthy lives!

1086

1087 52. [NS] has many different reasons to be considered a Healthy Hoosier School! The
1088 cafeteria offers many healthy food choices from well balanced meals with low fat/fat free
1089 dairy products and whole grains to fresh fruit and vegetable served daily. The cafeteria
1090 staff encourages students to try at least two bites of new foods before they decide they
1091 don't like them. This encouragement has been very positive and motivational in getting
1092 students to eat more fruits and vegetables! The cafeteria staff work closely with the
1093 school corporation's Registered Dietitian to provide healthy, colorful, well balanced

1094 meals that meet all the government standards. The dietitian also provides classroom
 1095 education and individual counseling to students and staff.
 1096 [NS] is also very proud of the physical education department that offers students the
 1097 opportunity to become fit and healthy individuals. Our Physical Education Teacher, [NP]
 1098 believes that students must incorporate physical activity and a healthy, well balanced diet
 1099 if they want to be as healthy as they can be. He incorporates small sided sports in an
 1100 effort to increase the active play time of students. [NP] has a unique job, in that, he
 1101 works with students in kindergarten and first grade. As a positive male role model, he is
 1102 forming a life long love of sports and fitness in these children. He encourages them to
 1103 learn the basics of sports and fitness while teaching the skills that will last a lifetime.
 1104 These are just a few of the reason [NS] should be considered a Healthy Hoosier School.
 1105 We all work very hard to provide a safe, healthy environment for students that
 1106 encourages fitness, healthy eating, and education for a well balanced lifestyle.

1107
 1108 53. [NS] has many different reasons to be considered a Healthy Hoosier School! The
 1109 cafeteria offers many healthy food choices from well balanced meals with low fat/fat free
 1110 dairy products and whole grains to our fresh fruit and vegetable bar which includes mixed
 1111 greens, fresh fruits and vegetables, cottage cheese and other homemade salads. Students
 1112 are encouraged to take as much as they want from the fresh fruit and vegetable bar with
 1113 the understanding that they should only take what they will eat. We find that students
 1114 consume more fruits and vegetables when they are offered in this way. The cafeteria
 1115 staff work closely with the school corporation's Registered Dietitian to provide healthy,
 1116 colorful, well balanced meals that meet all the government standards. The dietitian also
 1117 provides classroom education and individual counseling to students and staff.
 1118 [NS] is also very proud of the physical education department that offers students the
 1119 opportunity to become fit and healthy individuals. Our Physical Education Teacher, [NP]
 1120 believes that students must incorporate physical activity and a healthy, well balanced diet
 1121 if they want to be as healthy as they can be. She incorporates small sided sports in an
 1122 effort to increase the active play time of students. Her job has been made easier with the
 1123 addition of a rock climbing wall, pedometers, a sport wall, sharbade scooters, and other
 1124 equipment that was purchased with funds from a Carol M. White PEP grant. [NP] also
 1125 encourages students to use the outdoor walking track before school, during recess and
 1126 after school to incorporate more steps into their day. She encourages them to wear
 1127 pedometers and record the number of steps they take each day with the goal of increasing
 1128 that number on a regular basis.

1129 These are just a few of the reason [NS] should be considered a Healthy Hoosier School.
 1130 We all work very hard to provide a safe, healthy environment for students that
 1131 encourages fitness, healthy eating, and education for a well balanced lifestyle.

1132
 1133 54. Health and wellness, physical education, healthy lunches, extracurricular activities,
 1134 sports, and clubs are just some of the things that [NS] offers to help us be our best. Our
 1135 school helps by teaching us to stay active and eat healthy.

1136 One of the many things our school has is a lunch staff that spends enormous amounts of
 1137 time preparing healthy foods for our lunches. Every day the staff has at least four fresh
 1138 cut fruits and baskets with oranges, apples, and bananas. They work with the school
 1139 corporation's dietitian to come up with healthy meals that we will enjoy. The school also

1140 offers a hot breakfast every day. The school offers different kinds of juice, milk, cereal
 1141 and hot sandwiches. The cafeteria staff works hard and gives us many choices everyday
 1142 on what to have for lunch. One of our many choices for lunch is that every Thursday
 1143 they make a fruit plate. Every day there is also a choice of having salad as a main entree
 1144 and we have a new salad bar.

1145 After school the lunch staff offers healthy snacks that include bottles of water, Gatorade,
 1146 string cheese, muffins, baked chips and low fat ice cream.

1147 We also have physical education classes that teach us what exercises we can do to stay in
 1148 shape. The teachers take us to the school fitness room that includes elliptical machines,
 1149 treadmills, Dance Dance Revolution, and exercise bikes. The teachers also take us on
 1150 walks around town, and have us play games like basketball, soccer, and dodge ball.

1151 Overall our school tries to keep us healthy. They teach us what kinds of foods to eat and
 1152 what to eat after workouts to help us regain muscle with the protein needed. The school
 1153 and teachers try in any way they can to teach us how to be healthy. Our teachers do not
 1154 just try to help us stay healthy, but they also try to model the ways of healthy living.

1155
 1156 55. I am a fifth grade student in [NS] class. I believe [NS] is a Healthy Hoosier School.
 1157 We are active, eat healthy food, are drug free, and try to prevent sickness. We definitely
 1158 deserve the Healthy Hoosier School grant.

1159 We are actually very active. Our school provides multiple sports such as volleyball,
 1160 basketball,-for boys and girls, cheerleading, dance and are encouraged you to do sports
 1161 outside of school. You're probably thinkin, "What about the kids who don't do sports?"
 1162 Well, we have PE twice a week. There is still more. When we have we have recess, we
 1163 can play on the blacktop, the playgrounds, the swings, or shoot hoops. What about the
 1164 people who aren't active at recess? We have a walking program. We walk, earn points,
 1165 and win prizes. Everyone is encouraged to walk. [NS] also does Jump Rope for Heart.
 1166 Last year we won second in the state. Pretty cool, eh?

1167 The children and employees eat healthy too. In each school lunch, there is always
 1168 fruit and veggies. There is a wide variety of food in school lunches. Occasionally, there is
 1169 a cookie, ice cream, cobbler or cake. Nothing to worry about, though, its all sugar
 1170 free. When there's a birthday, the birthday boy or girl brings a treat. Luckily, we have the
 1171 healthy snack policy. That means Nurse Jane or a teacher must approve of the treat.

1172 Another thing [NS] has that is healthy is we are drug free. There are posters around
 1173 the school that request no smoking. We also have a drug free day in our school.

1174 Our school tries to prevent sickness as well. We wash our hands, and if forget, we
 1175 have posters in each bathroom to remind us. Each classroom-especially the cafeteria-has
 1176 hand sanitizer in it. When the H1N1 came to Indiana, our school had a supply of nasals
 1177 and vaccines for children who had a parent signature-for free.

1178 As you can see, [NS] is very healthy. If we won the grant, maybe we could be able to
 1179 pass out fresh fruit and vegetables daily once again. Maybe we could become even more
 1180 healthy-with your help.

1181
 1182 56. [NS] is a Healthy Hoosier School! Our school does A LOT to help us learn how to be
 1183 healthy. Some of the things that our school does are having walker's club in the
 1184 mornings for the kids who come to school early, offer fun and fitness activities in Lights
 1185 On (our after-school program), and teach us about health and nutrition with the Organ

1186 Wise Guys. Every day, nearly 75 students walk the hallways before school and then they
 1187 play in the gymnasium. At recess, we get to play a lot of fun games that keep our hearts
 1188 pumping! This year, we got a walking track added to our playground, too. Our PE
 1189 teacher is really cool! She taught us how to use heart rate monitors this year to find our
 1190 target heart rate and keep exercising at that rate. We also use pedometers to keep track of
 1191 how many steps we are taking. She teaches us a lot of ways to stay healthy and active.
 1192 In our school cafeteria, we are getting better food choices. This year, [NP] made it so
 1193 that we can have the salad bar twice a week and the sub sandwich bar twice a week just
 1194 like the high school kids. She also switched all of our bread to whole grains. We get
 1195 other good choices like turkey wraps, too. At our school, everybody works on being
 1196 healthier. Even our teachers are walking more and eating better. They have a fun contest
 1197 about losing weight, just like The Biggest Loser on television. Our school includes the
 1198 whole community in being healthy. We have a big health fair, and we let everyone use
 1199 our school's equipment for exercising. [NS] is a healthy place to be!

1200

1201 57. [NS] does an outstanding job at educating the students, staff and community about
 1202 how to live a healthy lifestyle. Our program pays attention to developing healthy habits,
 1203 building healthy relationships and maintaining a healthy environment.

1204 Creating a healthy lifestyle often means learning about our current state of health and
 1205 developing habits which helps us maintain or improve that state. Blood pressure, height
 1206 and weight are measured for each child on a regular basis. Heart rate monitors are used
 1207 during physical education classes to be sure students stay within their target heart rates
 1208 during exercise. A teacher-led walking club meets every morning from 7:00 – 7:20 in the
 1209 morning which helps us stay fit and wake up! Last but not least, the Cougar Cross
 1210 Country Club was formed this year. I participate in the club and it is a fun way to
 1211 exercise with friends.

1212 Educational programs continue to encourage us to learn more about choices which are
 1213 good for our bodies. A nutritionist speaks monthly to students in grade K-4 about healthy
 1214 food choices along with healthy recipes being found in our quarterly wellness newsletter.
 1215 The fourth grade also took a field trip to discover the benefits of organic gardening. CPR
 1216 training is offered to the 8th grade students of [NS], as well as the staff and community.
 1217 Finally, our first annual wellness fair was held in March, and the entire community was
 1218 invited to participate in the fun. It was a huge success because we had over 400 people in
 1219 attendance and received great reviews.

1220 Since building healthy relationships is part of living a healthy lifestyle, [NS] students
 1221 participate in the PEERS Project during 6th to 8th grades. The project has had a huge
 1222 impact. Students have learned a lot about abstaining from drugs, sex and alcohol. It has
 1223 taught us how to keep our morals, values, and beliefs despite peer pressure.

1224 These activities (and others not mentioned) help our students learn about, build and
 1225 maintain healthy lifestyles. [NS] is a model example of a Healthy Hoosier School.

1226

1227 58. [NS] is not only a healthy school but a school that dedicates itself to making the right
 1228 choices for its students, staff, and community.

1229 Instead of requiring only one credit in gym and health classes, the school demands all
 1230 students take two of each to graduate. [NS] even offers advanced gym courses and
 1231 weightlifting during flex for all students and student athletes. Emphasizing similar goals,

1232 the health courses further examine how to make the right choices when it comes to one's
 1233 health by inviting speakers and even members of the local Margaret Mary Community
 1234 Hospital to make healthy meals with students. Currently, sophomore health classes also
 1235 teach students how to conduct CPR and other critical emergency skills.

1236 However, the efforts of school members to bring healthy food choices to the high school
 1237 has been the most noticed aspect of [NS]'s health status. After years of students bringing
 1238 in liters of pop, the school-wide health committee worked with vendors to get rid of sugar
 1239 packed drinks, candy, and other "guilty pleasures" and replaced them with water, milk,
 1240 and more sustaining choices. Still, school members and the health committee have
 1241 advocated reducing the portion size of vending machine items and brought into
 1242 discussion the idea of not allowing students to bring food and drink items outside of the
 1243 school, but such concepts have not been accepted by machine vendors or ratified by the
 1244 high school as of yet. Ideas such as bringing local foods into the high school cafeteria
 1245 have also been recently mentioned.

1246 High school health policy also extends beyond, well, school policy. Clubs like SADD,
 1247 CHOICES and Key Club within the high school have taken steps to help students
 1248 recognize the right moral and health choices and have sponsored events like student
 1249 versus faculty hockey and basketball games. In doing so, the school has grown into its
 1250 own community.

1251 [NS] not only uncovered the necessities to establish a healthy school at all levels but has
 1252 earned the exemplary title of a school willing to go above, beyond, and ask how "we" can
 1253 become even better.

1254
 1255 59. [NS] is a school that is always working to be a Healthy Hoosier School. My school
 1256 does everything to keep its students healthy. We do a lot of exercising and eating right.

1257 My school gives us the right amount of each food from the food pyramid that we
 1258 need. We get a choice of a fruit or vegetable, a meat, dairy, and bread. When we eat a
 1259 meal the food is always the right temperature it needs to be. We can choose from salad
 1260 bar, hot lunch, or our own lunch we packed. Salad bar has great toppings and sauces.
 1261 We have too many toppings to say them all.

1262 [NS] also loves exercise. We try and go outside as much as we can. The only time
 1263 we don't go outside is when there's a lot of snow or it's raining. In the winter we always
 1264 double check to make sure we have our coats. We run our track every time we go
 1265 outside.

1266 My school also does a lot of exercise in gym class. We go to the pool at the
 1267 beginning of each year also when it starts getting colder we do swimming lessons at the
 1268 YMCA. We also do the Presidential Physical Fitness and we always have great times for
 1269 our mile. If we do an activity that we go outside for we run the track then too. When we
 1270 do stations in gym we get out weights and a lot of other exercise equipment. We do the
 1271 heart maze every year and we get a great workout from it.

1272 For the morning announcements our counselor gives us a good stretch in the mornings
 1273 before we get to work. We do toe touches, lunges, deep breathing, and the stretch wear
 1274 you stretch your arm across your body. Before stretches we almost always hear a
 1275 different activity going on to keep us healthy.

1276 That is why [NS] deserves the Healthy Hoosier Award.

1277

1278 60. [NS] deserves to be recognized as a Healthy Hoosier School because the well-being
 1279 of students and staff is a priority. We are so glad to have physical education class two to
 1280 three times a week during the entire school year. This teaches us the importance of
 1281 regular exercise in staying fit. Physical education class is fun and includes a wide variety
 1282 of sports and activities where everyone is encouraged to participate to the best of their
 1283 ability. Our heights, weights and body mass are taken and we do physical fitness testing
 1284 in the fall and the spring. The results of these tests are shared with our parents. Our
 1285 teachers encourage us to improve our performance on physical fitness testing by
 1286 requiring us to set goals and work hard to reach them.

1287 We also get checked for scoliosis, hearing, vision, and blood pressure at our school. A
 1288 health fair was presented with a lot of different health care professionals. It was neat to
 1289 get free stuff and learn more about each of their health care practices. We stood on a scale
 1290 and the chiropractor could tell us if we had our weight evenly distributed on each of our
 1291 legs. That was pretty cool. At another station, we wore goggles and tried to do tasks. This
 1292 helped us to see how alcohol can affect our perception and delay reaction time.

1293 [NS] staff and students care about others. At [NS], we collected donations this year for
 1294 Pennies for Peace. We had a competitive tournament raising \$2,500. Every student is
 1295 given instruction on life-saving skills including choking, rescue breathing, and CPR. It's
 1296 challenging, but we think it will be hard if we have to deal with a real-life emergency
 1297 someday, too.

1298 Our staff participated in Active for Life sponsored by the American Cancer Society.
 1299 [NS] won the competition, which proves that our staff values health and fitness. [NS] is a
 1300 Healthy Hoosier School because we take every opportunity to measure and improve the
 1301 wellness of our students and staff.

1302
 1303 61. I think [NS] should be a Healthy Hoosier School. We do something every day to
 1304 keep us physically fit! We are a CATCH school. We learn healthy habits in our
 1305 classrooms, in music and through art, at the cafeteria, on the outdoor track and especially
 1306 in our P.E. class.

1307 On Fresh Fruit Fridays, I experiment with different fruits. My favorite is strawberries!
 1308 At the Annual Heart Maze in the gym, I learn how the blood flows through my body and
 1309 the importance of getting my heart rate elevated every day for at least 30 minutes. On
 1310 our outdoor track, all our students walk or run a one-quarter mile lap daily!

1311 My classroom tapes the TWLN newscast for the school. [NP], our P. E. teacher, leads
 1312 us in 'Minds in Motion', getting everyone moving right at our desk.

1313 Our cafeteria serves great nutritional food and has posters on the walls that are fun to
 1314 read. I really like the one with Carrie Underwood and her milk mustache! The Go-Slow-
 1315 Whoa foods poster helped my family make healthier choices, especially about french
 1316 fries!

1317 Three years ago, [NP], told a group of parents that jumping rope was great exercise and
 1318 would help wire our brain for science and math. I began taking classes at the YMCA and
 1319 recently participated in an exhibition to recruit other students! I participate in many other
 1320 sports including basketball, baseball, soccer, swimming and snowboarding. I think I can
 1321 do them well, because I keep fit. For the past two years, I have achieved the National
 1322 Physical Fitness Award and have a goal to make the President's Award this year!

1323 My school is a fun place to learn. We are surrounded by ways to make great choices we
 1324 can use forever. I think we learn so much, because everyone cares and set great examples
 1325 for each other. They make me want to do the best I can.

1326

1327 62. Do you know why [NS] in [C], Indiana should get the Healthy Hoosier Award?

1328 I do. I think we are a very healthy school! I think we are healthy in many ways, but
 1329 I'm going to start out at lunch.

1330 At lunch we always have at least two fruits and two vegetables to choose from. Our
 1331 main entrée is healthy too. We also have salad bar a couple times a month. The third
 1332 Friday in every month we have Fresh Fruit Friday. On Fresh Fruit Friday we can bring in
 1333 a fruit to snack on during a class period.

1334 Once a week every class gets to have an hour of gym. In P.E. we are ALWAYS active.
 1335 We play many games. We play hockey, basketball, soccer, flag football, and a lot more!

1336 If you walk down hallways or walk through classrooms, you will see at least one
 1337 bulletin board talking about good nutrition.

1338 Some classes dance, jump rope and stretch. 3rd Grade does morning exercise.
 1339 Morning exercise is a fun thing in the mornings. At morning exercise you can dance,
 1340 shoot basketball, stretch, hula-hoop, and jump rope.

1341 I think my school is a healthy school and that's why we should get the Health
 1342 Hoosier Award.

1343

1344 63. [NS] is a very healthy school with many ways to help make its students healthy – not
 1345 just Health and P.E. classes either!

1346 [NS] has a Minds in Motion class for 1st -3rd graders. During this class, students have
 1347 an obstacle course to go through. Each station has different exercises. Fourth and 5th
 1348 graders have the choice to take part in the Running Club, organized by our P.E. teacher.
 1349 In the Running Club, everyone runs a mile each practice, and after several weeks, there is
 1350 a big race in which everyone participates. Us 5th graders also can sign up to play
 1351 basketball after school for a couple of months.

1352 Every day at [NS], 50 minutes are guaranteed to promote health. Students go outside to
 1353 run around and play games. After getting lots of exercise, students go to the lunch room.
 1354 There we eat healthy food to get lots of energy. We can bring or buy lunch, but if we buy
 1355 lunch we must have fruits and vegetables. If we bring our lunch, there is no fast food
 1356 allowed.

1357 This next thing that helps keep [NS] healthy is probably the students' favorite: DDR.
 1358 DDR is a video game where you dance to a song, then we take our heartbeat and see if
 1359 we are giving our heart enough exercise. We use DDR in P.E. sometimes and as a
 1360 special reward!

1361 Another favorite of the students is Field Day. Field Day takes place once a year. On
 1362 Field Day, there are many stations with fun games such as Flag Football, Capture the
 1363 Flag, and Tug-of-War. It's a whole day dedicated to exercising!

1364 Not only do [NS] students stay healthy, but so does the staff. The staff is having two
 1365 contests: "Biggest Loser" and "Walking for Wellness". They are trying to take as many
 1366 steps as they can and lose weight too. They can also participate in the Staff vs. 5th grade
 1367 basketball game.

1368 [NS] is a very healthy school - no doubt about it. Students and staff really do try to do
1369 their best at staying healthy.

1370

1371 64. [NS] deserves to have the title of being a Healthy Hoosier School for many reasons.
1372 We [NS] Spartans are presented with many opportunities to make our lives healthier. It's
1373 very important that we are given these opportunities because when we are healthier, we
1374 become better learners and students. We will also develop healthy habits that will help us
1375 lead healthier, longer lives. These special opportunities consist of school sports, wellness
1376 classes, and school food drives.

1377 My school provides many sports that all students are able to participate in. We
1378 have football, cross country, basketball, wrestling, and track. By having all of these
1379 sports, our school promotes health, even though students are not required to participate in
1380 them. Students still realize that it is important to have some sort of physical activity every
1381 day.

1382 My school also expresses the importance of health through required health
1383 classes. In these health classes, we exercise in the gym and we also learn about nutrition
1384 and other healthy habits to practice like good hygiene. For exercise in the gym, we run
1385 for at least ten minutes every day, we stretch, and then we will do sit-ups and push-ups.
1386 We then have some sort of sport like football, basketball, soccer, or kickball. In the
1387 classroom, we use health book chapters to study things like the affects of alcohol, the
1388 affects of drugs, and nutrition.

1389 To help out the less fortunate and to help spread the word that a healthy diet is
1390 important, [NS] holds school food drives. For these food drives, every student in the
1391 school is allowed to donate healthy food to go to families in need. The food we collected
1392 in a food drive before Thanksgiving this year went to families of students who could not
1393 afford to buy food for Thanksgiving. By doing this, we really did help others while we
1394 still showed the importance of nutrition.

1395 [NS] is full of great students that are healthy because we were taught how to be
1396 healthy. We are a Healthy Hoosier School.

1397

1398 65. I am an eighth grade student, and I am proud to attend [NS]. It is a privilege to be
1399 encouraged by school staff to take part in a healthy lifestyle when it comes to physical
1400 fitness, a healthy diet, and a sanitary environment.

1401 [NS] offers several physical activities that all students are promoted to partake in. Twice
1402 a week, students are able to take part in intramurals. [NS] offers a wide variety of team
1403 sports, such as football, cross country, basketball, track, volleyball, and wrestling. At the
1404 end of the year, the student body participates in Field Day, a day fill with all kinds of
1405 races, games, and sports.

1406 Some mandatory physical activities that students perform includes running for five
1407 minutes at the beginning of each PE class. We also do strength training in our school's
1408 weight room during PE. All students participate in the Silver Mile training during their
1409 class, which is a race that takes place at [NS] High School each year.

1410 There are a few ways that the [NS] staff supports a healthy diet. Vegetables are offered
1411 everyday at lunch in our school's cafeteria. Lunch room attendants encourage students to
1412 choose the fresh fruits over an unhealthy item. There is no soda offered in our school's
1413 cafeteria or any vending machines. The only beverages offered are white, strawberry, or

1414 chocolate milk or grape, apple, or orange juice. Another advantage of Grissom is that
 1415 they offer a healthy breakfast every morning to make sure that every student has an
 1416 opportunity to start the day off right.

1417 [NS] staff makes sure that the students have a clean and sanitary learning environment.
 1418 all teachers have hand sanitizer in their classrooms to ensure clean hands among all. The
 1419 school offered H1N1 and influenza vaccinations for all students this winter. Once a year,
 1420 male and female doctors allow students to get their sports physicals.

1421 I feel extremely privileged to be attending a school that promotes such a healthy
 1422 lifestyle. Students and staff at [NS] have taught me ways to live in better health that I will
 1423 remember and carry with me throughout my whole life.

1424

1425 66. My name is [NP] and I am an 8th grader from [NS]. Our school is a Healthy Hoosier
 1426 School because we are making an effort to be healthier than last year. This year, a new
 1427 club started at [NS] to encourage students to exercise 60 minutes a day. I am a member
 1428 of Fuel Up to Play 60 and make signs at meetings to hang in the cafeteria encouraging
 1429 my peers to eat healthy. Also, I helped organize the 5th Grade Health Fair Play 60
 1430 restaurant where we made a healthy snack, pizza using an English muffin (whole grain),
 1431 marinara sauce (vegetable), cheese (dairy) and pineapple (fruit). We served milk for
 1432 protein. Our goal was to teach the 5th graders about the 5 food groups.

1433 If you visit our school you will see reminders to wash your hands and keep our school
 1434 germ free. The teacher have hand sanitizers in the classroom and make us clean our
 1435 classroom regularly with disinfectant. Our teachers want to make sure students stay
 1436 healthy so we can be in class to learn.

1437 The best example of how our school is a Healthy Hoosier school is in our cafeteria.
 1438 The school serves a very healthy lunch and gives us energy. If I want, I can eat salad
 1439 everyday and there are always colorful vegetables at lunch. My favorite time of the day
 1440 is breakfast because I can eat with my friends before school starts. We have three
 1441 different flavors of milk so I never get tired of drinking milk. This year I tried Kiwi for
 1442 the first time because the lunch lady told me it was the fruit of the month. [NS] is a
 1443 Healthy Hoosier School.

1444

1445 67. [NS] should receive the Healthy Hoosier Award because we exercise by doing a
 1446 walking club in the morning. At recess we are always moving. We play basketball and
 1447 football. We also play on the jungle gyms. We also play a game called "Clean your
 1448 Room" in gym class.

1449 Another reason [NS] school should receive the Healthy Hoosier Award is because of
 1450 what we learned from Professor Popcorn. We learned about what fruits are good to eat
 1451 and what fruits are not good to eat. We also learned what vegetables are not good to eat.
 1452 Another reason is we learned what type of meat and beans are good to eat and what type
 1453 of meat and beans are not good to eat too. We also learned about dairy and grains.

1454 The last and final reason why we should receive the Healthy Hoosier Award is
 1455 because of our healthy parties. We have healthy foods and snacks to eat. We have
 1456 healthy drinks to drink. We also have fun activities and fun music. [NS] is a healthy
 1457 school.

1458

1459 68. [NS] should be a Healthy Hoosier School. Everyone should eat healthy and take care
 1460 of their bodies. If they don't, that could end up giving them very unhealthy results, which
 1461 I guarantee they will not like very much. To begin with, most students at [NS] don't take
 1462 care of their bodies. At lunch, they just hurry and eat their food. Then they go around
 1463 asking people for theirs to eat also. You should always get an equal amount of servings a
 1464 day from each food group. Following the food guide pyramid in the cafeteria and in [NP]
 1465 's room can help them.

1466 A way to make [NS] a Healthy Hoosier School would be to eliminate unhealthy
 1467 snacks all together. Sometimes students buy extra snacks like Doritos and this is very
 1468 degrading to their bodies. No student should eat a lot of fat and calories in one day. To
 1469 help, they should choose only granola bars, fruit, and other healthy foods for a snack.
 1470 People should care about their bodies, make good healthy choices, and care about the
 1471 reputation of their school. What students do is a reflection on your school.

1472

1473 69. Obesity is a growing problem in the United States today. It is a serious issue that
 1474 increases chances of problems such as cardiovascular disease, high blood pressure, high
 1475 cholesterol, bone and joint problems, and many others. Living an unhealthy lifestyle can
 1476 also lead to stroke, diabetes, heart disease, and several types of cancer in adulthood. It is
 1477 important for kids to learn healthy lifestyle habits, and schools can play a major role in
 1478 doing so.

1479 [NS] is committed to excellence and bettering every student. [NS] offers a variety of
 1480 different P.E. classes that attract all different kinds of students. The classes range from
 1481 strength and conditioning to aerobic walking to team sports. Everyone can find a class
 1482 that best suits them. If an athlete wants to get stronger or more agile for their sport, they
 1483 can take personal fitness. If a student would rather learn about different types of sports,
 1484 they can take team or lifetime sports. Any kind of exercise is good, and the gym classes
 1485 at [NS] offer kids many opportunities to do so.

1486 The students at [NS] are influenced in a positive way. The coaches encourage them to
 1487 live healthy both in class and out in their everyday lives. Coach [NP] always has quotes
 1488 of the day that promote things like working hard and striving for excellence, which can
 1489 help motivate students to maintain their health. It is vital that [NS] continues to offer
 1490 these courses so students can continue down the road of a healthy life.

1491

1492 70. Are you healthy Hoosier? I know my school is! I believe [NS] is a healthy school
 1493 because I know we live up tho the name.

1494 There are several reasons why I think my school is healthy. At our school, teachers are
 1495 always encouraging and advising students to make healthy choices. We even have a
 1496 program at lunch called "Fear Food Factor". A healthy food is given for students to try.
 1497 When the lights are turned down, everyone tries the food together. Those who do are
 1498 awarded with a sticker.

1499 There is yet another reason why my school is healthy. In our lunchroom, we have a lot
 1500 of posters that tell us about healthy foods and how to make healthy choices such as beans,
 1501 nuts, and vegetables. We always have a selection of a fruit and vegetable each day at
 1502 lunch.

1503 We also have a physical education class. The teachers encourage kids to stay healthy.
 1504 We arm up before we exercise by doing stretching, sit-ups, push ups, jumping jacks, and
 1505 crunches. In physical education children can exercise and be healthy while having fun.

1506 Since we know that exercising can help our brains think, we do a 2 minute brain
 1507 break on some mornings. This is when someone comes over the intercom and tells us to
 1508 do a certain exercise for 2 minutes. This helps everyone to be healthy at the start of the
 1509 day and be ready to think. [NS] knows that healthy food and rest can help children to
 1510 score high on ISTEP tests. On the day before the test, we have an assembly telling us to
 1511 eat a good breakfast and get plenty of rest.

1512 We even have after school programs that help children stay healthy and fit. Some of
 1513 our programs are tennis club, basketball, volleyball, jump rope club, dance club and
 1514 exercise clubs. WE have a walking club at lunch and we keep track of our daily laps that
 1515 students walk. It is fun to see how many laps we walk at the end of the year and to see
 1516 who walks the most laps in our school.

1517 I can conclude that my school is very healthy. [NS] is a great school that encourages
 1518 healthy choices. It is a school where students can be happy and healthy.

1519
 1520 71. [NS] was established in the late 1950s to relieve stress on other schools in the city due
 1521 to a fast growing population. The school has always made an effort to give its students an
 1522 opportunity to play a variety of sports. In the earliest years of the school, students had to
 1523 journey to other schools simply to enjoy a game of football. Although this was an
 1524 enormous struggle on both athletes and coaches, the challenge was always greeted with a
 1525 strong Husky heart. The school has had many winning seasons through the years, and
 1526 only continues to shine in the comfort of its own gym and field.

1527 In the last few years, [NS] has taken a new initiative to become a healthy school.
 1528 Vending machines that once served calorie filled soft drinks were replaced with milk
 1529 machines and water machines. The snacks served in these machines were also removed
 1530 and in place, students may now purchase baked chips and crackers as well as wafer bars
 1531 and nuts. On a regular basis, students may choose between a wide variety of fruits or
 1532 vegetables in the lunch room as well as salads and yogurts.

1533 There is a wide array of physical education classes offered at [NS] as well. Students are
 1534 required to take both physical education courses one and two as a start. After successfully
 1535 passing both courses, students are then given the choice between many different physical
 1536 education classes, all of which they may take as many times as they so choose given that
 1537 their schedules agree. These classes include yoga, walking aerobics, strength and
 1538 conditioning, lifetime sports and an assortment of others. No matter which class is
 1539 decided upon by the student, they will become familiar with new and interesting ways to
 1540 keep themselves fit and heart healthy. Examples include walking, yoga, kick boxing,
 1541 Jazzercise and weight lifting.

1542 Another way for students to gain physical activity is through the Fit Club now offered
 1543 four times a week between 7:00 and 7:30 in the mornings before school begins. If a
 1544 student so chooses to participate in the club, they may walk, play ball on the court with
 1545 peers or go to the weight room to work on strength and endurance.

1546 Throughout the entirety of it's history, [NS], has been a healthy and heart healthy
 1547 school. Students are taught to understand their bodies and how to keep themselves in the
 1548 best possible condition to better their lives for as long as possible. Sports help to keep

1549 students in shape through football, basketball, swimming, volleyball, field and track. I
 1550 would most definitely consider [NS] to be a Healthy Hoosier School.

1551

1552 72. My idea of a Healthy Hoosier school is one in which promotes a healthy lifestyle for
 1553 their students and provides opportunities to live out a healthy, well-balanced life. I
 1554 strongly believe that [NS] greatly exceeds these criteria of a health school.

1555 At [NS], we strive to provide all kids with opportunities to make the right choices to
 1556 improve their well-being. For example, at lunch we are provided with numerous amounts
 1557 of healthful food to choose from. With all the fruits, vegetables, and entrees served we
 1558 are guaranteed to eat a well- balanced meal. We're not only given the chance to eat right,
 1559 but we are also encouraged to stay active and physically fit. Teachers are constantly
 1560 promoting the students to participate in after-school activities that involve being
 1561 physically active. Track, cross country, cheer team, dance team, weight lifting,
 1562 volleyball, basketball, and exercise club are some of the many opportunities we are given
 1563 to be active.

1564 Now you are probably thinking, "Don't other schools also have some of these
 1565 activities?" but at [NS] we have ways we go above and beyond. In gym class we have the
 1566 privilege to exercise in a well-equipped fitness center with weights, treadmills, and stair
 1567 steppers. Although most kids enjoy using this equipment, some kids may not be the
 1568 "work out" type. Therefore we have activities for them like DDR, the Wii, Frisbee, and
 1569 the rock-climbing wall to ensure they are staying active. One thing that sets [NS] apart
 1570 from the other schools is our heart-rate monitors. We wear these during gym to help
 1571 keep our heart rates up at all times. These help out tremendously because they inform us
 1572 if we need to work harder to increase our heart rate. The monitors are extremely useful
 1573 because they empower us to exercise during class rather than stand around.

1574 [NS] best fits the criteria of a Healthy Hoosier School because our school and staff not
 1575 only set goals for us to be healthy but provide opportunities and encourage us to reach
 1576 them.

1577

1578 73. "[NS] is a healthy school. We all enjoy playing on our new playground. Sometimes
 1579 we play tag and whatever we are doing, we are getting good exercise and like to keep our
 1580 hearts healthy. Every class takes fluoride once every week. The fluoride helps our teeth
 1581 stay strong and very healthy. Also, they make our teeth shiny. On Fridays, after spring
 1582 break, we walk one mile every week. After every mile we walk, we keep track of how
 1583 many miles we've walked. The school lunch ladies serve us healthy food. They give us
 1584 choices to eat for lunch. Our teacher gives us healthy snacks. I think our school is the
 1585 healthiest school ever."

1586 "[NS] is a healthy school. Every week we have fluoride. After spring break we walk for
 1587 healthy hearts. At lunch, we eat healthy food. Our school is healthy stuff!

1588 "[NS] is a healthy school. All the kids have fun exercising on the playground. The
 1589 cafeteria serves healthy food. We eat a lot of healthy snacks like granola bars. We make
 1590 our teeth healthy by using fluoride once a week. We walk and keep track of our miles.

1591 [NS] is a very healthy school!"

1592 "[NS] is a healthy school. We get plenty of exercise outside on our new playground. We
 1593 keep our teeth clean by having fluoride weekly. We try to have healthy snacks and have

1594 healthy lunches. We also walk for healthy hearts after spring break. [NS] is for sure a
 1595 Hoosier Healthy School."

1596
 1597 74. I think [NS] promotes lots of good nutrition, physical activity, and good protection
 1598 that improves in our school every year. There are many things we do to promote that.
 1599 One is that [NS] serves breakfast. I know lots of kids who do not have time to eat
 1600 breakfast because their bus comes early, but [NS] serves breakfast at school. Breakfast is
 1601 the most important meal of the day. It also helps everyone have more energy and helps
 1602 you to learn.

1603 In gym, we do many different activities. They are always safe, but lots of fun. We
 1604 get plenty of exercise from the games we play. In gym, we learn new sports sometimes
 1605 too. The gym teacher also holds a mileage club. The mileage club is where we run laps.
 1606 Occasionally, we will do it in gym, but we mostly do it outside at recess. When you get
 1607 five miles, you get a foot and a chain. When you get 10 miles, you get another foot and a
 1608 certificate. We also have fitness stations in gym. Two of them are the bench press and
 1609 the knee push-ups.

1610 In lunch I think we are improving in healthy foods. We have professor popcorn
 1611 people coming to [NS] to teach us about healthiness. During lunch, we have a no fast
 1612 food rule. We also offer salads in lunch daily. All lunch ladies wear hairnets and gloves
 1613 when handling food, which makes it clean.

1614 There are many reasons why we are safe during recess. One way is that we always
 1615 have teachers outside to make sure no one gets hurt or damages anything. We also have
 1616 many rules to keep us protected outside; no more than five people on bars at a time, no
 1617 running on the blacktop, one person per swing, all people must swing in the same
 1618 direction, and no running between or through the swings. Another thing we are doing is
 1619 raising money for new recess equipment. This is because we have had the same recess
 1620 equipment for a long time, and want new and safer equipment for the school.

1621
 1622 75. "[NS] promotes healthy choices for its students."

1623 The following is a portion of a thesis written by [NP1] and [NP2].

1624 [NP1] writes: Today many schools are switching to healthier choices. [NS] is one of the
 1625 many schools promoting healthy choices for its students.

1626 These changes can lead to a healthier and better lifestyle. With [NS] promoting healthier
 1627 choices, students may get in a habit of eating healthier food and may carry this over to
 1628 their home life.

1629 [NS] offers a wide range of healthy choices at lunch. Here is just a few things [NS]
 1630 does to encourage kids to be healthier. At lunch, [NS] offers a variety of foods, for
 1631 example in the ala-carte line we have a choice of either a variety of sandwiches or
 1632 pretzels. They also offer salads, apples, oranges, and soups. Other schools may offer
 1633 kids to buy pop or Gatorade, but at [NS] everything is diet and we only sell milk, water
 1634 and G2. Also, instead of regular Lays or Doritos, [NS] provides students with the
 1635 healthier choices baked Lays and Sunchips.

1636 [NP2] writes: Eating the right food is essential to being healthy. Even though [NS]
 1637 sometimes provides pizza and fries for the students, they also provide healthy foods.
 1638 Healthy foods provided are salads, turkey and ham sandwiches, and baked chips. [NS]
 1639 also provides a healthy environment for individuals.

1640 The schools all have drinking fountains and restrooms located all around the school.
 1641 These certain things are necessary for a student. [NS] also has good teachers and
 1642 students. Teachers help and care for individuals to make sure they can be the best
 1643 student.

1644 [NS] promotes many healthy choices, whether it be food, or environemntal. [NS]
 1645 promotes healthy subjects so you can be a better person.

1646

1647 76. My school, [NS], should be a Healthy Hoosier School, because they take great care in
 1648 offering a well balanced meal for us each and every day. Almost every day in the news,
 1649 there are stories of obese children. Schools with lousy menus are shown with pop
 1650 machines for students to gain access to and lunch lines feeding them cheap, high fat and
 1651 high calorie foods. Kids love junk food and it is the simplest thing to feed us. But it's not
 1652 what is best for us.

1653 The lunch ladies here at [NS], take great care in making sure we get a well balanced
 1654 meal at lunch time. Each entree has fruit and vegetables on the side. Pop isn't an option
 1655 in the lunch line. In fact pop isn't offered anywhere in school. The pop machine we have
 1656 actually has water or carbonated juice. Milk, bottled water, Gatorade and juice is usually
 1657 what is served with our lunch. We also can choose a Chef's sald rather than the lunch
 1658 entree. The salad is fresh everyday and there is a variety of dressings available for us.
 1659 Every day there are fresh fruits available too, like apples and oranges.

1660 Fatty potato chips are not available either. Instead they serve or offer a whole grain
 1661 baked Sun Chip which has less fat and less salt then the regular chips. With the right
 1662 balance of meat, vegetables and fruit students are easily regenerized for the second half
 1663 of their day. This is why, my school, [NS] should be a Healthy Hoosier School.

1664

1665 77. I think my school should get the Healthy Hoosier Award because we are always
 1666 doing something to get the students and their families motivated. We have our "Step Up"
 1667 activity which is where all the students and some of the teachers walk in the morning. We
 1668 walk Monday through Thursday from the time we arrive at school until the bell rings for
 1669 class. We use to complain about doing this, however, now it's just part of what we do and
 1670 most of us enjoy it! Also on Fridays instead of walking we have different activities in the
 1671 gym.

1672 In October we have a health fair. All the students and their families join the fun and
 1673 health screenings. We have a local band that plays to get the students dancing and having
 1674 fun. The fair also serves as a showcase for projects made during Red Ribbon Week.
 1675 These projects are usually pretty elaborate and all the students have a good time working
 1676 on them.

1677 [NS] sends newlettters to the homes of all the students each month. These newsletters
 1678 talk about the upcoming events and have interesting health articles, health facts, fitness
 1679 challenges, healthy meal and snack ideas. The newsletters are thoughtful because they
 1680 don't have to do it but it is a direct way of getting information to the parents and families
 1681 of the students.

1682 I'm part of a class that works on recycling in our school. We call it "Operation: Go
 1683 Green". We collect paper daily but also junk mail from the teachers and staff. The junk
 1684 mail operation consists of contacting the companies by email to remove the address from

1685 their mailing list to reduce the delivery of the magazine since it is unwanted. Once the
1686 company has been contacted we also recycle that magazine.

1687 At [NS] our activities are creative and specifically planned with the students' health in
1688 mind. All the things we do would have to take a lot of time, thought, and planning which
1689 is why I think my school deserves to receive this award.

1690

1691 78. I believe my school, [NS], should win the Healthy Hoosier School Award. I believe
1692 this because my school is very fit and in shape. My school promotes a lot of healthiness
1693 and less obesity through Wellness Wednesdays, P.O.W., Physical Education, Music,
1694 Pups Running, new playground equipment, and healthy cafeteria food.

1695 First, Wellness Wednesdays promote less obesity and more healthiness since it allows
1696 students to try out new healthy foods that are both interesting and healthy for them.
1697 These foods have more nutrients than the ones they are currently eating. Wellness
1698 Wednesdays are once every month. Each student is given a sample of the food unless
1699 they choose not to get one.

1700 P.O.W. or Patriots of Wellness is a group at our school that discusses the activities
1701 that are listed above. The students of P.O.W. interact with each other to stop obesity and
1702 bullying and plan some of these activities.

1703 Additionally, in Physical Education, once a week each class goes there for a period of
1704 50 minutes and plays many interactive games; some of them are Tinkling, Pacer's Test,
1705 Basketball and Dodge ball.

1706 Furthermore, in Music class we dance a lot and are always on the move. The students
1707 here at Cherry Tree enjoy music since it lets them be free in how they move and dance.

1708 In Pups Running, students meet every week on our track course and we run and walk
1709 laps around it and at the end we usually play a game similar to tag.

1710 Next, our school has just received new playground equipment. Students extremely
1711 enjoy the new equipment since you can run, slide, climb, hang, swing, and a lot of other
1712 stuff on and around it.

1713 Last but not least, our school has very healthy cafeteria food. Over the past few
1714 years my school has taken away foods that made the worst impact on a student's diet and
1715 that way they are able to eat healthier, as well as, enjoy their meal.

1716 Therefore, as I have explained in this essay our school is very healthy and deserves
1717 the Healthy Hoosier School Award.

1718

1719 79. [NS] is a very wonderful and healthy school. We have many ways of keeping
1720 students healthy. One of our favorite activities that we have done in the past was having
1721 a Health Fair. We had kids go to the gym and learn about staying healthy and how
1722 smoking can change your whole life. We also showed kids that candy can look like
1723 medicine, drugs, and some alcohol. [NS] had clinics that kids can go to during lunch and
1724 they teach you about asthma, allergies, or diabetes. We also have before and after school
1725 clubs. After school, West Clay has a Pup's Running Cross Country Team. Last season
1726 we had over 50 kids on our team. Our wellness teacher teaches tennis to interested kids
1727 at [NS]. This program is open to anyone age wise and experience wise. This is held
1728 before school at [NS] Middle school's tennis courts.

1729 Another way [NS] helps their students stay healthy, is by feeding healthy and fresh
1730 lunches provided by our wonderful Nutrition Department. Another program we had was

1731 fruit tastings which gives students more experiences and chances to taste foods that they
 1732 may have never heard of or tried before like when they served kiwi during fruit tasting
 1733 that I found out that I LOVE kiwi now!

1734 Some extra activities we have had for our 4th and 5th graders was Move It Night when
 1735 some 5th graders volunteered to help 4th grade do some fun exercises and movements.
 1736 Everybody had a blast and got exercise at the same time. This year we had a chance for
 1737 any students, families and friends to go to our local park just to have a fun day outside
 1738 and play. We also have a club for only fifth graders called the Wellness Wolves. People
 1739 from each 5th grade class get together and think of ways to encourage healthy habits for
 1740 kids. These are a few reasons [NS] would be honored to be chosen as a Healthy Hoosier
 1741 School.

1742
 1743 80. [NS] should be awarded with the Healthy Hoosier School Award because we have a
 1744 lot of healthy programs that students can participate in.

1745 Our Physical Education class has many activates that keep us active and healthy and
 1746 are also fun too. Our P.E. teacher tells us how to be healthy and how to make right and
 1747 healthy choices. In fourth grade we can participate in Track and Field. Pus our P.E.
 1748 teacher is our coach. Also, we have after school basketball and soccer programs.

1749 The lunch ladies provide us with delicious and healthy lunches. They have a main
 1750 dish like chicken or turkey sandwiches. For the sides, they have vegetables like carrots
 1751 and broccoli and fruits like mandarin oranges or mixed fruit. We also should get the
 1752 award because our school makes sure that everyone isn't sick or has a fever. Our nurse
 1753 takes car of that. She has also taught all of us First Aid.

1754 The Before and After school program, (The YMCA) has hosted the YMCA Play 60
 1755 challenge towards the middle of the school year. Play 60 challenged kids and adults to
 1756 exercise at least 60 minutes each day. Here at [NS] we spend 20 minutes a day to play at
 1757 recess. Outside students play soccer, basketball, football and sometimes kickball. They
 1758 also play tag or jump rope. In the mornings some children come early to get involved in
 1759 dancing and movement. Some of the activities include Dance Club, Rhythm Stompers
 1760 and Circle of Friends. We also participate in Jump Rope for Heart.

1761 While jump roping and staying active, you raise money for people who have heart
 1762 problems. Another fun activity that [NS] participated in was Red Ribbon week. It was to
 1763 tech us a lesson to not do drugs. Each day had its own theme and was a lot of fun. I
 1764 think [NS] is a very healthy school and I am very proud to be a [NS] Tiger.

1765
 1766 81. At [C] Schools, we are proud to be Hoosiers, and we are proud to be healthy!

1767 At [NS] we work hard to get healthy and to stay that way! In P.E. we enjoy the mile run
 1768 and yoga. These activities help us become physically fit. Everyone loves dodge ball! It
 1769 is good for eye-hand coordination, and it makes our hearts pump fast.

1770 For lunch we eat healthy meals. If we do not like the main course, chef salad is always
 1771 available. I am highly allergic to peanuts and peanut products. When I was in first grade,
 1772 Nurse [NP] created a No Peanut Zone for me in the cafeteria. On days when peanut
 1773 butter was served, she personally came down to the cafeteria to make sure every student
 1774 cleaned their hands before recess. The summer before third grade, Nurse [NP] was
 1775 responsible for making our school peanut free! We are lucky to have Nurse [NP] because
 1776 she keeps us safe!

1777 Our school also hosted an H1N1 clinic. Because of this clinic, our parents did not have
1778 to take us to stand in long lines like lots of other people did.

1779 We are healthy because we work hard to get strong and prevent the spread of germs!
1780

1781 82. From the Green Team to healthy food choices, [NS] is always on top when it comes
1782 to being a healthy school. [NS] students and staff are always coming up with new ways to
1783 stay healthy and active throughout the year. Everyone takes great pride in our school and
1784 work to make it healthy!

1785 [NS] has many extracurricular activities that include: sports (baseball, football,
1786 swimming, tennis, volleyball, wrestling, and cheerleading), healthy food choices, it
1787 promotes physical fitness, and takes actions to keep its students healthy and happy. [NS]
1788 has these activities to make sure its students are always active and in the best shape they
1789 can be. We also have offered H1N1 vaccinations, and they offer multiple gyms.

1790 The school offers extra gym classes promoting physical health, as well as the many sport
1791 choices for all genders. Physical fitness test in gym have us work to keep ourselves
1792 healthy. Sports practices keep our heart -rate going by running, working out, and
1793 stretching.

1794 [NP], the school cafeteria manager, has kept healthy foods in the cafeteria all year round.
1795 Skim and one percent milk are a part of our daily diet. Vegetables, salad, fruit, one meat
1796 choice, water, wheat bread, and baked chips are all part of her way to promote healthy
1797 living and eating. She is keeping the cafeteria clean and the students that eat in it.

1798 [NP], [NS] gym teacher, is promoting healthy living throughout the entire school district.
1799 She has created, and is introducing, the Active for Life campaign. Teachers are coming
1800 together and exercising towards their goal. Everyone is keeping a log of minutes they are
1801 exercising each week in a competition to beat the other schools. Healthy competition is
1802 keeping our school districts staff members in shape!

1803 [NS] is coming together to keep the students and staff in shape. [NS] is creating not only
1804 healthy bodies, but is creating healthy minds as well. We are working to make our school
1805 healthy and are prompting other schools to do the same.

1806
1807 83. I, [NP], believe that [NS] should be nominated for the Healthy Hoosier Award
1808 because in the school's cafeteria nothing is fried and there is always fresh fruit. There are
1809 posters promoting milk in diets and the staff are always encouraging us students in or
1810 outside of school to eat healthy. With the encouragement of some staff I was able to stop
1811 pulling ice cream out of the refrigerator and I started pulling out celery. In the class
1812 family consumer science, we learn about food content and it made the students think
1813 about what we were putting in our mouths, helping us for a brighter and healthier future.

1814 Health isn't just what we put in our mouths it's also how we move. That's why every
1815 student gets to get up and move in physical education. In P.E. we get to do activities that
1816 make our muscles move, work, stretch and grow. Did you know that the school
1817 employed an improved health policy with the goal of improving the health and attitudes
1818 of students. As a member of student council, I have realized that the healthier the student
1819 the happier the student is too and when the parent and gaurdian sees their report card they
1820 will be happy as well.

1821 As any school, we're not perfect but we are trying to get there. For example, we want
1822 to switch from coca cola reward to a less sugary resource and any student and many

1823 teachers would say that at any grade we should be able to go outside . Going outside
 1824 improves brain power and health. The school [NS] is a very happy Healthy Hoosier
 1825 school that is going to stay happy and healthy, keep promoting and keep growing.

1826

1827 84. [NS] should be recognized as a Healthy Hoosier School for many different reasons.
 1828 Not only do the students care about their health, they try hard to keep themselves fit. Here
 1829 are a few of my opinions and also why I feel this way.

1830 My main reason for why we should receive this recognition is because our school has
 1831 a great exercising program called Walking Club. Every morning recess, all the students
 1832 are allowed to (and many do) participate by walking briskly or running around the soccer
 1833 field, then recording it. Running around like that can make you work up a sweat. In the
 1834 end you get a prize, so that helps motivate the children. You get fresh air, and you can
 1835 walk or run with anybody you wish to during Walking Club.

1836 Secondly, many times throughout the year, we have different activities that go with
 1837 Walking Club. Some examples would be three on three basketball, soccer tournaments,
 1838 and softball. All these sports are fast-paced and they can be a real workout. All the
 1839 students enjoy these too, because it's a different exercise for a change.

1840 Finally, [NS]'s lunch ladies try to keep the meals very well-balanced and fit. There is
 1841 almost always milk and wheat bread available, as well as fruits and vegetables. Another
 1842 thing is that the staff allows students to have water bottles. Kids need lots of water to do
 1843 their school work and to be healthy. Believe me; [NS]'s students are very well hydrated.

1844 So now you know why I feel [NS] should be recognized as a Healthy Hoosier
 1845 School. As you can tell, all the staff and the students are doing their best to stay fit and
 1846 healthy. The staff provides well-balanced lunches, they allow water bottles, and they got
 1847 together an awesome exercise program, with lots of different sports and activities! We are
 1848 all so proud and amazed by the positive results! So now, why SHOULDN'T we be
 1849 considered as a Healthy Hoosier School?

1850

1851 85. [NS] should be a healthy school and always be one. For lunch they sell nutritious
 1852 foods like water and milk instead of pop or Gatorade. We used to have Gatorade but our
 1853 lunch workers changed that. Also we have good foods like fresh fruit, whole grain bread,
 1854 and veggies like carrots and broccoli. They limited chips and candy. Now we only have
 1855 baked chips and not candy. They also limited ice cream only a few times a week. At our
 1856 lunch room they mostly sell good foods for you. They want you to get all of the vitamins
 1857 and proteins you need and the right amount of it. Our lunch ladies help us eat healthy
 1858 and pick the right choices to eat. I hope every school could be as healthy as [NS]. [NS]
 1859 is a Healthy Hoosier School!

1860

1861 86. I am a fifth grader at [NS]. Have you noticed on TV what Mrs. Obama has been
 1862 talking about? Healthier food choices for our students in our schools! Lots of schools
 1863 serve fatty or sugary foods, deep fried foods and greasy pizza. First off, I bet half of that
 1864 food doesn't even taste good. Secondly, a lot of kids don't exercise or play sports and this
 1865 leads to obesity. If obesity gets worse, this will lead to juvenile diabetes. We have to
 1866 think about kid's health also. Too much TV and game playing and no activity are not
 1867 healthy.

1868 What is your favorite food? Ice cream! Soda pop! Candy! If so, what do you notice about
 1869 the foods listed? They are all not healthy. We should have healthy food in our cafeteria.
 1870 We can have healthier alternatives. How about fruits instead of salty, greasy chips!
 1871 Kids will still like these choices; they are healthier and still delicious. We already have
 1872 very many different choices in fruits and vegetables that are offered to us in our cafeteria.
 1873 Do you like ethnic foods? Well, maybe we could have different kinds of food or even
 1874 themed lunch day! On certain days, we could have Chinese food, such as orange
 1875 chicken. We could have a variety of new and interesting foods.
 1876 Physical education is also an important part of our day to keep us in shape. If we do not
 1877 move around and exercise, we will become over-weight. Sitting in front of the TV and
 1878 eating is not wise or healthy.
 1879 I know that [NS] does make a healthier difference in our lives. We have a very healthy
 1880 school. Please consider this wisely. I know that our school is a Healthy Hoosier School.
 1881
 1882 87. As a student at [NS], I think that we should be a Healthy Hoosier School. Did you
 1883 know that Indiana is ranked seventh for obesity? This statistic should be taken very
 1884 seriously. We can do our part to change it here at [NS].
 1885 [NS] is a new school so we have a lot of tech but little exercise equipment. And, as a
 1886 result, we need exercise, desperately! This need for exercise is growing and growing. We
 1887 do our regular exercises in gym, but this is not enough. [NS] absolutely needs this
 1888 exercise equipment.
 1889 Another issue at [NS] is the food. Instead of synthetic cheese, why not use real cheese?
 1890 We should also have healthier alternatives for lunch. Instead of mashed potatoes, we
 1891 could have apples. If you give [NS] this grant, we could eat much healthier.
 1892 We need to develop our athletic program. Our program is miniscule compared to other
 1893 schools. Imagine if we had a soccer team, a baseball team, and maybe even a hockey
 1894 team. That would be amazing! These teams would be a great benefit for our school. We
 1895 could compete in more competitions against other schools.
 1896 Relating to our gym and athletic programs, the exercise we get in gym and around
 1897 school could be doubled if we had the right equipment. Another idea is to have health
 1898 specialists come to the school to teach students to exercise better and more often. And yet
 1899 another possibility is to have a family exercise night at school. Students could bring in
 1900 relatives to have a fun night and become fit, all at the same time. This program would not
 1901 only benefit the school but other families in the community as well.
 1902 If we had a great fitness and nutrition program, students, families, teachers, and even
 1903 principles could work out and be challenged to do their best. [NS] could be recognized
 1904 for its efforts to make its school fit. So, please help us make the new [NS] a Healthy
 1905 Hoosier School.
 1906
 1907 88. Hello, I am a student of [NP]'s 4th grade class at [NS]. I along with the rest of my
 1908 classmates have written a brief summary of why our school should be a Healthy Hoosier
 1909 School. Our number one reason why our school should be selected as a Healthy Hoosier
 1910 School is [NP]'s enthusiasm to make us healthier students. He gives us a lot of
 1911 information about nutrition and our bodies. He brings us new games, equipment that he
 1912 borrows from other schools, and knowledge of fruits, vegetables, and reading food labels.

1913 [NP] talks about initiatives all the time and bringing new things to our schools wellness
 1914 program. Our school is now involved with Peyton Manning's Project 18,NFL'S Play
 1915 60,and our school applied for the Fresh Fruits and Vegetable Program this year in hopes
 1916 to have fresh fruits and vegetables available daily for all students.Our class has helped
 1917 with hanging banners and posters around the school to show our support for the schools
 1918 "Wellness Initiatives." We enjoy [NP]'s "Health Tip of the Day" each day during
 1919 morning announcements.My teacher said she has learned some new facts from [NS]. My
 1920 classmates want to make our school a healthier school.We enjoy playing four
 1921 square,jump rope,basketball,and kickball during recess.

1922 As for the food we eat here at school is too small of servings. We want more for lunch,
 1923 more vegetables, fruits, and milk." I personally think we should have more options in
 1924 elementary." We have learned about the Food Guide Pyramid in Gym class. [NS] tells us
 1925 all the time that you have to eat enough of each food group to maintain optimum body
 1926 weight and health. We all understand that being healthy is up to us. We have to be
 1927 responsible for our own bodies. Eating healthy foods, eating healthy snacks, and being
 1928 active are stressed in our gym class. Our class learned about how the heart works and was
 1929 active on the heart course in gym. Overall, our school should be selected as a Healthy
 1930 Hoosier School due primarily to what my class has learned about the topics of
 1931 health,nutrition, physical activity, and Action Based Learning (ABL).

1932
 1933 89. [NS], [C] Public Schools, is a healthy school because we do not get junk food. The
 1934 fifth grade has the Clarian Health Program, and we participate in Field Day.

1935 Clarian Health is a program that talks about becoming a healthy person by eating the
 1936 right foods and doing healthy, active things. This is perfect for fifth graders because it
 1937 makes them think and focus on their bodies and taking good care of them.

1938 [NS] doesn't give us junk food for lunch. We get healthy food like broccoli, carrots,
 1939 cauliflower, etc. The food that we eat at school makes us healthy and strong.

1940 [NS] has Field Day every year. This activity is good for our hearts because we run, play
 1941 games, and race. This teaches us that being healthy can also be a lot of fun! [NS] is a
 1942 healthy and strong school.

1943
 1944 90. Shouts and laughter fill the air as elementary students play outside in the warm spring
 1945 air. They run and jump, gleefully playing tag around the play sets and monkey bars.
 1946 They are full of healthy food--fruits, vegetables, and grains--and full of life and energy.
 1947 The healthy food and motivation at [NS] spur students on toward living a balanced
 1948 healthy lifestyle.

1949 The healthy food choices available at [NS] are helps rather than hindrances for
 1950 students who wish to live a healthy life. In the elementary school, students who order
 1951 lunch from the school receive a full, healthy meal deal. This plan helps develop healthy
 1952 eating habits for the future: because the students are given a balanced meal from the
 1953 school, they are more likely to make those same healthy eating choices in life. Though
 1954 middle and high school students can pick their own meals, healthy food options such as
 1955 yogurts, fruits, soups, and salads are still available on a daily basis.

1956 In addition to healthy food choices, [NS] has one thing that other schools do not
 1957 have: a purpose for healthy living beyond sporting accomplishment or even a healthy
 1958 body. [NS] views healthy living as a way to glorify the Creator. God has given each

1959 person a physical body; one needs to be a good steward of that body by keeping it
 1960 healthy. Healthy living also gives the Christian a parallel to his spiritual life. I
 1961 Corinthians 9:24 (NIV) says this: "Do you not know that in a race all the runners run, but
 1962 only one gets the prize? Run in such a way as to get the prize." [NS] does not promote
 1963 healthy living for earthly purposes; the school promotes healthy living to provide a model
 1964 for the perseverance the Christian should maintain in pursuing God.

1965 In conclusion, [NS] is taking daily action to stress the importance of a healthy
 1966 lifestyle to its students. Every student has the opportunity to live well; all the student has
 1967 to do is take the first step.

1968
 1969 91. According to About.com: Pediatrics, "Experts estimate that 15% of children are
 1970 overweight and another 15% are at risk of becoming over weight. And two thirds of
 1971 these kids will become overweight adults."

1972 Good foods to eat are, three ounces of whole grain bread, cereal, crackers, rice or
 1973 pasta. People should eat dry beans, and peas. A person should eat a variety of fruits that
 1974 are fresh, frozen, canned, or dried. Also milk that's low fat or fat free, and other dairy
 1975 products are good and healthy for kids. Low fat, or lean meats, and poultry that are
 1976 baked, boiled or grilled would be healthy.

1977 As kids get older they don't need as much snacks. Kids' snacks need, fruits, and/or
 1978 veggies. Look at labels and choose things that are low in sugar, fat, and salt.

1979 When eating at fast food places, a person only needs one sandwich. To save calories
 1980 only eat half of the bun. Avoid bacon, mayonnaise, and double meat. Choose water, diet
 1981 soda, or low fat milk.

1982 Families should eat meals together. If they do, they will tend to eat more nutritional
 1983 meals. Parents should buy groceries in planning of healthy family meals.

1984 The American Heart Association recommends, "Children ages two and older should
 1985 participate in at least 30 minutes of enjoyable-moderate-intensity physical activities. If
 1986 your child doesn't have a 30 minute activity break each day, try to provide two 15 minute
 1987 periods, or three 10 minute periods."

1988 Kids should walk, or ride their bikes instead of taking short distance car rides. They
 1989 also should such a ride bikes, play tag, or build a snowman. Parents should park their
 1990 cars at the end of parking lots for more walks.

1991 Kids are going outside more. They're riding bikes, walking dogs and some other
 1992 things to. They are starting to exercise and eat healthier too.

1993 [NS] is becoming more of a Hoosier healthy school. They are serving more healthy
 1994 lunches and extras. [NS] has also built a new track, so instead of kids sitting in the café
 1995 after their done eating, they go out and walk the track until recess.

1996
 1997 92. Why should [NS] be a Healthy Hoosier School? Well, I'll tell you why. First, our
 1998 students have a selection of healthy lunches, mostly consisting of a meat or grain product,
 1999 which means the students get protein and fiber, respectively. We also get a choice of two
 2000 sides. These sides usually consist of a vegetable or fruit product (juice and fruit cups)
 2001 which give us vitamins and fiber. Also, we can choose from four flavors of milk, all low
 2002 fat varieties. The flavored ones are not as healthy but still have protein, plus they taste
 2003 better!

2004 Every once and a while, [NS] gives the students an open salad bar. It doesn't happen
 2005 every day, but when it does, the students usually choose a salad. Any other day, we have
 2006 an option of getting a vegetarian entree; a regular salad with a dressing of your choice.

2007 Our cafe also promotes health with posters. The posters line the walls of the cafe, and
 2008 even out into the hall. The posters aren't the only thing that promotes healthy choices,
 2009 some mornings, during announcements; they tell us something that could make us
 2010 healthier.

2011 These are all reasons why [NS] should be a Healthy Hoosier school, but there is one
 2012 thing I don't like; only half of the year we have physical education. As a student, I think
 2013 it is good we have P.E., but we need more. About two-thirds of the way into lunch we
 2014 also have a "recess" which isn't really a physical thing, more like a social thing, so that
 2015 doesn't cut it.

2016 Finally, as a student, I feel it's up to the students to make their own healthy choices.
 2017 [NS] provides healthy choices, but the students make the final decision. That is why we
 2018 should be a Healthy Hoosier school.

2019
 2020 93. My school, [NS] is a Healthy Hoosier School. That's what I love about it. We want
 2021 the Healthy Kids Choice back next year!

2022 First, we have an awesome recess. We go to exercise. We have great equipment.
 2023 I'm glad it doesn't break. We get extra A.R. recess if we get our monthly goal and yearly
 2024 goal where we get lots of exercise. It's always so fun! We get 20 minutes.

2025 Next, we have yummy lunches. They're always healthy. We eat apples, oranges, and
 2026 bananas. My favorite are the peaches. We also have cucumbers, carrots, peas, mixed
 2027 veggies, milk, water and green beans. MMMM Tasty!

2028 Last, we play fun games in gym. We play guard the pin, volleyball, and soccer. We
 2029 gets lots of exercise. It's all so fun I'm so happy we have gym!

2030 In conclusion, I love my school because we have awesome recess, healthy lunch, and
 2031 we play fun games in gym. We all want the Kids Choice Program back next year! We
 2032 are a Healthy Hoosier School.

2033
 2034 94. I believe [NS] is a healthy school because we have P.E. two times a week. We have a
 2035 rock climbing wall for all students. Everyday in lunch we always have something
 2036 healthy on our tray. Also when we go on field trips we have something healthy. We
 2037 have jump rope for heart every year for all ages but you don't have to join if you don't
 2038 want to. Every morning a teacher will walk with us in the morning if you are in the
 2039 walking club. We also have a running club. We will have a triathlon every year were
 2040 you run, bike, and swim and it is very fun to do and it is very good for your body as well.
 2041 We will go down to the trail and we will walk for a while for some of the grades. I like it
 2042 because you get a workout for the day and you get a little in shape. We also have were
 2043 we will walk from [NS] down to the Joe Schaffer Park. We will have [C] Polide
 2044 department blocking the rodeos off for us so it is very safe. We have 1-5 basketball teams
 2045 wich is very good sport for someone to play in. We have a new sport that [NS] runs its a
 2046 3-5 soccer team that you can do wich is also a good thing and healthy for your body.
 2047 Also we have a 5th grade girls volleyball team. Thanks to all the coaches that hlep us
 2048 with our teams and reperasints tell city for us. This is why I beilieve we are a healthy
 2049 school.

2050

2051 95. "[NS] is a Healthy Hoosier School because of it's Workout Wednesdays, Brain
2052 Breaks, and Kids On the "Moooooove."

2053 Kids on the "Moooooove" is where the students will wear pedometers, add up their
2054 steps, turn the steps into miles, and see how far Clara Belle "the cow" can get! Her goal
2055 is to get from [C], IN (here) to California! We only have 40 days so we'd better get
2056 moving!

2057 Brain Breaks are stretch breaks which we do in between classes to get more oxygen
2058 to the brain.

2059 And finally, Workout Wednesdays are days where students get out of their seats in
2060 the morning and workout.

2061

2062 96. Do you have a healthy school? I go to [NS]. Our school is one of the most healthiest
2063 schools in the state, IN. We try our best to keep the school fit and eating healthier.

2064 Many schools don't offer as much sports or clubs as [NS] does. For example some of
2065 our sports are football, basketball, wrestling, track, cross country, cheerleading, and many
2066 more. Just from that list you can see how many sports we have, and we have much more.
2067 When kids don't make a team or we don't have a sport they want to play, then they are
2068 allowed to make a club with the principal's permission. A few of the clubs are skiing,
2069 poms, weight training, DDR, and poms. All they have to do is get a certain amount of
2070 students that want to do it and find that teacher that is willing to supervise and you're on
2071 your way! The best thing yet we own a weight room and an indoor running track for any
2072 sports that need their fitness. Not many schools have amazing workout rooms like us!

2073 Our gym teachers help us to be in shape and we have an outstanding time in gym. The
2074 whole school was thoughtful because everyone brought in five dollars to help pay for
2075 DDR. We all have a chance to have a fantastic time playing, while getting healthier.
2076 Also, we get the opportunity to run the pacer and the mile, at least twice a month. I
2077 always try to get better and better everytime I run both of them to achieve my fitness
2078 goal. So far I have succeeded! Next, we do push ups or sit ups after we run. We have
2079 been working so hard that everyone usually gets pretty high scores. One of the best things
2080 we do are warm ups. Everytime we start fun gym activities we do warm ups. Warm ups
2081 are bunches of fun and we get to warm up before we do fun sports or games. As you can
2082 see we work hard in gym and become used to it.

2083 [NS] has a health nurse. She trys her best to comfort us when your sick and make you
2084 feel like being at home. All around the school we have hand sanitizers. It's easy just to
2085 put it in your hand and your hand is sanitized - we have so many ways to keep healthy.

2086 We also have a salad bar and are served fruits and vegetables at lunch. We study
2087 about nutrition in health class too.

2088 You could never turn [NS] down for our healthiness. There's not many times you find
2089 a school as healthy as us! We deserve a reward!

2090

2091 97. There are many reasons why [NS] deserves to be a Healthy Hoosier School. We are
2092 actively involved in healthy activities in physical education classes, in our daily school
2093 work, in after school opportunities, and in special events. All of these opportunities help
2094 keep us healthy.

2095 Physical education classes:

2096 flag football
 2097 obstacle courses
 2098 outside activities
 2099 physical fitness goals (pacer test, mile run, and presidential physical fitness awards)
 2100 Minds in Motion maze
 2101 Skate Time
 2102 Dance, Dance Revolution.
 2103 Jump Rope for Heart, sponsored by the American Heart Association, is a fund raiser
 2104 where students jump rope to raise money to help people with sick hearts.
 2105 Heart course: In the heart course, you are a tiny drop of blood flowing through a heart as
 2106 you travel through the obstacle course.
 2107 The Fire Safety Course is a course where students learn about fire safety.
 2108 Academic setting:
 2109 D.A.R.E.
 2110 We are allowed to eat healthy snacks each morning to keep our energy levels up.
 2111 recess outside, includes enjoying our sledding hill
 2112 physical activities offered as incentives/rewards
 2113 After school opportunities:
 2114 Fourth and fifth grade students can join basketball to be exposed to passing, shooting,
 2115 dribbling, and learning the basic rules.
 2116 Running club which is a month long training opportunity to prepare students for a
 2117 district wide mile race.
 2118 First through fifth grade students are invited to a jump rope club to learn the skills of
 2119 jumping rope.
 2120 The Jumpin' Eagles team performs at different places throughout the community.
 2121 Our after school care program, Kids Club, participates in many physically active
 2122 programs both inside and outside.
 2123 Annual special events
 2124 Fun in the Sun day is a full day experience organized by fifth graders and [NP]. After a
 2125 school wide opening ceremony, groups of students travel to different stations where they
 2126 enjoy physical activities.
 2127 Each fall our school hosts a community health fair and fun run. The purpose of the
 2128 Health Fair is to increase knowledge about healthy habits. host district wide "Running is
 2129 Elementary" meet for 4th and 5th graders in May. Now you can see why [NS] is a
 2130 Healthy Hoosier School.
 2131
 2132 98. Hi, I am a fifth grader at [NS]. [NS] has been a great school. It is well run and
 2133 operated. [NS] has some of the best teachers I have ever known. There are some nice
 2134 teachers and ones strict teachers. My community is a rural area. Nothing really happens
 2135 in my neighborhood. I see wild animals and watch cars go up and down the road.
 2136 [NS] Physical Education class is great. Our routine is to come in and either walk, jog
 2137 or jump rope. We usually listen to two songs on a CD. We then do Minds in Motion for a
 2138 while and then a game. We did the P.E. Challenge. Some people got gold medals, some
 2139 silver and others received bronze medals. I received a gold medal!
 2140 [NS] has some enrichment groups such as hip hop dancing, chess club, build it big,
 2141 easy to make snack and fun science projects. I participated in some of these classes. I

2142 think [NS] should continue with these after school enrichment groups, especially for the
2143 younger kids who haven't had the chance to participate.

2144 Field day activities are awesome! Some activities were cat and mouse, popcorn,
2145 sharks & lifeguards, crab soccer and then there were outside activities such as potato bag
2146 hop and blind-folded water fights. We also get to go to Bremen Bounce again this year
2147 for field day!

2148 Recess is very fun and it gives you a chance to get away from doing work for 15
2149 minutes. I usually play kickball, but sometimes I play two-hand tap with my friends in
2150 third and fourth grades too. I also play with one of my closest friends [NP] on the swings.

2151 School lunches are great. My favorite lunches are breakfast day, make your own pizza
2152 and breakfast day sandwich. I hope they keep on giving us good food and making it fun.

2153 [NS] is an awesome school! I take with me many memories. I will miss the lunches
2154 and the teacher most of all. I for sure know the teachers will definitely miss us!

2155

2156 99. I am a 5th grader at [NS] in [C], IN. I was asked to write an essay explaining why
2157 [NS] promotes good health. I started listing things that I see and do each week that
2158 would encourage us to live a healthy lifestyle. At first I wasn't sure I could think of too
2159 many things, but it didn't take long for me to put together a long list.

2160 Every week, each class gets to participate in gym, where we always begin with walking
2161 to warm up, then we exercise and run laps before we play a game or learn a skill. I also
2162 see health promoted at lunch where each day we are given choices of different fruit and
2163 vegetables, plus drinks that are good for us like milk, water, and fruit juice. Many other
2164 things made my list like health class, after school activities and sports, sanitizer in every
2165 room, and only healthy snacks during class.

2166 All of these things are great ways [NS] keeps us healthy, but I realized that every school
2167 is probably doing these kind of things. When I started thinking of some of the special
2168 things we do at [NS], two things came to mind.

2169 The first is the Silver Mile. Our school district puts on an event where people from the
2170 community gather at the high school for either a 5K run or one-mile fun run as a
2171 fundraiser. At [NS], we have the Silver Mile Movers, who are an after school group of
2172 kids that train for the run and get people excited about doing the event. We are all
2173 encouraged to participate in the race and to bring our family and friends.

2174 Finally, three days a week, we get to do something called Minds-In-Motion. We have a
2175 special classroom set up with many different stations where we go through activities
2176 designed to get our mind and body working together. Studies have shown that these
2177 certain types of physical activities are like giving my brain a workout. My school is the
2178 best!

2179

2180 100. How healthy is your school? Well, my school routine involves more exercise than
2181 you could imagine. Waking early is a great start each morning for the body and mind. I
2182 begin my day by waking early to participate in a safety patrol program that my school
2183 provides for me. Some activity included is walking and protecting lives. Once I am done,
2184 I head off to class to get another wrinkle in my brain. As we walk through the hall to get
2185 exercise. During the day, we get "specials" classes. One of these classes is gym class.
2186 Gym provides us with wonderful exercises. Our next long walk down the hallway is to

2187 the cafeteria. This is where we get served delicious, healthy food. We have a choice
 2188 between some foods every day. Oh, did I mention getting to be active throughout recess?

2189 At the end of the regular school day, I go back to safety patrol. After safety patrol, I
 2190 go back to the cafeteria to get a healthy snack and a low fat milk. Then we exercise and
 2191 play throughout cheerleading class. After cheerleading, I get to go home for the rest of
 2192 the day!

2193

2194 101. Do you guys and girls like being healthy? [NS]'s students do! Read on to find out
 2195 why our school should be chosen as a Healthy Hoosier School. Healthy snacks are
 2196 excellent for our bodies, our walking club gives us exercise, and Professor Popcorn
 2197 teaches us about nutritious foods we can devour.

2198 First, healthy snacks are excellent for our bodies. If you drink milk, white is better for
 2199 you than chocolate because chocolate has sugar in it. We always have juice in our after
 2200 school programs. Do you like graham crackers? Well, we do! Delaware's cafeteria
 2201 always offers fruits during lunch.

2202 Second, our walking club gives us exercise. Do you want muscles as big as the
 2203 Incredible Hulk? Would you like to be in great condition? I know I do. The walking
 2204 club helps build our core.

2205 Last, Professor Popcorn teaches us about nutritious foods we can devour. Some foods
 2206 make us healthier than others. Sometimes you need some fat, but not always. Did you
 2207 know that breakfast is the most important meal of the day? We learn about the food
 2208 pyramid, too.

2209 Now you can see why [NS] should be chosen as a Healthy Hoosier School.

2210

2211 102. [NS] is a very healthy school, full of very strong students and the school staff helps
 2212 keep the kids strong by giving the students healthy food. We have food such as pasta,
 2213 apples, oranges, pineapple, green beans, baked fries instead of fried, turkey wraps and
 2214 whole wheat buns and bread. Even the drinks are healthy, like 100% juice and skim
 2215 milk. The lunches aren't just healthy but they are good!

2216 Our school's PTA also loves it when kids are healthy! So they set up really fun stuff
 2217 to do. If you come back to school around 4:30 or 5:00 pm, sometimes there are
 2218 inflatables, games and much more to keep the kids active.

2219 Everyday at recess there are games. Games that are active and fit. The games are
 2220 football, wiffle ball, Guard the Cookie Jar, Frozen Bridge Tag, basketball, soccer,
 2221 kickball and Frisbee. It's a pretty big variety. We also have really fun playground
 2222 equipment. We have swings, slides, monkey bars, walking trail and many more.

2223 In gym we have volleyball, tennis, Frisbee, Sink the Ship, Sink the Ship Two,
 2224 basketball, but there is still more. Here's how you play some of the games. Volleyball:
 2225 there are four nets and you hit a ball to one of the four teams and you just follow regular
 2226 rules for volleyball. Tennis: you have a cushioned paddle and a birdie to hit and you hit
 2227 it back and forth with your partner. Sink the Ship: there are 4 mats that you stand in front
 2228 of when you throw the ball at the other teams bowling pins. You have to try to knock
 2229 their pins over.

2230 Field Day is also a good way to keep you strong and healthy. Field day is May 14th
 2231 and I can't wait!

2232

2233 103. Do you know why [NS] should deserve to win the Healthy Hoosier School Award?
 2234 Because they always make kids feel welcome. Also, they keep kids healthy and strong.

2235 Then they have Family Fun Night! It's when you take your parents to the school, eat
 2236 scrumptious snacks, and play in the bouncy, humongous, blowups. Sometimes kids ride
 2237 on the big, black bull. One time my teacher, [NP], rode the bull and fell off! She was
 2238 OK, but she had a bump on her nose. Then [NP] gave her a bandana for trying.

2239 Also, we have posters of healthy foods in our cafeteria. They always have different
 2240 food posters for different months. The food posters they have are strawberries, apples,
 2241 nuts and other healthy foods. The food in the cafeteria is marvelous!

2242 Next, we have Field Day. At Field Day, we do lots of running, stretching, and
 2243 exercise. Lots of kids do running because they're so energized and ready to run like the
 2244 wind. They are always ready to run.

2245 Finally, we have the heights, weights, and blood pressures. We go to the gym and use
 2246 a pump to take kids blood pressure. Then they measure your height with a big, long,
 2247 stick. After that they use the weighing scale that takes your weight. [NS] is a stupendous
 2248 school! Now do you think we deserve the Healthy Hoosier School Award?

2249
 2250 104. [NS] is a very healthy school! We exercise and eat healthy. We are also very active!

2251 Students at [NS] have physical education (PE) once a week. In PE we run, do stretches,
 2252 and exercise a lot! We have a lot of fun exercising! In PE, we play volleyball, basketball,
 2253 tennis and even some jump roping. I love PE! We also learn about keeping our bodies
 2254 good and healthy,

2255 Our cooks do an excellent job of making sure we get healthy food. They have really
 2256 good food! For example, I can eat apples, oranges, and banana. Everyday I can eat a
 2257 salad. For my drink, I can have milk or juice. I can pick from a lot of healthy things! As
 2258 I'm picking my food item, I'm learning a lot about good food choices.

2259 We have a school nurse that is very nice! She will make sure everyone is safe and not
 2260 hurt. She makes everyone feel a lot better! She also teaches us about staying healthy. If
 2261 we feel sick we can go see her anytime.

2262 We learn how to clean. For example, we learn how to sneeze in a tissue and cover our
 2263 mouth when we cough. We also learn to wash our hands a lot. In the classroom we have
 2264 hand sanitizer.

2265 Our school is a very safe school! It is clean because of the janitors and safe because of
 2266 the awesome teachers! The teachers monitor recess so that nobody gets hurt. They also
 2267 make sure we are safe in class and the cafeteria. The teachers and janitors help us learn
 2268 how to be a safe, clean school.

2269 I have been in this school for five years and I have learned a lot about being healthy and
 2270 how to stay healthy. [NS] is a very clean and healthy school! I hope it will stay that way
 2271 forever.

2272
 2273 105. I think [NS] should get the health award because we do several healthy things here.
 2274 When we have P.E., we learn about several different sports, including basketball, hockey,
 2275 and volleyball. We also learn about the right way to throw, how to jump rope in different
 2276 ways, such as the double and single bounce, how to aim when throwing, and other
 2277 healthy things. We also do a couple of programs too, such as Jump Rope for Heart. At

2278 recess, we play with jump ropes, basket balls, and a couple of other balls. During lunch,
2279 we eat healthy things like ham and green beans, or turkey and mashed potatoes.

2280 This is why I think that [NS] should get the award. We do many healthy things
2281 during the school day, in combination with regular school work. We do so many healthy
2282 things here that I can't count them all. [NS] truly is a healthy school.

2283

2284 106. [NS] should be a Healthy Hoosier School, because I believe that if our school
2285 became a Healthy Hoosier School that would be a positive mark for our school. Any
2286 school that has the chance to become a healthy school should try to become this way.
2287 Some kids just don't know how to be healthy, but by education and example setting
2288 anyone can learn. Not only should our lunches be healthy, but we need to continue with
2289 activities to keep kids in shape. Healthy kids are happy kids and happy kids do better at
2290 everything in life, not just school.

2291 Here at [NS] we as students have the opportunity to get involved in sports and other
2292 activities that keep us moving and in shape. I am a member of the dance team that can
2293 meet twice a week during our thirty minute LOP time during school hours and we meet at
2294 least once a week for practice. There are many other activities that go on during LOP
2295 time that include movement. We have a good physical education program. The teachers
2296 don't care how good you are at something they just ask that you move your feet. I think
2297 this attitude takes a lot of pressure off the kids who just can't or are not good at certain
2298 sports or movement. We have different intramural sports programs in which if we win the
2299 round robin tournament we get to take on the teachers. We have teacher creature flag
2300 football for the girls, teacher creature basketball for the boys and teacher creature softball
2301 for both boys and girls. Now come on who wouldn't want to beat their teacher in
2302 something.

2303 We may not be the biggest school or the wealthiest school, but we have a lot to offer
2304 and would appreciate this award for what we do to improve our school.

2305

2306 107. [NS] lovated in [C], Indiana should be chosen for the Heathly Hoosier School. We
2307 integrate healthy food choices with many fun selections of physical activites. Our
2308 cafeteria offers salad bar daily and fat free or reduced fat milk. Our cending machines
2309 consist of flavored waters and regular water and no pop. We also have baked chops in our
2310 vending machines inseed of high fat potato chips, which are deep fried.

2311 Activites students can participate in are Bigger, Faster, and Stronger. This is
2312 aailable as a class choice in school and after school and anyone can freely participate. In
2313 school we go into our weight room where we lift or we go out on our indoor or outdoor
2314 track and run. After school it is for 1 hour and 30 minutes. We have a proogram called
2315 S.H.A.P.E. This is operated in gym classes and everyone in the school is involved. We
2316 work in 5 events: running, jumping, benching, flexibility, and sit ups. If you get Shape in
2317 all these events you will get a t-shirt which most students enjoy. For every sport we offer
2318 there is a club you may participate in, including Run club, Vellyball club, Wrestling
2319 club, Basketball club, and many more.

2320 In our heath class we teach kids about fats and bad eating habits in out life and how
2321 we can make healthier decisions. We teach options you can use in your cooking that will
2322 make the foods healthier for instance, we baked cup cakes, but instead of oil we used

2323 apple sauce and used fat free icing. We also watch videos on fast food eating and look up
2324 calories and fats for our top 5 favorite foods.

2325 These are the reasons we make our school healthy because [NS] believes that we can
2326 make our kids body smart and offer activities that let them use their knowledge about
2327 staying in shape. This is why our school is the Healthy Hoosier School.

Appendix I: 2010-2011 Nebraska Descriptions

[NS] = Name of School

[NP] = Name of Person

[C] = City/Community

1. A. Program Description:

The [C] School district entered the 2010-2011 school year with the completion of an eight million dollar construction project that increased activity facilities with the addition of a gymnasium. The additional facilities aid in providing a physical education program that exceeds the requirement set forth by the Nebraska Department of Education. Every elementary student is provided 25 minutes of physical education from a certified physical education specialist daily. The new gym guarantees daily recess activity, even during inclement weather. Beyond the required Jr/Sr. high physical education, the offering of elective classes provide additional activity opportunities. In the 2010-2011 school year, 71% of juniors and seniors took elective physical education classes. The school district has taken steps to create a healthier eating environment at school by addressing changes in the school vending machines and school breakfast/lunch programs. Pop machines, which are not available to students until 1 1/2 hours after lunch, provide only diet sodas, fruit punch, Gatorade, and various flavored waters. Vending machines are providing better choices for students such as granola bars, nuts, animal cracker, and baked chips. The school breakfast/lunch program is now offering students four milk options daily, skim and 1% in three flavors. Students are exposed to a wide variety of low sodium raw and cooked vegetable and fresh and canned fruit served in their own juices. Students are served whole grain white bread and are given a salad bar lunch option heavy in fruits, vegetable, and salads. The breakfast program has expanded to provide students a choice of a hot breakfast item daily as well as low fat yogurt, fruits, and low sugar cereals. Students are provided the tools that promote a lifelong healthy attitude throughout the school setting. All students are instructed on nutrition for a healthy lifestyle, which includes the Food Guidelines for America released in February and My Pyramid instruction in a required ninth grade health class. Additional nutrition instruction is provided in elective food and fitness offerings as well as other consumer science classes. Students see numerous nutritional guidelines with wall charts and posters on display at lunch and vending machines that have nutritional information posted. All students are instructed on the health benefits of three specific levels of activity: low-level, aerobic, and anaerobic in the required ninth grade physical education class. They use that information to select elective classes that are specific to one or more activity types as well as lifelong activity choices.

B. List measurable program goals and how they relate to your school wellness policy:

The [C] school district set goals to 1) increase the opportunity for physical activity available to students during the school day, 2) create a healthier eating environment at school, and 3) provide students with the tools to promote lifelong healthy attitudes. These goals relate to our school wellness policy.

E. Obstacles/challenges encountered and how you overcame them:

Our biggest challenge is scheduling. Although we have an extraordinary number of upperclassmen participating in elective physical education and consumer science classes,

46 there are still students that, due to requirements and class maximums, cannot fit their
 47 choices into their schedules. Our guidance department does an excellent job of
 48 accommodating as many students as possible.

49 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 50 has influenced your overall school wellness environment?

51 We feel our interventions for physical activity and nutritional awareness will have a
 52 lifelong impact on the wellness of our students. We are assisting them in making good
 53 lifestyle decisions concerning activity and nutrition.

54

55 2. A. Program Description:

56 [NS] has initiated four successful wellness programs this year. They are: "Walking
 57 Wednesdays" and "Moving Mondays"; a monthly exercise calendar incentive for students
 58 and staff; monthly open gym opportunities; and an eight-week after school wellness club,
 59 Empower Me 4 Life.

60 B. List measurable program goals and how they relate to your school wellness policy:

61 Our Wellness Council has an ongoing goal to involve as many students and staff in
 62 wellness opportunities as possible. The Walking Wednesdays and Moving Mondays have
 63 been our most successful events with the majority of our students and staff having the
 64 opportunity to walk for 10 minutes before the school day begins on Monday and
 65 Wednesday.

66 E. Obstacles/challenges encountered and how you overcame them:

67 The main challenge was finding a location for students arriving in the early morning to
 68 participate in a "moving" activity. Our school has a natural walking path through our
 69 hallways (Gates is built around a courtyard area) which provided an easily accessed and
 70 supervised space to move.

71 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 72 has influenced your overall school wellness environment?

73 Students are excited about walking the halls and even arrive at school anticipating that
 74 event with enthusiasm. We have noticed an increased number of participants recording
 75 their monthly exercise efforts, finding new ways to move. The after school club has been
 76 well received and is in its early stages of influence.

77

78 3. A. Program Description:

79 [NS] Community's Running Club and Cross Country Team organized a Mini Fun Run.
 80 Charts were made for each elementary classroom and the students were shown a "loop"
 81 to walk on the playground. Students kept records for a few weeks of how many loops
 82 each student walked; those students with the most loops received bracelets as a prize. The
 83 final event was a Mini Fun Run where the elementary students participated in races led
 84 by the high school students. The high school students also led cardio activities such as
 85 jumping jacks. Medals were given to every student who participated that day.

86 B. List measurable program goals and how they relate to your school wellness policy:

87 School Wellness policy states that a goal is to promote student wellness by offering
 88 suitable opportunities for students to engage in health-promoting activities. 100% off
 89 elementary classrooms will participate in the event. Students will participate in something
 90 activity related during every recess.

91 E. Obstacles/challenges encountered and how you overcame them:

92 It was difficult to coordinate the high school and elementary schedules.

93 F. Positive impacts or outcomes of your program—Describe how this program/initiative
94 has influenced your overall school wellness environment?

95 These high school students are very passionate about running and physical activity,
96 serving as positive role models for the younger students. Teachers noticed that the
97 program got kids moving during recess. Medals given to all participants improved self
98 morale for some who otherwise wouldn't have been recognized for their efforts.

99

100 4. A. Program Description:

101 As part of our Destination Imagination Challenge – Project Outreach we chose to focus
102 on obesity. We held a week long “Get Up and Move” program at our school. We
103 encouraged our classmates to do various cardiovascular activities during their homeroom.
104 We had an assembly where a pediatrician, [NP] from Methodist Health Systems,
105 educated us on BMI and healthy living. Governor Dave Heineman was scheduled to talk
106 to our school but due to bad weather he was unable to attend. He has rescheduled for
107 March 16. We also held a “Junk Food Drive”. We encouraged our classmates to bring
108 unhealthy food from home to get the temptation out of their homes. We will donate these
109 food items to a local food bank.

110 B. List measurable program goals and how they relate to your school wellness policy:

111 Our goal was to bring awareness. We wanted our fellow classmates aware that many
112 health problems start in the early teen years. Eating right and exercise can help reduce the
113 risks.

114 E. Obstacles/challenges encountered and how you overcame them:

115 Our biggest challenge was the weather. During our scheduled week we had (2) snow
116 days. This caused our classmates to lose focus and momentum. It also resulted in
117 rescheduling the governors’ speech. On the positive side we were able to extend our
118 challenge into the next week and were able to reschedule the speech.

119 F. Positive impacts or outcomes of your program—Describe how this program/initiative
120 has influenced your overall school wellness environment?

121 Many of our classmates were excited and were eager to participate. We are planning to
122 continue our DI healthy living project next year. We plan to work with our health teacher,
123 [NP], to discuss new programs to promote cardiovascular activities. One item that we
124 would like to do is make healthy lunches the same price as the regular choices.

125

126 5. A. Program Description:

127 The SWC has been working on After School Obstacles since January 2011. This is an
128 after school activity that focuses on physical activity, and a little fundraising to purchase
129 incentives/prizes. Tickets are awarded to participants based on effort and performance.
130 The cost to participate is 25 cents per trial. For example, for a quarter they get to bowl
131 one frame of bowling. A strike awards them four tickets, a spare equals three tickets,
132 knocking down a total of 6-9 pins gets them two tickets, and one ticket for knocking
133 down 1-5 pins. The students collect their tickets throughout the year to earn prizes. The
134 prizes include: 40 tickets to earn a basketball, 30 tickets to earn an iTunes gift card, 20
135 tickets to earn a resistance exercise stretch band, etc.

136 B. List measurable program goals and how they relate to your school wellness policy:

137 Our school wellness policy includes School Activity Goals. The first goal states: The [C]
138 Public Schools will create a total school environment that provides consistent wellness
139 messages and is conducive to eating well and being physically active. Our Student
140 Wellness Committee implemented the After School Obstacles. The goal of the After
141 School Obstacles is to promote physical activity. The SWC's goal is to involve students
142 who would not normally be active after school.

143 E. Obstacles/challenges encountered and how you overcame them:

144 One of the challenges at our school is space. During basketball season, it was a challenge
145 to schedule ASO's while basketball practices and games were taking place. The
146 basketball coaches at our school were understanding of our mission. On most ASO days,
147 we were wrapping up our activity as basketball practice and games were getting started.

148 F. Positive impacts or outcomes of your program—Describe how this program/initiative
149 has influenced your overall school wellness environment?

150 On any given day, one or two students will ask, "what are we doing after school next
151 week?", or "when are we going to do the football throw again?". We are glad to see that
152 physical activity is on students' minds, and that they are not thinking about video games
153 or television the minute the school day is over. Sixth and seventh grade students who
154 cannot participate in after school sports are excited to be physically active after school.

155

156 6. A. Program Description:

157 This year we have taken a few procedures to ensure our school is healthy and physically
158 active. In our first step we worked with the school cooks and suggested having more
159 fresh fruits and vegetables available. Our second action was to restock our pop machine
160 with healthier beverages such as diet pop, tea, and fruit juices. Lastly, our physical
161 education teacher has offered a bootcamp for the staff and students who want to be
162 involved allowing them to be physically active and fit. These steps have not only affected
163 students and teachers but some community members as well.

164 B. List measurable program goals and how they relate to your school wellness policy:

165 We are currently working with our high school administration and physical education
166 teacher to change a weight lifting class to a lifetime fitness class. This gives students the
167 opportunity to not only lift weights, but do other activities that will help them throughout
168 their lives to stay active and fit. Changing this class applies directly to our other school
169 activities area of our policy by allowing students to have other suitable opportunities to
170 engage in health promoting activities. This class would also qualify as a curriculum that
171 meets state regulations that relates to our physical activity section of our policy.

172 E. Obstacles/challenges encountered and how you overcame them:

173 Not having a money fund has limited our council to the activities and programs we have
174 to offer students and also the staff. Despite this issue we have managed to have a
175 successful bootcamp ran by our physical education teacher and are working on a new
176 class for students.

177 F. Positive impacts or outcomes of your program—Describe how this program/initiative
178 has influenced your overall school wellness environment?

179 Our school beverages became compliant with state regulations and many students have
180 chosen to not drink pop at school. Teachers, students, and other community members are
181 active in the bootcamp and have seen positive outcomes. The cooks have offered fruit
182 and yogurt parfaits along with an available salad bar.

183

184 7.A. Program Description:

185 A [NS] School Wellness team goal for this year is to increase fruit and vegetable
 186 consumption. A sample of fruit or vegetable will be served to each student as they enter
 187 the building. An announcement is made, over the intercom system, describing the foods
 188 origins, how it is grown, the nutritional value and ways to increase consumption. Students
 189 will be able to participate in a game where a laminated picture of the featured fruit or
 190 vegetable will be placed in a couple of places in the school. Students who find the picture
 191 turn it in to receive a fruit or vegetable snack. Students are rewarded for Random Acts of
 192 Eating when “caught” enjoying a fruit or vegetable.

193 B. List measurable program goals and how they relate to your school wellness policy:

194 1. Increase the % of elementary school students reporting eating more than 3 fruits and
 195 vegetables a day from 8% to 15%. 2. Increase the % of secondary school students
 196 reporting eating more than 3 fruits and vegetables a day from 10% to 20%. The [C]
 197 Public Schools wellness policy states “..offer suitable opportunities for students to engage
 198 in health-promoting activities.” Being able to show an increase in fruit and vegetable
 199 consumption demonstrates the value of nutrition initiatives and provides feedback to the
 200 School Wellness Council. Having outcomes for previous programs provides stimulus to
 201 providing more activities.

202 E. Obstacles/challenges encountered and how you overcame them:

203 Serving food samples to a large number of students coming in different doors will be
 204 accomplished with the help of the students participating on the wellness team they also will
 205 help prepare the food. Allowing for samples of several different foods will be
 206 accomplished by serving one food once a week for two months.

207 F. Positive impacts or outcomes of your program—Describe how this program/initiative
208 has influenced your overall school wellness environment?

209 Students K-12 will be able to sample fruits and vegetables that they may not have ever
 210 tasted before. The short nutrition less on each food provides some fun facts and give the
 211 important health benefits of each food. Random acts of eating rewards emphasize the
 212 promotion of fruits and vegetables the shcool want to convey daily.

213

214 8. A. Program Description:

215 The [NS] School Wellness Council provides a day of nutrition, physical activity, safety,
 216 and general wellness for all of their students. Wellness Day activities are provided by
 217 community organizations such as the health department, YMCA, YWCA, police and fire
 218 departments, [C] College, UNL Extension Office and 4-H along with other individual
 219 community volunteers. The activities this year include aerobics, bullying, dog safety,
 220 good choices at fast food restaurants, sportsmanship, healthy snacks, when to call 911,
 221 and smoking. Wellness day has been held for several years and is one of the highlights
 222 for the year for [NS] students.

223 B. List measurable program goals and how they relate to your school wellness policy:

224 Goals for this initiative are: 1. Increase the opportunity for physical activity during the
 225 school day. 2. Provide nutrition information to help students make better nutrition
 226 choices. 3. Provide information to help make students safer at home and in the school
 227 environment. One [C] Public Schools wellness policy goal is to provide health promoting

activities. Wellness Day is just one of the [NS] School Wellness Council activities that meet that goal.

E. Obstacles/challenges encountered and how you overcame them:

Keeping the activities and information fresh every year can be a challenge. The School Wellness Team has been successful in identifying subjects that need to be stressed each year, and have been able to provide different programs for nutrition and safety to help keep the students engaged and enjoying the day. Getting staff actively involved was a big obstacle in the beginning (the first couple of years). With Administrative support and encouragement, staff has become involved by participating and being role models during our Wellness Day and All School Recess.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

This initiative has increased the staff participation in school wellness efforts and is an event that staff and students look forward to every year. Wellness Day increases student physical activity, provides more nutrition education and emphasizes relevant safety issues that students face each day.

244

9. A. Program Description:

Every Friday during the last period of the day the school nurse meets with a group of students from the 7th and 8th grade as part of our club time. The club is named Wacky Wellness. We spend approx. 20 minutes talking about wellness (physical, emotional, spiritual, and social wellness), and 20 minutes doing some type of movement. The group learns about diet and exercise. They taste a new food every Friday and try a different kind of exercise. The types of exercise include yoga, pilates, aerobics, line dancing, and playing games.

B. List measurable program goals and how they relate to your school wellness policy:

The students will be able to make more informed decisions on food choices and healthy life styles. They will be able to identify what foods are part of what food group and what is a better choice regarding food. They will have experienced different types of movement and be able to tell why exercise is important to a healthy lifestyle.

E. Obstacles/challenges encountered and how you overcame them:

No budget. School nurse supplies different foods and occasionally students bring foods from home.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

The students are making healthier decisions regarding their diet and exercise. They are also more informed regarding the importance of sleep and positive peer pressure, family relationships and spiritual health.

266

10. Program Description:

Wednesday's have been designated as a wellness day at [NS]. The fitness/exercise schedule as to what groups are participating alternate from week to week. The rotations is: Non-Core Departments Social Studies Language Arts Science Math Students and teachers are encouraged but not required to participate. Students and staff were asked to log their fitness/exercise time during the week. Students will then turn in their logs to their homeroom teacher. A point system was established and those students/staff that

274 reach the designated point totals will receive prizes. The culminating activity will be a
275 walkathon for Juvenile Diabetes.

276 B. List measurable program goals and how they relate to your school wellness policy:
277 Goal- 70% of Plattsmouth High School students and staff will attain the fitness goal of
278 six points (90 minutes) of exercise per week. For students to fully embrace regular
279 physical activity as a personal behavior, students need opportunities for physical activity
280 beyond physical education class. [NS] believes that a student's experience in school
281 should be a total mind/body experience. It is expected that all members of the [NS]
282 family will engage in at least ninety minutes of wellness activity a week. Having 70%
283 achieve the goal of 90 minutes a week is a step toward all.

284 E. Obstacles/challenges encountered and how you overcame them:
285 The biggest obstacle were those who do not like change. We took a positive approach
286 with a lot of data. Perseverance and drive would best describe how we overcame
287 challenges.

288 F. Positive impacts or outcomes of your program—Describe how this program/initiative
289 has influenced your overall school wellness environment?

290 The staff and students are making better food choices in the cafeteria, staff and students
291 are connecting on a different level, and our building is much more upbeat and positive on
292 Wednesdays.

293

294 11. A. Program Description:

295 We started a 54321 week to promote the 54321go initiative. We did this the week before
296 winter break so that kids would consider how they ate or exercised before they went on
297 vacation. Each day we had a different activity and had kids self-monitor consumption of
298 fruits and vegetables, water, dairy, screen time viewing and activity.

299 B. List measurable program goals and how they relate to your school wellness policy:
300 Our measurable goals were for a majority of students to record how many of the 54321
301 items they were able to do during the week. One of our wellness goals is to provide a
302 healthy learning environment by bringing education about healthy choices to all students.

303 E. Obstacles/challenges encountered and how you overcame them:
304 Teachers did not turn in recording sheets for the class. We encouraged them through
305 email but winter break came up and it was forgotten by most. One hour of exercise was
306 not possible during the day, but we got Hy-Vee to donate balloons for a movement
307 activity.

308 F. Positive impacts or outcomes of your program—Describe how this program/initiative
309 has influenced your overall school wellness environment?

310 Our students are more aware of healthy choices. I still see water bottles on the desks of at
311 least half the students. Teachers made an extra effort to limit screen time on the "2 or less
312 hours of screen time" day, and noted how much they had relied on "screens."

313

314 12. A. Program Description:

315 The [NS] School Wellness Council identified a problem with many students not eating a
316 healthy breakfast before coming to school. They utilized National School Breakfast Week
317 as an opportunity to promote healthy breakfast consumption. Breakfast Week is designed
318 to encourage students to eat a healthy breakfast every day. The initiative provides a free
319 healthy breakfast food item for each student all week. Activities include coloring and

320 poster contests, parent information on the importance of breakfast and student activity
 321 sheets. Breakfast Week uses the School Nutrition Association's National School
 322 Breakfast Week resources.

323 B. List measurable program goals and how they relate to your school wellness policy:

324 1. Provide healthy breakfast information to parents and students. 2. Provide a healthy
 325 breakfast food item each day of the program. 3. Decrease the number of students
 326 complaining of stomach aches and not feeling well midmorning.

327 E. Obstacles/challenges encountered and how you overcame them:

328 Food purchasing and preparation was provided by health department staff. School staff
 329 participation was extremely helpful for promotion and classroom time to provide nutrition
 330 information and to work on activity sheets.

331 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 332 has influenced your overall school wellness environment?

333 Seeing and discussing what a healthy breakfast is encourages students to eat something
 334 healthy before coming to school. Parent information reminds parents of the importance of
 335 eating something healthy to the performance of their student in school. The school nurse
 336 will monitor if the number of students complaining of not feeling good about midmorning
 337 improves.

338

339 13. A. Program Description:

340 1. Our wellness committee has been given the responsibility to monitor our school's
 341 vending machine. We have made the changes necessary to meet the competitive beverage
 342 and food guidelines. In order to accomplish this task, we have had the responsibility of
 343 ordering the appropriate-sized drinks and purchasing the appropriate snack that our
 344 machine now offers. 2. Our school breakfast/lunch program has made significant gains to
 345 complement the wellness program. Some of these include offering at least 10 different
 346 fruits and 10 different vegetables monthly. Ten fruits and vegetables are offered daily.
 347 We offer only 1% or skim milk.

348 B. List measurable program goals and how they relate to your school wellness policy:

349 1. Our goal with the vending machines was to evaluate what was being offered and
 350 determine what changes needed to be made. We made the changes necessary to match the
 351 machine with the competitive food guidelines, with offerings that appealed to middle
 352 school students. This matches our school policy 508.13.2 JGD. 2. The goals with the
 353 school lunch program are to meet or exceed the USDA standards. Our goals include
 354 offering a whole grain food daily, continuing to lower the fat in our salad dressing usage
 355 and offerings.

356 E. Obstacles/challenges encountered and how you overcame them:

357 1. By checking labels, we came up with vending foods that were nutritional, yet
 358 appealing to middle school students. 2. The lunch program let bids to be able to find/offer
 359 whole grains by challenging vendors. Recipes have been modified to decrease fat and
 360 replace salt with other spices.

361 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 362 has influenced your overall school wellness environment?

363 1. The students in our school can now walk away from the vending machine feeling good
 364 about making nutritional snack/drink choices. 2. The breakfast/lunch program provides a

365 more diverse selection of nutritional choices for our students. We are a program that
 366 other districts call upon for advice.

367

368 14. A. Program Description:

369 “We like to Move-it, Move-it, we like to Move-it, Move-it.” This year at [NS] every
 370 student was given the opportunity to participate in the “Move-It Challenge” each month.
 371 The Wellness Team’s goal was to get as many students as possible moving everyday. The
 372 primary goal of our building Excels Team Wellness program is to offer opportunities for
 373 students to experience a variety of physical activities and to teach the value of a
 374 consistent fitness program for better health, academic success and general personal well
 375 being. At [NS], we offer a vast variety of physical activities before and after school.
 376 Some of these programs include: Walking club, [NS] Direct Walk-a-thon, Hip Hop
 377 Dancing Club, Running Club, Girls’ Volleyball Teams, Girls and Boys Basketball
 378 Teams, Built-in Extra Recess, Ballroom Dancing, healthy cooking club, Field Day, Yoga
 379 Club, and built in physical activities during transition times within the classrooms. At
 380 [NS] we offer so many physical activities after school that our Wellness Team wanted to
 381 concentrate on the student’s activities at home.

382 B. List measurable program goals and how they relate to your school wellness policy:
 383 During the 2010-2011 school year, our team decide that we would increase the amount
 384 that each student was moving at home and each student was given their own personalized
 385 “Move-it Challenge” calendar. The students were asked to track and record their physical
 386 activity at the end of each day on the calendar, by indicating their activity and the time
 387 spent completing this activity. The activities that students completed ranged from
 388 walking their dog to running up their apartment stairs thirty times. At the end of each
 389 month the students returned their completed calendars that were signed by their
 390 parents/guardians. On the first of each month, five [NS] “Wellness Winners” were
 391 randomly selected from the hundreds of returned calendars. As the “Rocky” theme
 392 played in the background, their names were announced over the school’s public address
 393 system. “Wellness Winners” prizes included free tickets to an [C] Public Schools
 394 sporting event, t-shirts donated from a local sporting goods store, extra recess on our
 395 newly constructed playground and free time in the gym with some friends. Every month,
 396 a picture of the winners is prominently displayed by the cafeteria to be viewed by the
 397 entire student body.

398 E. Obstacles/challenges encountered and how you overcame them:

399 Throughout the next couple of years, our goal is to get 100% of our calendars returned.
 400 At this point in this overly successful program, the only challenge that we are facing is
 401 keeping up the positive momentum and participation.

402 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 403 has influenced your overall school wellness environment?

404 Many of the prizes awarded to our monthly winners have been donated by high schools
 405 and local businesses in the community. We have received over \$950 in grant money from
 406 local organizations that support our aspiration for educating youth on staying active. With
 407 the money granted, we plan to continue our “Move-it Challenge” program for years to
 408 come.

409

410 15. A. Program Description:

Our committee hosted an [NS] Family Wellness Night that promoted nutrition education and increasing physical activity as a family. Informational booths shared resources that are in the community to promote physical activities such as Woods Tennis, YMCA, [C] Public Libraries, and Health Dept to blood pressure checks and safe bike riding activities. We promoted nutrition through food tastings and recipes. Physical activities were set up in the gym for families to participate as a unit, such as jump roping, hula hoops, and yoga. Special topic presentations were shared, How to Pack a Healthy Lunch and How to Read Food Labels.

B. List measurable program goals and how they relate to your school wellness policy:

1. To promote wellness education through nutrition education opportunities. Provide families with food tasting opportunities to try healthy foods, provide easy recipe preparations, and information in how to determine what is healthy in cold school lunches and how to read labels. 2. To increase physical activity of students, parents, and staff members during the winter months. Provide activities that families can participate together and have the same resources at available at home.

E. Obstacles/challenges encountered and how you overcame them:

We wanted to provide a free event and provide a light meal for families. We had posted Fund-A-Need but did not receive any money. We turned to our donations through Funds for Excellence - teachers donate to this fund and we felt this would impact the majority of our students.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

Participants' feedback was positive as they found the information to be diverse, enjoyed the variety of food tasting, and how easy it can be to be physical in the home setting. Parents requested that we continue this on a yearly basis.

16. A. Program Description:

[NS] has created a culture of wellness in our community that is ever changing, ongoing and collaborative. We live, the Live Well [C] Kids 5-4-3-2-1 GO! mission, for all [C] children to achieve measurable improvements in nutrition, physical activity, and healthy living supported by community collaboration and the environments in which they live. The 54321 GO! song says: "OK, [C] get off the couch!" Yes, we are about physical activity and quality physical education. Live Well [C] Kids sponsored a Go! Dance Challenge. This video contest was open to kids ages 5 through 18 with videos submitted in December, 2010 and voted on for two weeks in January, 2011. Dances were choreographed by students and their physical education teacher and the videos for two of the age divisions were filmed by [NS]HS students in a TV production class. Students choreographed and practiced the dances during P.E. and recess. [NS] submitted videos to the 5-4-3-2-1 Let's Go! song in three age divisions: 5-7 years old K/1/2, 8-10 years old grades 3/4 and 11-13 years old, grades 5/6. After voting was completed, we found out that we won 1st place in every age division we entered! It was amazing! Since our win, we have had opportunities to be on [C]'s KMTV, channel 3, The Morning Blend on February 2, 2011 and we had a fantastic 54321 Go! Celebration Assembly later in the month, featuring [NP], talking about the meaning of 5-4-3-2-1 of healthy eating, nutrition and physical activity. It's been an incredible experience for our students and school! We also hosted [NS]'s First Annual Turkey Trot. On a chilly Saturday morning in November,

457 bundled in hats, coats and mittens, families gathered to walk, strut, trot and run a 1.8 mile
 458 course around our [C] Park. A former student was even dressed in a turkey costume and
 459 we cheered participants crossing the finish line. A breakfast of pancakes and fruit
 460 followed the Turkey Trot. You are what you eat is another message of 5-4-3-2-1 Go! We
 461 participated in the Let's Move in School Recipes for Healthy Kids Challenge. The
 462 challenge was a nationwide competition to create healthy recipes for inclusion in the
 463 school lunch menus. Five [NS] students were selected to join our [C] Community
 464 Schools culinary team. The team of five students, director of nutrition services, chef and
 465 a nutrition specialist met over the course on one month to create a healthy kid approved
 466 recipe for use in schools across the country. The final recipe entered was a chicken taco
 467 blended with white beans and white bean salsa. The recipe was served to our [NS]
 468 students and has been submitted to compete in the national cook-off competition. Life's a
 469 dance and we at [NS] are continually striving for a culture of wellness in our community
 470 through collaboration and participation.

471 B. List measurable program goals and how they relate to your school wellness policy:
 472 The goals of [NS] School Wellness are to develop ongoing sustainable initiatives and
 473 programs to align with our [C] Community Schools Wellness Policy and Action for
 474 Healthy Kids mission. We believe, as does Action for Healthy Kids in their Progress or
 475 Promises 2008 report that, "school wellness...must promote and encourage healthy
 476 eating, physical activity, and nutrition and physical education as a part of the solution to
 477 the obesity epidemic...is an issue that impacts and engages a variety of stakeholders who
 478 have a role in leading, advocating for and implementing wellness initiatives."

479 E. Obstacles/challenges encountered and how you overcame them:
 480 It's interesting that two of the main programs we participated in this year had the word
 481 CHALLENGE in them. One of our great challenges is the time it takes to participate and
 482 be on the cutting edge of school wellness.

483 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 484 has influenced your overall school wellness environment?

485 A school Wellness Committee whose mission is to support and create wellness
 486 opportunities while continually seeking input from students is vital to success. Through
 487 community fitness and fundraising events that [NS] supports such as, Susan G. Komen
 488 Race for the Cure, American Heart Association (Jump Rope and Hoops for Heart), M.S.
 489 Walk, etc. students said, "It's a great feeling to have felt like you have helped somebody,
 490 and you are giving back to causes that you might touch your life along the way."

491

492 17. A. Program Description:

493 Moving recess before lunch! This program involved all grades in our K-6 school (more
 494 than 90 students) and cost nothing to implement. Best of all, it helped us achieve several
 495 goals established by our wellness committee. Recess monitors reported kids began recess
 496 ready-to-move and stayed active throughout their allotted time. They also reported fewer
 497 stomachaches. Lunchroom monitors said kids were more relaxed and ready to fully
 498 attend to their meals – that resulted in less waste, and less rushing through meals to get
 499 out to recess. Teachers observed that when students re-enter the classroom they are
 500 relaxed and ready to begin class. In general they described it as a much easier transition
 501 from lunch to the classroom, than from recess to the classroom (playground adrenaline
 502 has time to naturally dissipate during lunch). This change created minimal administrative

obstacles. Scheduling of teachers, recess monitors, and lunchroom staff was all that was necessary. The greater challenge was the attitude of the students. In the younger grades the change was barely noticed. But in upper elementary, the new routine initially felt foreign. Staff was simply instructed to fully explain to the students why the change was made (less waste, less rushing, kids are less likely to want to be active right after they have eaten, etc.). In upper elementary health classes it was further explained that protein is better absorbed after exercise. The kids responded well to the information that the new routine was to respond to science, not a random tinkering with their schedule. Overall, the shift has been a huge success. Establishing an expectation of healthy snacks at classroom parties and school wide celebrations. This program also involved all grades in our K-6 school (more than 90 students) and cost nothing to implement. It too helped us achieve several goals established by our wellness committee. In previous years parents and teachers have been progressively encouraged to bring healthier snacks when celebrating birthdays or holidays with classmates. Special handouts were made and distributed to staff and sent home to parents that listed numerous healthy snacks that were likely to be low in fat and sugar, higher in fiber, and avoid common allergies while still (here's the tricky part) appealing to kids. Even non-food items, like temporary tattoos, stickers, and silly bands were given as alternatives. Next, we led by example. School wide celebrations stopped serving high sugar treats and school programs stopped offering sweet treats as rewards. Instead, choices like popcorn, fruit juice slushies (available in our lunchroom), pretzels, and trail-mix-type munchy options were provided. This program presented a significant challenge early on. Parents raised on bringing cupcakes, licorice, and birthday cakes were hesitant to embrace some of the new options. They seemed less "celebratory," they told us. Amazingly this obstacle was overcome primarily by our students. Valentines Day, one of our school's two annual exceptions to our firm healthy snacks rule, presented eye-opening evidence to our parents. By the February celebration students were used to the new rule and when presented with an "exception day" many still chose to bring healthier choices. Others, when presented with their Valentine treats, were clearly expressing preferences for the popcorn, pretzels, and lighter snacks. Since many parents are on-hand during these celebrations, it went a long way toward their acceptance of the new policy.

534

535 18. A. Program Description:

536 The Wake Up Call: The defining moment of [NS]'s wellness revolution came during a
537 staff meeting when we learned our BMI results indicted [NS] was the most
538 overweight/obese school in the district. Suddenly, this was personal, sweeping changes
539 were needed, everything was on the table and everyone was on board. The [NS] wellness
540 council expanded its membership, reviewed the district wellness policy, and wrote an
541 action plan to improve nutrition and increase physical activity during the school day. We
542 identified unhealthy practices that needed to be stopped or modified.

543 B. List measurable program goals and how they relate to your school wellness policy:

544 Classroom teachers and specialists agreed to stop using food, especially junk food, as an
545 incentive for academic success or a reward for behavior modification. PTO officers were
546 provided with the Center For Science In The Public Interest "Sweet Deals" fundraising
547 guide and began searching for alternatives to the annual fundraiser and monthly after
548 school snack sales, both of which consisted primarily of high calorie, non-nutritious

549 foods. Students relinquished their daily snacks from home for a daily vegetable/fruit
 550 snack provided through a U.S. Department of Agriculture grant which includes quarterly
 551 nutrition lessons with the [C] Extension Agency. Classroom parties with non-nutritious
 552 foods are now limited to two events per school year. Candy bars disappeared from the
 553 staff lounge snack basket and were replaced with limited calorie snack bags while the pop
 554 machine converted to 80% low calorie drinks and bottled water.

555 E. Obstacles/challenges encountered and how you overcame them:

556 [NS] is a Title 1 school with 2/3s or more of its students qualifying for free or reduced
 557 lunch. Parent availability to volunteer and student participation in before or after school
 558 activity programs is limited so our marathon was held during school recesses with
 559 paraeducators tracking distances. Support of the [NS] Wellness Program will be an
 560 important question as our school interviews for administrators since [NP], an avid
 561 supporter of our efforts, retires at the end of this school year.

562 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 563 has influenced your overall school wellness environment?

564 Highlights from [NP]'s UN[C] Human Performance Lab Director, 2010 BMI data
 565 summary for [NS]: • In 2006, 42.8% of students attending [NS] were considered
 566 overweight or obese. Over the last five years, this trend has decreased as 35.2% of
 567 students currently attending [NS] are overweight or obese. • This represents an 17.75%
 568 decrease in prevalence rates of overweight and obesity. Congratulations for being a Gold
 569 Star School! • Children attending [NS] are gaining 13.5% less weight each year
 570 compared to 2007/2008 and 6.52% of the children actually decreased weight status
 571 during the last year! • Five years ago, [NS] had the highest prevalence of overweight and
 572 obesity with the district average at 31%. Today, although the average is still above the
 573 district mean, the efforts put in place to enhance physical activity levels and decrease
 574 unhealthy eating habits should be commended.

575

576 19. A. Program Description:

577 [NS] offered several student physical activity opportunities, healthy snack sales and staff
 578 wellness programs this year. The programs were implemented to help offer physical
 579 activity during non- school hours, sell only healthy snacks to students and increase staff
 580 wellness opportunities. Through 5 years of BMI tracking, [NS]'s wellness efforts the last
 581 5 years have resulted in a 25.3% overall decrease in student prevalence rates of
 582 overweight/obesity! The School Wellness Policy is kept readily available to the
 583 community and school on the district website. One prized wellness program consisted of
 584 a student running club three days a week for two months, either before or after school.
 585 Many parents supported the program through volunteering or cheering for their children.
 586 Healthy snacks instead of chips, cookies or candy or soda, as an after school once a
 587 month fundraiser, were enjoyed with minimal complaints and supported the school at the
 588 same time. "Healthy snack" advertising increased awareness of nutritious choices for
 589 snacks at school and home. [NS] quarterly reading rewards celebrations included a
 590 couple of fun fitness stations plus a healthy snack station (including information first
 591 quarter from the school nurse on healthy snack ingredients). Staff had several
 592 opportunities to increase wellness over the year, including a miles ran/walked
 593 competition between students and staff during the fall running club. The importance of
 594 staff members being aware they are health, nutrition and physical activity role models for

595 students is also noted in the School Wellness Policy. September, 2010 a wellness display
596 was set up at parent-teacher conferences and “Be Well” books were available for parents
597 to take home.

598 B. List measurable program goals and how they relate to your school wellness policy:

599 Goal #1: Students will commit to the goal of physical fitness through a before and after
600 school programs. -86 kindergarten thru 5th grade students participated. 77 of those
601 students completed a half or full marathon. One student alone ran a total of 65 miles!
602 Distance accumulated twice a week for 8 weeks from August 31st - October 29th, 2010.
603 Students ran a combined total of more than 1994.5 miles. 15 parents planned and
604 supervised the running events. A chart was posted for students plus one for staff, to track
605 miles. -Our Wellness policy states students are to be given opportunities for physical
606 activity through before and after school programs and this program supported the policy.
607 -\$606 covered student participant’s t-shirts and \$190 for medals, donated by a grant. A
608 medal was given to each marathon finisher and a group photo of finishers with their t-
609 shirt was displayed. -The weather, change of seasons and morning darkness were a
610 challenge. -The running club allowed students an extra fitness opportunity in their school
611 day and involved family support. Students were alert and began their school day ready to
612 learn. The program tied into the school counselor’s lessons on student commitment and
613 responsibility. It also tied into the physical education teacher’s goals in accordance with
614 Nebraska Physical Education Standards on engaging in physical activities specifically
615 related to each component of physical fitness and participating in physical activity that
616 results in the development of health related fitness. It also fit the PE active lifestyle
617 standard on participating in physical activity in both school and non-school settings. -
618 Additionally, a two day a week “Girls on the Run” motivation, exercise, self-esteem, and
619 healthy living program started February, 2011 and will end May 7th for 3rd, 4th and 5th
620 grade girls. The program is taking place on [NS] school grounds and run by parent
621 volunteers who took special training in this program. A mini grant and participation fees
622 are funding the program, which costs \$75/girl. Scholarships are available so no girl is
623 turned away due to financial need. -A six week students and staff “Gladiators Get Going”
624 pedometer tracking, fitness program is planned for March 29th-May 6th. Motivation,
625 tracking sheets, pedometers and volunteer support will be used. Shoe tokens will be given
626 to each for every 50,000 steps, a shoe cut placed on the locker of each participant and a
627 sticker on it for every 50,000 steps. A certificate will be given to each at the end of the
628 program. The Costs will be approx. \$1400 for quality pedometers/cases. Grant funds will
629 be used to fund the program. The pedometers will be used for other wellness programs in
630 the future. Challenges include pricing decisions, initial start up costs, time, and deciding
631 on fairness in class tracking of steps due to unequal classroom numbers. Goal #2: Healthy
632 snacks and drinks will be sold during end of school day fundraiser. -Healthy snack/drink
633 items were assessed for nutrition/fat/sugar/calorie content. Students were allowed to
634 purchase 2 items, once a month. -School Wellness policy encourages school fund-raising
635 efforts, including parent support groups, and booster clubs, to be supportive of healthy
636 eating. -Parents brought the pre-packaged snack items with no other cost involved. -
637 Educating parents on the type of snacks to provide and monitoring nutritional content
638 was the challenge. Notes were sent home recommending appropriate items to bring for
639 sale. Students were given opportunity in class identify healthy and unhealthy snacks and
640 drinks for kids. - Students and families were exposed to healthy snack advertising as they

supported fund raising efforts. The snacks tied into school nurse and teacher lessons on healthy versus unhealthy food/drink choices. Through education and policy nonfood classroom rewards are encouraged and unhealthy classroom rewards and snacks discouraged. Goal #3: School Staff will engage in and set an example for students by participating in health and fitness opportunities. -[NS] staff participated in various aspects of the fall school running/walking club competition as well as “Walk Out on Your Job”, “Live Healthy Nebraska”, local University “Loper Women’s Walk” and PATH “Physically Active Together for Health” walking opportunities this year. Staff will also be invited to participate in the “Gladiators Get Going” program this spring. -Friday staff treat days were reduced to once a month with an emphasis on incorporating healthier staff snacks on those days. -A staff wellness needs assessment was completed for planning use. - School Wellness policy states we are to create an environment that provides consistent wellness message, conducive to eating well and being physically active. Efforts to keep school physical activity facilities open for use outside school hours and providing opportunities for staff to serve as role models for healthy eating and physical activity are to be encouraged. -Grant funds were used (approx \$10/participant) for incentives, depending on which program staff chose. -Planning, communicating and encouraging staff participation, given their time constraints, was challenging. -Staff wellness activities foster and set an example regarding wellness, physical activity and healthy choices in the school community.

661

20. A. Program Description:

Our Student Wellness Council has taken on the Fuel Up To Play program. We meet 3 times a week and have: read daily announcements for better nutrition and fitness; displayed physical opportunities in the community; held three food tastings for healthy Latino, Arab, and Asian foods; purchased new Wii equipment; had a teacher Appreciation Healthy Breakfast ; held a cafeteria campaign to vote in healthy food choices; working on a campaign to get fitness equipment; sent postcards to kids from teachers recognizing their fitness and learning accomplishments; started a walking club; and will hold a Wellness Carnival in May to celebrate 5 weeks of improved movement outside of school.

B. List measurable program goals and how they relate to your school wellness policy:

We have more students involved in our Student Wellness Council this year than in previous years and the number of students enrolled in Fuel Up To Play has more than doubled this school year compared to last year.

E. Obstacles/challenges encountered and how you overcame them:

Time is always a problem when we can get all of the council together. Nearly 500 of our students ride a bus to and from school as we are in a temporary middle school location. [NP]meets with students on Wednesday mornings and [NP]meets with students at lunch on Tuesdays and Thursdays.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

We have students involved with the promotions of better nutrition and fitness that would never have had this chance if not for the devoted teachers and students sharing their goals of a healthier lifestyle. As a member of the Healthier Schools Generation, we are seeking many opportunities to promote better student, teacher, and family health.

687

688 21. A. Program Description:

689 [NS] is a pilot school for Coordinated School Health. This year we have evaluated and
 690 centered our wellness activities around the areas of Health education, Physical education,
 691 Health services, Mental health and social services, Nutrition services, Healthy and safe
 692 environment, Family and community involvement, and Staff wellness. The wellness team
 693 updated our School Health Index and used this tool to focus our efforts.

694 B. List measurable program goals and how they relate to your school wellness policy:

695 One of our wellness policy goals is to offer other suitable opportunities for students to
 696 engage in health-promoting activities. We chose a nutrition goal to provide every student
 697 in grades K-12 with portion control lessons. A goal for staff was to offer every staff
 698 member the opportunity to participate in a walking program. A physical activity goal was
 699 to increase the number of students who walk or bike to school.

700 E. Obstacles/challenges encountered and how you overcame them:

701 School representatives attended workshops enabling implementation of CSH. It was
 702 difficult finding a team who could attend each workshop together. Three of us were able
 703 to commit to each workshop and it was hard to bring back the wealth of information we
 704 received to the rest of the wellness team.

705 F. Positive impacts or outcomes of your program—Describe how this program/initiative
706 has influenced your overall school wellness environment?

707 There is an overall enhancement throughout our school. Students participated in Walk To
 708 School Day, new bike racks were placed outside, 25 staff members participated in
 709 walking programs, portion presentations got students talking about portion sizes. A 30+
 710 mile bike ride and a fun run are planned for upcoming months.

711

712 22. A. Program Description:

713 [NS] offered a student running club, healthy snack sales and staff wellness programs this
 714 year. The programs were implemented to help offer physical activity during non- school
 715 hours, sell only healthy snacks to students and increase staff wellness opportunities.

716 [NS]'s wellness efforts the last 5 years have resulted in a 36.4% overall decrease in the
 717 prevalence of obesity! The School Wellness Policy is kept readily available to the
 718 community and school on the district website. One prized wellness programs consisted of
 719 a student running club 3 days a week, before school, over a two month period. Parents
 720 supported the program through volunteering or cheering for their children. Healthy
 721 snacks instead of chips, cookies or candy or soda, as an after school, once a month
 722 fundraiser were enjoyed with minimal complaint and supported the school at the same
 723 time. "Healthy snack" advertising increased awareness of nutritious choices for snacks at
 724 school and home. Juice of any kind was eliminated from the sale, due to sugar concern,
 725 with a change to water as the only beverage to be sold. Staff members had several
 726 opportunities to increase wellness over the year including the "Live Healthy Nebraska"
 727 challenge. The importance of staff members being aware they are health, nutrition and
 728 physical activity role models for students is noted in the School Wellness Policy.
 729 September, 2010 a wellness display was set up at parent-teacher conferences and "Be
 730 Well" books were available for parents to take home.

731 B. List measurable program goals and how they relate to your school wellness policy:

732 Goal #1: Students will commit to the goal of physical fitness through a before school
 733 program. -110 kindergarten-5th grade students (40% of all [NS] students) participated in
 734 the running club. 90 of those students completed the 26.2 mile Marathon and 10
 735 completed a half marathon. Distance accumulated twice a week from August 23rd -
 736 October 29th, 2010. Students ran a combined total of more than 2570.5 miles. 29 parents
 737 planned and supervised the running events. -Our Wellness policy states students are to be
 738 given opportunities for physical activity through before and after school programs and
 739 this program supported the policy. -\$700 covered student participant's t-shirts, donated
 740 by a grant. Students also had their name written on a brick of the "Building Healthy
 741 Bodies" wall display. Certificate and bulletin board photo were also given to students. -
 742 How to find dollars for use in purchasing incentives for next year's club and how to come
 743 up with activity ideas for programs before and after school in the winter months. -The
 744 running club allowed students an extra fitness opportunity in their school day and
 745 involved family support. Students were alert and began their school day ready to learn.
 746 The program tied into the counselor's lessons on student commitment and responsibility
 747 and tied into the physical education teacher's goals in accordance with Nebraska Physical
 748 Education Standards on engaging in physical activities specifically related to each
 749 component of physical fitness and participating in physical activity that results in the
 750 development of health related fitness. It also fit the PE active lifestyle standard on
 751 participating in physical activity in both school and non-school settings. Goal #2: Healthy
 752 snacks and drinks will be sold during end of school day fundraiser. -Healthy snack/drink
 753 items were assessed for nutrition/fat/sugar/calorie content. Students were allowed to
 754 purchase items, once a month. -School Wellness policy encourages school fund-raising
 755 efforts, including parent support groups, and booster clubs, to be supportive of healthy
 756 eating. -Parents brought the pre-packaged snack items with no other cost involved. -
 757 Educating parents on the type of snacks to provide and monitoring nutritional content
 758 was the challenge. Notes were sent home recommending appropriate items to bring for
 759 sale. Students were given opportunity in class identify healthy and unhealthy snacks and
 760 drinks for kids. - Students and families were exposed to healthy snack advertising as they
 761 supported fund raising efforts. The snacks tied into school nurse and teacher lessons on
 762 healthy versus unhealthy food choices. Through education and policy nonfood classroom
 763 rewards are encouraged and unhealthy classroom rewards and snacks discouraged. Goal
 764 #3: School Staff will engage in and set an example for students by participating in health
 765 and fitness opportunities. -[NS] staff participated in various aspects of "Walk Out on
 766 Your Job", "Live Healthy Nebraska", local University "Loper Women's Walk" and
 767 "Physically Active Together for Health" opportunities this year. -35 birthday celebration
 768 staff treat days a year were reduced to 10 a year with an emphasis on incorporating
 769 healthier staff snacks on those days. -A staff wellness needs assessment was completed
 770 and tabulated for committee use in planning. - The School Wellness policy states we are
 771 to create an environment that provides consistent wellness message, conducive to eating
 772 well and being physically active. Efforts to keep school physical activity facilities open
 773 for use outside school hours and providing opportunities for staff to serve as role models
 774 for healthy eating and physical activity are to be encouraged. -Grant funds were used
 775 (approx \$10/participant) for incentives, depending on which program staff chose. -
 776 Planning, advertising and encouraging staff participation, given their time constraints,

777 was challenging. -Staff wellness activities foster and set an example regarding wellness,
 778 physical activity and healthy choices in the school community.

779

780 24. A. Program Description:

781 FUN FITNESS Youth/Adult Running and Walking Program This is a youth/adult
 782 running or walking program for all [NS] Students. We will start on Feb 2nd and end on
 783 April 29th. Monday through Friday on days we have school only. There is no cost to
 784 participate. This is for all fitness levels. You can walk/run/skip etc at your own pace.
 785 Times will be 3:45 pm to 4:30 pm – you can do any or all of the time. There will be a
 786 staff member present. We will walk in on the High School track (weather permitting) or
 787 in the halls at school; dress accordingly. First time you do not follow the rules you are
 788 out—no exceptions. You will need to have the adult supervisor sign off on your time
 789 sheet each time you participate-sheets will be kept at the High School in a notebook. You
 790 will sign in when you arrive and when you leave. You are to be moving the entire time.
 791 No resting unless you check out. This is a “get moving” time – not a time to rest or visit.
 792 No tripping, pushing, shoving. In general keep your hands, feet and your comments to
 793 yourself. No texting and walking (sorry). There will be accompanying awards for
 794 enhanced physical activity. Along the way there will be special incentives and
 795 promotions presented by your [NS] BUZZERS and CARROT MAN! You will not want
 796 to miss this so plan to make yourself present often. The purpose of this is to encourage
 797 our young people to participate in a fun and rewarding way to get off the couch and get to
 798 moving! The excitement, fun and joy of powerful peer support to train, and perform the
 799 actual run/walk and the resulting satisfaction of a job well done is contagious. Everyone
 800 is a winner! Let’s move and get physical [NS] Students!

801 B. List measurable program goals and how they relate to your school wellness policy:

802 We have a log book. Walkers sign in and out. Pedometers are given to those who choose
 803 to use them. All are urged to track their success. Rewards will be NON FOOD based

804 E. Obstacles/challenges encountered and how you overcame them:

805 Getting kids past the stigma of walking is not cool. LEAD BY EXAMPLE MAKE IT
 806 FUN

807 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 808 has influenced your overall school wellness environment?

809 2 very inactive kids in Jr. high are now walking. That was #1 success

810

811 25. A. Program Description:

812 [NS]joined the Alliance for a Healthier Generation the fall of 2009. Since then we have
 813 participated in the Federal Fresh Fruits & Vegetable Program,Eliminated the distribution
 814 of juice and unhealthy snacks at monthly birthday celebrations and now serve 8 oz bottles
 815 of water and assign healthy snacks to be brought by parents. [NS] allows no candy, gum
 816 or sweets on Valentines Day. Students walk Laker Laps each noon, have brain breaks and
 817 Jammin Minutes. The PTO/School/CLC sponsor a Pumpkin Walk, Family Fitness night
 818 and pay half of each students Mayors Race registration.

819 B. List measurable program goals and how they relate to your school wellness policy:

820 Staff Wellness has been a huge emphasis in 2010-11. [NS] teachers are wearing
 821 pedometers, recording total miles each week in an attempt to walk around the world.

822 Information has been shared with related to breast cancer awareness, tobacco free,

823 diabetes, stress and eating healthier. Staff participation in the Pumpkin Walk and Family
 824 Fitness night have increased. [NS] staff has two volleyball teams participating in the LPS
 825 league. Monthly parent newsletters stress eating more fruits and vegetables and
 826 increasing student activity. [NS]'s after school club offerings have increased the number
 827 of activities that promote physical activity (bowling, rec/sport, yoga, jump rope, boot
 828 camp-lead by twp parents, basketball, step club) and healthy snack and breakfast
 829 preparation.

830 E. Obstacles/challenges encountered and how you overcame them:

831 Parents are very supportive of increasing physical activity and healthier consumption of
 832 food. Challenges have been decreasing pop sent in cold lunches (last week I have a
 833 student report to me his classmate had pop for lunch-see kids are starting to be aware).
 834 We weren't sure what would happen when we eliminated sweets from Valentines Day but
 835 we were pleasantly surprised at how creative parents were in what they sent instead; glue
 836 sticks, erasers, stickers, tattoos, pencils, etc.. If sweets came to school we made a phone
 837 call to the parent and sent the sweets home.

838 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 839 has influenced your overall school wellness environment?

840 Everyone is more aware of eating healthier. The impact of the Fresh Fruits & Vegetable
 841 program impresses visitors when they are in classrooms and observe students eating and
 842 learning at the same time. Students are selecting more fruits and vegetables from the
 843 lunch line because they have tried something they didn't think they liked and found out
 844 they really do like it.

845

846 26. A. Program Description:

847 [NS] continues to try new ideas as we work toward wellness in our school. This year, we
 848 have offered an indoor fitness recess to K-3 students when its inclement weather. It
 849 involves Kindergarten and 1st grades (63 students); then 2nd and 3rd grades (49 students).
 850 The younger students eat lunch at 11:30, then divide their recess at 12:00, into 15 minute
 851 periods. One group exercises to the Wii on our stage, while the other group plays quietly
 852 (as much as they can!) in their classrooms. At 12:00, the 2nd and 3rd graders come from
 853 recess, and eat lunch.

854 B. List measurable program goals and how they relate to your school wellness policy:

855 The measurable goal is to provide an opportunity for students to burn energy on days
 856 when the weather is inclement. We have seen that students are more alert in class the rest
 857 of the day. They have also gained confidence in learning new exercise activities.

858 E. Obstacles/challenges encountered and how you overcame them:

859 The major obstacle that we face is limited space. One group has lunch in our
 860 multipurpose room, while the other groups split their recesses on the stage. The stage is
 861 not large enough for the students to spread out and take full advantage of the exercises.

862 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 863 has influenced your overall school wellness environment?

864 The students are so excited when its a "Wii Day." All students are involved in the group
 865 activity. They don't have to pick sides or worry about being left out. They perform at
 866 their own level and don't seem to feel the need to compete. You can see their eyes
 867 actually sparkle and they perform the cutest movements!

868

869 27. A. Program Description:

870 At [NS] we have been increasing the fiber and vitamins in our breakfasts and lunches.
 871 We offer Mini Wheats in 3 varieties at breakfast. This allows 6 grams of fiber per 8
 872 squares. This means our students are getting 10-12 grams of fiber for breakfast alone. If
 873 they have toast, they get another gram of fiber. Another addition is that Romain lettuce is
 874 now served daily. Not only is this a good source of fiber, but is high in vitamins A, K,
 875 C, and Folate. Sliced fresh fruits are incorporated weekly, as well.

876 B. List measurable program goals and how they relate to your school wellness policy:

877 The Dietary Guidelines for Americans encourages consumption of a variety of whole
 878 grains, fruits, and vegetables daily. As part of an overall healthy diet, we are taking steps
 879 to help reduce cholesterol levels and maintain digestive health in increasing total dietary
 880 fiber at school. The vitamins provided in our fruits and vegetables help our students stay
 881 healthy in many ways. We hope we are helping students take ownership of their eating
 882 habits, so that they feel eating well is a choice, rather than something they have to do.

883 E. Obstacles/challenges encountered and how you overcame them:

884 Getting students to try the new items we were offering, was a slow process. Now these
 885 items are among favorites chosen by our students.

886 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 887 has influenced your overall school wellness environment?

888 Romaine lettuce is actually cheaper and lasts for longer periods of time than iceberg
 889 lettuce. Compared to iceberg lettuce, romaine lettuce has significantly more potassium,
 890 Vitamin C, folate, Vitamin K, Beta carotene, and lutein & zeaxanthin. Romaine lettuce is
 891 clearly a better choice for students and staff.

892

893 28.A. Program Description:

894 [NS] has incorporated sustainable, ongoing professional development in various facets of
 895 coordinated school health by making it a standard part of staff development time and
 896 allowing the steering committee of the School Wellness Council to provide input which
 897 shapes the staff development offerings. We have instituted a Coordinated School Health
 898 model based on district policy by convening a School Wellness steering council on an
 899 ongoing basis to oversee the process.

900 B. List measurable program goals and how they relate to your school wellness policy:

901 Our school wellness policy is anchored in physical activity and nutrition education across
 902 the curriculum, and includes other components that emphasize curriculum development
 903 in physical education and health ed. The measurable goals: *Eliminate exposure to food
 904 allergies and increase education around preventative measures related to food allergies.

905 *Increase physical activity and build understanding of the connection between PA and
 906 increased academic achievement.

907 E. Obstacles/challenges encountered and how you overcame them:

908 There have been a variety of challenges we've worked to overcome throughout the year.
 909 At first, simply incorporating physical activity minutes was a challenge due to time,
 910 training, and reorganizing our day. We have also faced severe allergies and making
 911 adjustments to ensure all students' safety and well being.

912 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 913 has influenced your overall school wellness environment?

914 Some positive impacts on our school have been reported improved moral, education and
 915 awareness about healthy issues, and motivation to be a positive role models. The overall
 916 culture of our school has caused us to develop healthier classroom policies and beneficial
 917 partnerships with local food producers.

918

919 29. A. Program Description:

920 At [NS], we have worked in all three schools to accomplish a better understanding of
 921 wellness. We felt it was important to work with our staff and help them understand and
 922 achieve more wellness as well as work with our own students. Our focus this year for
 923 staff has been to incorporate more wellness into our professional development days. For
 924 our students, we tried to better our offerings for breakfast and lunch, and in a few
 925 classrooms, provide exercise balls in place of the regular classroom chairs.

926 B. List measurable program goals and how they relate to your school wellness policy:

927 We had two main goals we wanted to achieve - one for staff and one for students. We
 928 feel if we have a well staff, that will reflect on our students and we can gain from that. A
 929 piece to the [C]SD wellness policy is staff. We wanted to teach staff the importance of
 930 incorporating wellness into each part of education, so we needed the time and resources
 931 for this. For our students, we needed to work with nutritional staff as well as our teaching
 932 staff to educate and get resources provided to them so they could incorporate a greater
 933 breakfast and lunch, and for some classrooms to incorporate the exercise balls.

934 E. Obstacles/challenges encountered and how you overcame them:

935 Change is hard - no matter the age. Students will change their preferences positively if
 936 they have other choices. We are still adjusting to smaller portions and less desserts each
 937 week. Our staff, while some are wellness gurus, others would rather not hear about
 938 wellness nor partake in group activities. We challenge our staff to participate in our
 939 activities, from our Run at Work Day to our Fat, Fiber and Friendship Mini Session, to
 940 our staff's mini-presentations at our all staff wellness professional development day. The
 941 real challenge is to get everyone on board and not leave a few stragglers!

942 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 943 has influenced your overall school wellness environment?

944 We are excited for what has been done and what is yet to happen at [C]SD. Our staff
 945 programs have allowed our staff to work together, outside each department. We have
 946 found a common ground. Our students, though love larger portions and more desserts,
 947 have adjusted to the changes because we didn't just delete something, we added more.
 948 Promoting what we are doing, highlighting the positive, and giving staff and students
 949 options, has allowed our high school and all of [C]SD, to see wellness as part of our life,
 950 not something in addition to what we are already doing. Communication, a common
 951 language and educating our staff and students have benefited our school immensely.

952

953 30. A. Program Description:

954 At [NS], we provide students with healthy options to exercise before, during, and after
 955 school. Our Running Clubs offered options to run or walk, and there was also an
 956 opportunity to join a Jump Rope Club. Our Wellness Committee supported students in
 957 their challenge to run 50 laps through Storm Hockey. The Committee also provided
 958 students with active indoor recess choices through their purchase of exercise videos and

959 dance games. Many staff members have been trained to use “Take 10” in their
 960 classrooms. Healthy Snack Sales, rather than Bake Sales, have also been implemented.
 961 B. List measurable program goals and how they relate to your school wellness policy:
 962 Our goal is to promote student health through physical activity and healthy eating. Our
 963 Wellness Policy states “students are to be given opportunities for physical activities
 964 through before and after school programs.” To support this, we offered two Running
 965 Clubs and a Jump Rope Club. All programs had high rates of participation, with over
 966 60% participating in the Marathon. In addition, many students completed a 50 lap
 967 Hockey challenge. Healthy changes have occurred during school hours which include
 968 changing fund raising efforts to support healthy eating and implementing Health Snack
 969 Sales only. Several children’s exercise videos and games have been purchased for recess
 970 alternatives.

971 E. Obstacles/challenges encountered and how you overcame them:
 972 Some challenges included finding adults to supervise activities, facing inclement weather,
 973 and managing a large number of participants. We decided to ask PTO members to help
 974 supervise the activities. When bad weather affected an activity, a “Connect Ed” call was
 975 made to notify parents. To accommodate our large number of participants, we split the
 976 group up into smaller groups and assigned each group a certain day of the week.
 977 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 978 has influenced your overall school wellness environment?
 979 This initiative has raised the awareness of our wellness message of living a healthy
 980 lifestyle through being physically active and eating well. Our before, after, and during
 981 school programs have increased the activity level for our students. One of the most
 982 notable outcomes is the BMI of our students has gone down district wide.

983
 984 31. A. Program Description:
 985 [NS]'s wellness program consists of projects that couldn't have taken place without our
 986 newly formed wellness committee. This year, we implemented an activity club five days
 987 a week for thirty minutes before school staffed by volunteers. We also have many events
 988 throughout the year focusing on wellness: student/staff volleyball night, primary field
 989 day, walking schools buses, and bike rodeo. We were able to double our playground size
 990 and add fitness-based equipment. [NS] also focuses on social/emotional wellness. Lunch
 991 groups meet weekly with our guidance counselor. We partner with a local mental health
 992 agency to provide counseling for students and families during school. Again, we were
 993 able to host the Summer Stars Program where students work on social skills and conflict
 994 resolution. We're fortunate to have a cook who educates students about healthy eating.
 995 We provide a grab-n-go breakfast bag for students every morning. Our school district
 996 also contracts with local farmers to provide fresh fruits, vegetables, hormone-free beef,
 997 and cheeses. We introduce new foods through taste tests.

998 B. List measurable program goals and how they relate to your school wellness policy:
 999 [NS]'s goals: increase physical activity, educate students about healthy food choices, and
 1000 decrease office referrals.

1001 E. Obstacles/challenges encountered and how you overcame them:
 1002 Obstacles encountered included finding volunteers to staff activity club. Another obstacle
 1003 was the early childhood program provides care during morning activity club. With
 1004 careful scheduling, planning, and communication, these obstacles were overcome.

1005 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1006 has influenced your overall school wellness environment?
 1007 [NS]'s school wellness has increased tremendously with the implementation of our daily
 1008 activity club and healthier breakfast and lunch program. More fruits and vegetables are
 1009 being eaten daily and more kids are attending activity club and fitness events. Parents
 1010 applaud how [NS] focuses on the whole child and not just the academic well-being of
 1011 each student.

1012

1013 32. A. Program Description:

1014 [NS] offered a student running club, healthy snack sales and staff wellness programs this
 1015 year. The programs were implemented to increase physical activity during non-school
 1016 hours, sell only health snacks to students and increase staff wellness opportunities.
 1017 Through 5 years of BMI tracking, the current prevalence of student overweight and
 1018 obesity at [NS] is 19-21%, well below the national average! The School Wellness Policy
 1019 is kept readily available to the community and school on the district website. One prized
 1020 wellness program consisted of a student running club 4 to 5 days a week, before or after
 1021 school for 8 weeks. Parents supported the program through volunteering, cheering, or
 1022 running with their children. Healthy snacks instead of chips, cookies or candy or soda
 1023 were sold as an after school twice a month fundraiser and enjoyed with minimal
 1024 complaint and supported the school. Advertising increased awareness of nutritious
 1025 choices for snacks at school and home. Juice of any kind was eliminated from the sale,
 1026 due to sugar concern, with a change to water as the only beverage to be sold. Staff had
 1027 several opportunities to increase wellness over the year including a “Live Healthy
 1028 Nebraska” challenge. The importance of staff members being aware they are health,
 1029 nutrition and physical activity role models for students is noted in the School Wellness
 1030 Policy. September, 2010 a wellness display was set up at parent-teacher conferences and
 1031 “Be Well” books were available for parents to take home.

1032 B. List measurable program goals and how they relate to your school wellness policy:

1033 Goal #1: Students will commit to the goal of physical fitness through a before and after
 1034 school running club. -154 first through fifth grade students participated in and 108
 1035 (approx 70%) completed a 26.2 mile Marathon. Distance accumulated four times a week
 1036 from August through October, 2010. Students ran a combined total of more than 3200
 1037 miles. Many parents planned and supervised the running events. Medals and certificates
 1038 were handed out. -Our Wellness Policy states students are to be given opportunities for
 1039 physical activity through before and after school programs and this program supported
 1040 the policy. -\$600 covered student participant’s t-shirts, donated by a grant. A group photo
 1041 of finishers with their t-shirts was taken to recognize those students. -The weather,
 1042 change of seasons and morning darkness were the challenges in this program. -The
 1043 running club allowed students an extra fitness opportunity in their school day and
 1044 involved family support. Students were alert and began their school day ready to learn.
 1045 The program tied into the counselor’s lessons on student commitment and responsibility.
 1046 It also tied into the physical education teacher’s goals in accordance with Nebraska
 1047 Physical Education Standards on engaging in physical activities related to each
 1048 component of physical fitness and participating in physical activity that results in the
 1049 development of health related fitness. It also fit the PE active lifestyle standard on
 1050 participating in physical activity in both school and non-school settings. Goal #2: Healthy

snacks and drinks will be sold as an end of school day fundraiser. -Healthy snack/drink items were assessed for nutrition/fat/sugar/calorie content. Students were allowed to purchase 2 items, twice a month. -School Wellness policy encourages school fund-raising efforts, including parent support groups, and booster clubs, to be supportive of healthy eating. -Parents brought the pre-packaged snack items with no other cost involved. - Educating parents on the type of snacks to provide and monitoring nutritional content was the challenge. Notes were sent home recommending appropriate items to bring for sale. Students were given opportunity in class identify healthy and unhealthy snacks and drinks for kids. - Students and families were exposed to healthy snack advertising as they supported fund raising efforts. The snacks tied into school nurse and teacher lessons on healthy versus unhealthy food choices. Through education and policy nonfood classroom rewards are encouraged and unhealthy classroom rewards and snacks discouraged. Goal #3: School Staff will engage in and set an example for students by participating in health and fitness opportunities. -[NS]staff participated in various aspects of “Walk Out on Your Job”, “Live Healthy Nebraska” and local University “Loper Women’s Walk” and “Physically Active Together for Health” opportunities this year. -Friday staff treat days were eliminated and an emphasis on reducing unhealthy treats. -A staff wellness needs assessment was completed and tabulated for committee use in planning. - The School Wellness Policy states we are to create an environment that provides consistent wellness messages, conducive to eating well and being physically active. Efforts to keep school physical activity facilities open for use outside school hours and providing opportunities for staff to serve as role models for healthy eating and physical activity are to be encouraged. -Grant funds were used (approx \$10/participant) for incentives, depending on which program staff chose. -Planning, advertising and encouraging staff participation, given their time constraints, were a challenge. -Staff wellness activities foster and set an example regarding wellness, physical activity and healthy choices in the school community.

1078

1079 33. A. Program Description:

1080 The first activity of each day is walking before school for about 15 minutes. Elementary
1081 students did a walk for cancer awareness in October. Hula hoop contests are held during
1082 recess. We are planning a community walk through downtown in April and also an
1083 afternoon fun and activity with an inflatable obstacle course. Some of our activities that
1084 address healthy eating were a watermelon seed spitting contest, Fruit Friday, and making
1085 posters to show what a healthy meal looks like. On most Fridays, students are given a
1086 fruit to try along with written healthy benefits of eating that particular fruit. We are
1087 having an [NS] Healthy and Wellness Fun Night on March 10, 2011. We have activities
1088 planned that will address physical activities (games), a MyPyramid meal will be provided
1089 as well as medical professionals from the community providing information and
1090 assistance. We have a dentist, optometrist, and EMTs who are providing informational
1091 booths.

1092 B. List measurable program goals and how they relate to your school wellness policy:

1093 One goal for our students is to educate them to many different kinds of fruits and
1094 vegetables that provide them with nutrients and vitamins that contribute to their overall
1095 wellness. We strive to give the students information about making healthy choices for
1096 their meals and snacks. Eighty-eight students sampled 12 different fruits. Another goal

1097 involves all movement throughout the day. Under a new program in our school all
 1098 elementary students begin the day with a walk and talk period before school. The
 1099 physical activity of walking helps them to be ready to learn. All elementary students
 1100 participate in this program.

1101 E. Obstacles/challenges encountered and how you overcame them:

1102 Our biggest challenge is finding the time to plan and implement programs. It takes time
 1103 to purchase the food, locate nutritious facts, and present the information to the students. I
 1104 found teachers are willing to have me come into the classrooms on Fridays and the
 1105 students definitely look forward to the different fruits and vegetables. They like to see if
 1106 they can guess which food they will get to taste.

1107 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1108 has influenced your overall school wellness environment?

1109 Teachers and students alike are becoming more conscientious about what they are eating.
 1110 We began the school year with an inservice that helped us become more aware of the
 1111 content and value of product labels. Since that time the faculty has participated in weekly
 1112 food challenges encouraging them to make food choices based on the food pyramid. As a
 1113 direct result both students and teachers are reading labels, discussing nutrition and
 1114 making better food choices.

1115

1116 33. A. Program Description:

1117 We have named our program “Wildcat Wellness”. One of the advisory groups has created
 1118 an “Excel” matrix for us to use to track our steps or time walking, and/or running. They
 1119 have also created an “Excel” guide for use as a food diary. The Health teacher uses the
 1120 “My Pyramid” web site to figure the nutritional content and calories from the food diary.
 1121 Part of the “Wildcat Wellness” plan was to offer healthy vending. Policy states that pop
 1122 and unhealthy drink machines are turned off during the school day and only water and
 1123 juice is available. (These vending machines are turned off during meal times.) We have a
 1124 closed campus and students are encouraged to eat in the cafeteria but there are times
 1125 when students don’t care for the entrée or salad options. Another problem identified is the
 1126 lack of a breakfast program. Students came up with the suggestion of putting in a vending
 1127 machine with healthy options. Students and the school nurse did research. A healthy
 1128 vending option has been found that provides healthy snacks, protein, energy, and fruit
 1129 bars; trail mix, dried fruit and nuts plus milk and healthy drinks. The vending machine
 1130 also has healthy messaging options. Implementation is in process for this part of the
 1131 wellness program. We have also started a walk on Wednesdays program where
 1132 participants are allowed to spend the last twenty minutes of the day walking either inside
 1133 or outside depending on the weather. Recognizing the importance of modeling healthy
 1134 lifestyle for students, the treats during teacher in-services has been changed from donuts
 1135 to fresh fruit and healthy snacks. The goal of “Wildcat Wellness” is to increase activity,
 1136 measured by increased steps and/or distances walked and ran. Challenges encountered
 1137 were overcoming the lack of a breakfast program and limited healthy lunch options.
 1138 Students addressed the issue by suggesting the healthy vending option.

1139

1140 34. A. Program Description:

1141 There are several facets to [NS]'s wellness initiatives for this year. The top three new
 1142 additions are: Adoption and implementation of the SPARK PE curriculum, adoption and

1143 implementation of the "Take 10" physical activity in the classroom curriculum, and
 1144 initiation of the fresh fruits and vegetables offering 4 days per week during mid-morning
 1145 milk break. The first two included teacher in-service training provided by the school for
 1146 the new curricula.

1147 B. List measurable program goals and how they relate to your school wellness policy:
 1148 Program goals addressed were to increase student physical activity during the school day
 1149 and to improve nutrition by offering samples of a variety of fresh fruits and vegetables to
 1150 the students, thus raising awareness of the importance of fresh fruit and vegetable
 1151 consumption and encouraging them to eat more of these essential foods. Both physical
 1152 activity and nutrition for students are addressed in the school wellness policy and these
 1153 programs help fulfill the policy requirements.

1154 E. Obstacles/challenges encountered and how you overcame them:

1155 1. Money for SPARK equipment - Affiliated Foods Register Tapes for Education program
 1156 will provide approximately \$600 worth of equipment. We also have grant applications
 1157 submitted. 2. Time for 20 minutes of physical activity in the classroom - Take 10
 1158 incorporates movement into the regular curriculum. 3. Space for additional refrigerator for
 1159 fresh fruits and vegetables - We used PE storage room and moved PE equipment to
 1160 different storage area, and plan to build an addition to the kitchen this summer so the
 1161 refrigerator can be placed there.

1162 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1163 has influenced your overall school wellness environment?

1164 Student are more active every day. They are offered 15 min. of recess before school, 20
 1165 min. of noon recess, 20 min. of activity during class time with Take 10 or class walking
 1166 breaks, 25 min of daily PE/Health. The 1 day per week of health class includes Take 10
 1167 activities. Teachers indicate that when the students have had activity time, they perform
 1168 better in the classroom. Students are trying a variety fresh fruits and vegetables 4 days per
 1169 week. Students and teachers indicate that these foods are well-received and enjoyed by
 1170 students.

1171

1172 35. A. Program Description:

1173 This is an annual competition that invites students in each Elementary Schools to enter
 1174 healthy snack recipes to compete in a District-wide cooking competition. These
 1175 Dieticians are asked to make their selections based uniqueness as well as Nutrition. They
 1176 try to go beyond "Smoothies and Yogurt Parfaits" and look for Kid-Friendly, economical
 1177 and easy to prepare snack items that Elementary aged children can make at home by
 1178 themselves. The Students begin the competition with a food and kitchen physical safety
 1179 briefing and then work with a [NS] staff member in preparing their recipe for judging
 1180 within a 60 minute timeframe.

1181 B. List measurable program goals and how they relate to your school wellness policy:

1182 The Goals of the Culinary Contest is to gather Kid-Friendly, economical and easy to
 1183 prepare snack items that Elementary aged children can make at home by themselves. The
 1184 contest teaches Children to look for Healthy options for between meal snacks at home as
 1185 well as how to prepare them safely with hands-on food and physical safety training.

1186 E. Obstacles/challenges encountered and how you overcame them:

1187 The biggest Challenge now is picking the most healthy snack entry for each school as a
 1188 building finalist. The upcoming contest is our third contest we have done and each of the
 1189 previous competitions provides a means of continually improving the event.

1190 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1191 has influenced your overall school wellness environment?

1192 The program gets a lot of exposure locally and throughout Nebraska and the Country.

1193 The Children continue to get more creative with their Healthy Snack entries and excited
 1194 about being the “Top Chef” in town and benefit from the media coverage the healthy and
 1195 nutritious educational piece the contest provides.

1196

1197 36. A. Program Description:

1198 [NS], as a whole school event, is excited to be participating in lunchtime food tastes
 1199 along with "Let's Move" physical activity promotions. We are working hard to incorporate
 1200 good nutrition and physical activity for all students as we strive to make our school a
 1201 healthy environment. This year we focused on offering fresh fruits and vegetables that
 1202 were in season and highlighted if the items could be locally grown. Our student wellness
 1203 council provided input in selecting the food taste items, as they sampled a variety of
 1204 produce to be offered prior to each food taste day. Our students have experienced: apples,
 1205 bananas, Bartlett pears, Clementine's, pomegranates, honey roasted soy nuts and
 1206 asparagus. In addition to our food tastes, we also promoted increased physical activity
 1207 minutes by offering several school wide events: The December Dash- Held the last week
 1208 in December. Classroom teachers lead their students in a 400 meter walk/run. Students
 1209 recognized themselves for their participation by decorating a snowman, which they
 1210 placed in the central hallway. It's Heart Healthy - February - Let's Move- Students
 1211 participated in a physical activity assembly that showcased 10 minutes of music,
 1212 movement and fun! It proved to be a great way for students to benefit from increased
 1213 activity while having fun.

1214 B. List measurable program goals and how they relate to your school wellness policy:

1215 1. Conduct food tastes for all students that reflect the diversity of our school. Students
 1216 engage in physical activity both in and outside of the classroom.

1217 E. Obstacles/challenges encountered and how you overcame them:

1218 Time Weather Staff commentment Space

1219 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1220 has influenced your overall school wellness environment?

1221 Making healthy living connections will all students. Encourage local the promotion: 5,4
 1222 3, 2, 1, Go. Connecting nutrition and physical activity. Making school wellness come to
 1223 life - being an hands on expereince for all.

1224

1225 37. A. Program Description:

1226 Some of the milestones in our school's journey to improved wellness include working to
 1227 devise healthier snacks for celebrations and rewards, conducting a staff wellness survey
 1228 and incorporating individual water bottles for students in classrooms. We also have a
 1229 group participating in the Live Healthy NE 100 Day Challenge this spring. Additional
 1230 efforts include the Fairbury Community Back Pack Program, Jump for Heart, Walking
 1231 Challenge, and partnerships with Public Health Solutions and Jefferson Community
 1232 Health Center for various activities and health screenings. Central Elementary is working

1233 closely with Alliance for a Healthier Generation to identify action steps to further
1234 promote nutrition, wellness, and physical activity in our school.

1235 B. List measurable program goals and how they relate to your school wellness policy:
1236 Increasing physical activity at school and within the classrooms is a priority for our
1237 school as well as communicating and developing nutritional awareness with students,
1238 staff, and family members. Improving the nutritional value of food consumed at school
1239 (e.g., healthy and nutritious snack for pre-school and kindergarten students, school meal
1240 program's vegetable/fruit bar, healthy celebrations and incentives).

1241 E. Obstacles/challenges encountered and how you overcame them:
1242 Communication has been an obstacle that we have been able to overcome by having
1243 parent involvement through diversified membership on our Wellness Council
1244 representing different socio-economic and cultural groups. The issue of time continues to
1245 present itself as a challenge, whether in relation to scheduling, training or
1246 implementation. We have planned creatively to delegate responsibilities to work groups
1247 that include family members. We have also prioritized Wellness Council meetings that
1248 take place at times when all members can participate. Our training efforts have also
1249 evolved and often take the form of brief snapshots of information and presented skills in
1250 contrast to day-long events.

1251 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1252 has influenced your overall school wellness environment?
1253 As a school community, we have developed a greater awareness of the value of nutrition,
1254 exercise, and healthy options for students and staff members. We are beginning to collect
1255 data that indicate our students have begun to incorporate these values and skills into their
1256 daily lives and are closer to implementing them at home.

1257

1258 38. A. Program Description:

1259 The largest change we have made for the students is they now have P.E. forty minutes
1260 every day. We have also switched recess to before lunch for our students, and scheduled
1261 our P.E. classes around lunch recess so the gym is available to every class for recess.
1262 There is also time available to our preschool program. Twice a day at 8:10 and 2:25, the
1263 Jammin' Minute is announced, leading the entire school through various exercises.
1264 Everyone drops what they are doing and joins in this minute of exercise. We have also
1265 launched a staff wellness program, to help our staff track eating habits and exercises. They
1266 receive points in other categories, which look at total mind, body, and spirit wellness. Our
1267 food service staff have made changes in food preparation using turkey products instead of
1268 beef, offering fresh fruit and vegetables daily, with a large salad bar available for fourth-
1269 sixth grade, and staff. In addition, they have begun making a large amount of food items
1270 from scratch to avoid using processed foods. Finally, they use all whole-grain bread
1271 products.

1272 B. List measurable program goals and how they relate to your school wellness policy:
1273 Our school wellness policy dictates that our physical education requirement meet or
1274 exceed standards, and by changing physical education to everyday, we have gone beyond
1275 the state standard of 150 minutes per week, and our students are receiving 160 minutes of
1276 physical activity each week. In addition we have continued to open our facilities to
1277 community activities i.e. little league basketball, wrestlin, soccer, etc., in order to offer
1278 other suitable opportunities for students to engage in health-promoting activities. Finally,

1279 our food service program has been loooking at federal and state law and are continually
 1280 updating their preparation and foods used in order to exceed this standards.

1281 E. Obstacles/challenges encountered and how you overcame them:

1282 One of the largest obstacles/challenges we have encountered included implementing the
 1283 Jammin' Minute, and making everyone realize the importance of everyone doing this, and
 1284 what it will do for our students and their attention spans. We were consistent with our
 1285 times in which we had this done, and helped everyone to realize how important that quick
 1286 stretch can be to re-focus. The other obstacle was getting students used to P.E. everyday.
 1287 For the most part now, they all enjoy and look forward to it, as it has become a part of
 1288 their routine.

1289 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1290 has influenced your overall school wellness environment?

1291 The numerous items which we have added to our school to enhance overall wellness, has
 1292 helped our students to be more alert in school, and to eat healthier meals while at school.
 1293 In the halls we hear students talking about the Jammin' Minute, having P.E. everyday,
 1294 and the different choices offered int he lunchroom. Teachers have seen inattentiveness
 1295 drop, with the two scheduled breaks for the Jammin' Minute, and the P.E. everyday.

1296

1297 39. A. Program Description:

1298 Before school walking and healthy fruits and vegetables are just some of the things our
 1299 school provides for our elementary students. Before school walking is when the
 1300 elementary students can be found walking around the gym. The students do this instead
 1301 of sitting and waiting for the bell to ring. This gets their blood pumping so they are
 1302 energized and ready for their school day. Our elementary also participates in a fresh fruits
 1303 and vegetables snack. The students receive this snack each and every afternoon. It
 1304 introduces new fruits and vegetables to students while they also enjoy their favorites
 1305 giving them the extra boost to get through the day.

1306 B. List measurable program goals and how they relate to your school wellness policy:

1307 A measureable goal for the elementary students that relates to our school wellness policy
 1308 is to continue encouraging students to get up and be active. As a council we would like to
 1309 make this fun and challenging whether that be through other school activities such as
 1310 intramurals, walking in the mornings, or finding ways within the day to get students up
 1311 and moving while learning. Showing, modeling, teaching, and finally implementing this
 1312 in students is our hope in cutting down the rate of childhood obesity.

1313 E. Obstacles/challenges encountered and how you overcame them:

1314 We have found it difficult to get all of the students motivated to walk in the mornings.

1315 We have around an 80% participation while the other 20% choose to sit. Also some
 1316 students may not like the choice of fresh fruits and vegetables snack and choose not to
 1317 participate.

1318 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1319 has influenced your overall school wellness environment?

1320 The positive impacts from our programs are fantastic. The walking seems to get students
 1321 the jumpstart they need to begin their day ready to learn when they walk into the
 1322 classroom. Also, the healthy snack in the afternoon is showing and allowing students the
 1323 opportunity to make healthy choices when they hear the word snack!

1324

1325 40. A. Program Description:

1326 The [NS] Walking Club is currently in the second year and continues to be an extremely
1327 popular initiative. The students walk for 25 minutes on Monday, Wednesday and Friday
1328 mornings each week. When the students arrive, they check in with a parent volunteer,
1329 provide the name of their teacher and begin walking. Each week, the teacher with the
1330 most walkers gets to keep the golden shoe trophy. Also, once a month, the students who
1331 participate receive a special foot token to place on their backpack.

1332 B. List measurable program goals and how they relate to your school wellness policy:

1333 Although our Wellness policy does not address specific goals regarding physical activity,
1334 we set a goal for students to walk for 20 to 30 minutes, two to three times per week. We
1335 do not require students to walk every time but strongly encourage them to walk for 25
1336 minutes each day of walking club. The students know that 6 times around the outside or
1337 20 times around the inside of the building is approximately one mile. If a child comes
1338 late, they are still encouraged to walk.

1339 E. Obstacles/challenges encountered and how you overcame them:

1340 The biggest obstacle for walking club is the weather. The students walk around the
1341 building but are required to stay close for safety issues. Part of the path is not paved and
1342 therefore presents a problem when it snows. When the weather turns cold, we change the
1343 route to a smaller square in front of the building that is completely paved. We added
1344 information to the weekly newsletter stating that children will walk outside unless it is
1345 really cold. We did move the walking club inside during the really cold months and
1346 encouraged the children to use their inside voices.

1347 F. Positive impacts or outcomes of your program—Describe how this program/initiative
1348 has influenced your overall school wellness environment?

1349 Although we have not formally evaluated the program, teachers and school staff have
1350 reported excitement from students upon entering school on walking club days. Parents
1351 have also been very appreciative and supportive of walking club. Families are invited to
1352 come and walk with the students anytime. Parents are not only grateful for the exercise
1353 their children are receiving but have expressed appreciation for dropping students off at
1354 school 25 minutes early. The students are extremely well behaved while walking and
1355 enjoy socializing with their friends. Teachers and the principal also enjoy less traffic
1356 congestion on walking club mornings and report less discipline problems.

1357

1358 41. A. Program Description:

1359 Parents, teachers and students of [NS] have made several wellness program changes this
1360 year. Parents and students of [NS] have began the process of doing away with high
1361 calorie chocolates as a birthday treat or reward and are now focused on providing healthy
1362 items such as reduced fat crackers and baby carrots for these special events. We have also
1363 discussed as a staff different options besides food to reward students. Teachers are now
1364 encouraged to offer extra recess time, give a no homework pass or sit by a friend time
1365 instead of rewarding children with candy bars and pop.

1366 B. List measurable program goals and how they relate to your school wellness policy:

1367 The above program changes have helped address the following goals. 1. Increase the
1368 consumption of healthy foods by students and staff. 2. Increase student knowledge about
1369 healthy eating habits. 3. Increase parent and community involvement within the school in
1370 regards to wellness.

1371 E. Obstacles/challenges encountered and how you overcame them:
 1372 Communicating new ideas and programs with staff, students and parents has been
 1373 challenging. Time and scheduling of wellness events and workshops is also challenging.
 1374 Recruiting parent involvement on our wellness team has increased communication and
 1375 knowledge about what we are trying to do in our school.

1376 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1377 has influenced your overall school wellness environment?

1378 We now have a greater awareness of eating healthy foods and understanding the
 1379 importance of eating right. We have also seen increased participation of eating healthy
 1380 foods by students and staff.

1381

1382 42. A. Program Description:

1383 The [NS] Wellness Program is a comprehensive program encompassing Physical
 1384 Education, Health, Nutrition and the district Food Service to provide and encourage
 1385 positive health habits.

1386 B. List measurable program goals and how they relate to your school wellness policy:
 1387 This school year the district is participating in the "Fuel Up to Play 60" initiative that
 1388 promotes activity and increased consumption of healthy snacks/foods.

1389 E. Obstacles/challenges encountered and how you overcame them:

1390 Established bad habits and kids not being physically active.

1391 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1392 has influenced your overall school wellness environment?

1393 The students responded positively to activities promoted by national names (NFL
 1394 Players). Students are aware of good choices.

1395

1396 43. A. Program Description:

1397 A School Wellness Council was formed. This group planned "Family Fitness Night", an
 1398 opportunity for the parents to be a kid! The Council was introduced & reported that they
 1399 revised the wellness policy; raspberry bushes & strawberry plants were planted at school.
 1400 The FuelUptoPlay60 DVD was shown so the parents had a clearer insight to the program
 1401 & how it works. [NS]'s "Chef to Schools" was introduced. [NS]'s PE teacher had the
 1402 group warm up as she does for PE classes. The group was divided into smaller groups to
 1403 begin the challenge of the eight fitness stations set up in the gym. The groups of families
 1404 had a chance to work around the gym at the stations to do exactly what the children do in
 1405 PE daily. Door prizes were given away - including FuelUptoPlay60 gear - & a chance for
 1406 a family to visit the Training Table at UNL to eat lunch with the Cornhusker athletes.

1407 B. List measurable program goals and how they relate to your school wellness policy:

1408 With the parents getting a "hands on" experience with the PE activities their children do
 1409 at school, hopefully they will encourage their children to do more outdoor play &
 1410 activities & eat healthy. Hopefully, the parents will take some time to involve themselves
 1411 with their children in being active.

1412 E. Obstacles/challenges encountered and how you overcame them:

1413 Finding an evening that could be agreed on by the Council & school administration.

1414 Insisting that this is an important event to bring a closer relationship between parent &
 1415 child & showing parents the importance of eating healthy & keeping active - and have
 1416 fun doing it!

1417 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1418 has influenced your overall school wellness environment?
 1419 Everyone had a good time and a lot of laughs! Finding out that you maybe can't get that
 1420 hula hoop going like you used to! Parents said they had a good time & commented on
 1421 how PE has changed from when they were in elementary school.

1422

1423 44. A. Program Description:

1424 [NS] has implemented a student Physical Education Ambassadors club. The students are
 1425 in grades 4 and 5. The Club meets once a month and on an as needed basis. Our goal was
 1426 to involve students in the decision making about Health and Wellness at [NS]. The
 1427 students choose to have a all school Walking Club two times per week at the [C]
 1428 Community Center. The club members helped to advertise the club and to encourage
 1429 students to take part in the club. Many of the members walk each day. The Ambassadors
 1430 have helped to implement the Staff Wellness, students vs. teachers Volleyball Game,
 1431 Jump Rope for Heart, healthy eating posters, and Walk-A-Thon.

1432 B. List measurable program goals and how they relate to your school wellness policy:

1433 1. Walking Club-80 students per day participate. 10-12 parents per day. Two days per
 1434 week for 30 minutes. 2. 20% of the 4th and 5th graders are members of the Ambassadors
 1435 Club. 3. Staff had two teams formed for the 100 Challenge. 4. Staff is meeting twice a
 1436 week for exercise. 5. Jump Rope/Hoops for Heart participation was 100% of students.

1437 E. Obstacles/challenges encountered and how you overcame them:

1438 The Fitness Ambassadors (grade 4-5) had to narrow the scope of what they wanted to
 1439 accomplish. We choose the Walking Club, Walk-A-Thon, Jump Rope for Heart as our
 1440 main focus for the year.

1441 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1442 has influenced your overall school wellness environment?

1443 We believe that the [NS] Community is more engaged in the Health and Wellness of its
 1444 students, staff, and families as a result. The Fitness Ambassadors have made the students
 1445 aware of the good that they can do in the school.

1446

1447 45. A. Program Description:

1448 [NS] is in it's second year participating with the Alliance for a Healthier Generation.
 1449 Starting the year off was our first ever FUTP60 pep rally to kick off the program for our
 1450 school and to encourage the students to stay healthy by eating nutritious food and be
 1451 active at least 60 minutes a day. In our school newsletter, we have started "Food for
 1452 Thought", a column on health and nutrition. This year, our teacher's have been educated
 1453 on the benefits of integrating physical activity into the complete school day. They have
 1454 been introduced to the "Energizers" program and are encouraged to use it throughout the
 1455 day. And for the [NS] staff, we have started an on campus after school Pilate's/Yoga
 1456 class. This year our [NS] P.E. instructor has started a before school program for the 4th
 1457 and 5th grade called "Fitness for Life" and this spring we will be starting the after school
 1458 program "Girls on the Run". We are looking forward to having an all school healthy
 1459 cooking/tasting demonstration in the spring. And for the outside, we are currently
 1460 working on raising funds for a permanent walking track.

1461 B. List measurable program goals and how they relate to your school wellness policy:

Our goals are to continue to educate the importance of fitness and nutrition in our school setting in such a way that the children will carry this knowledge with them throughout life. To continue to encourage our teaching staff to make "Energizers" part of their teaching day. To maintain a strong participation in our [NS] family walking club, Fitness for Life, Girls on the Run, and Yoga/Pilates for our staff. Our successes will be measured by the sustainability of the programs that we currently have in place.

E. Obstacles/challenges encountered and how you overcame them:

Some teachers have been challenged to find the time in their day to incorporate physical activity into their schedule. And of course funding is always a challenge. We have been able to maintain good enthusiasm by introducing many different and fun activities to our school and staying visible through our column in our bi-monthly school newsletter.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

The classes that have incorporated the "Energizers" into their day see a positive difference in the classroom: improved behavior, better focused, and more relaxed for test taking. The teachers and staff who have joined the Yoga/Pilates offered after school, have not only enjoyed the physical workout, the camaraderie of being together outside of work has been wonderful.

1480

1481 46. A. Program Description:

Our wellness committee is a collaboration of principals, teachers, physical educator, school nurse, para professionals, and parents. Throughout the last year we have been very busy working with The Alliance for a Healthier Generation. In doing so we were able to achieve bronze status on the national level! It has been an overall success.

B. List measurable program goals and how they relate to your school wellness policy:

Our main goal for this year is to have a school wide policy on outside foods, and implementing an indoor walking trail. We have been in discussions, and finding resources. With luck we will have both into place by the end of the year.

E. Obstacles/challenges encountered and how you overcame them:

Finding space for an indoor walking trail has proven to be the most difficult, however, those challenges are on their way to being solved.

F. Positive impacts or outcomes of your program—Describe how this program/initiative has influenced your overall school wellness environment?

We feel, as a committee, as though these initiatives, along with what we were able to achieve last year, is only going to enhance the health and well being of all parties involved.

1498

1499 47. A. Program Description:

[NP] initiated a running program for the 4th, 5th, and sixth grade students. This group has ran, participated in Zumba and indoor activities when the weather was frigid and basically just been very aerobically active three times per week after school. They started with a one, two and three mile club and now some of the larger kids are working on the six mile club. It has been very successful and they applied for a grant from KIDS RUN THE NATION for t-shirts and wear them proudly.

B. List measurable program goals and how they relate to your school wellness policy:

1507 The ultimate goal was to increase physical activity in a group of kids not included in
 1508 organized school sports. This is measured by the one, two and three mile clubs.
 1509 Secondary goals was to teach kids activities that can be utilized for exercise throughout
 1510 the lifespan without needing equipment. This was measured by activities with each
 1511 station lasting 5-10 minutes and each station consisting of an exercise or activity. Then a
 1512 certified Zumba instructor came to teach them Zumba.

1513 E. Obstacles/challenges encountered and how you overcame them:

1514 The first challenge was getting children to come and run. But if they came once they
 1515 returned and brought other kids with them. The cold weather was the second challenge
 1516 but Tami had a cold weather plan and then a community member asked the Zumba
 1517 instructor. Zumba was a hit with the boys and girls.

1518 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1519 has influenced your overall school wellness environment?

1520 The kids have definately learned that it is fun to run. It has motivated many parents to
 1521 participate as smaller kids can only participate if a parent is present. The teachers and
 1522 para professionals have joined and really enjoyed the activity.

1523

1524 48. A. Program Description:

1525 Based on the survey results, a goal of the [NS] School Wellness Program for the 2010 –
 1526 2011 school year is “Provide students with opportunities to increase physical activity”.
 1527 Last year, the April Wellness Walk was very successful with ---70% of elementary
 1528 students participating. And participant walking a total of miles (add any other
 1529 information you would like them to know). The April Wellness Walk will be held again
 1530 this year to provide students with a chance to increase their physical activity. Each
 1531 participant who turns in their walking log will be able to watch their progress on a huge
 1532 map that is available on the hallway wall. Students are rewarded for participation and for
 1533 reaching milestones.

1534 B. List measurable program goals and how they relate to your school wellness policy:

1535 Goals for this initiative are: 1. Increase the % of elementary school students reporting that
 1536 they participate in 30 or more minutes of physical activity 5-6 days a week. 2. Increase
 1537 the number of participants compared to the 2009-2010 school year. 3. Increase physical
 1538 activity for the students K-6th grade.

1539 E. Obstacles/challenges encountered and how you overcame them:

1540 The surveying asking how much physical activity that students get is self reported and it
 1541 will be difficult to repeat with all students at the end of the year. Repeating the student
 1542 survey questions for select classes at the end of the year will be easier to manage,
 1543 knowing that self reported surveying has limitations.

1544 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1545 has influenced your overall school wellness environment?

1546 Positive outcome - was that our Presidential award recipients increased this school year
 1547 and that at least all of our students participated.

1548

1549 49. A. Program Description:

1550 Our school district's most prized wellness program is our breakfast program that is
 1551 offered and attended by the majority of elementary students. Our breakfast program is a

1552 healthy choice in the morning for the elementary students by providing them with a well
 1553 balanced meal, low-fat milk and a selection of fruits.

1554 B. List measurable program goals and how they relate to your school wellness policy:
 1555 Our school is currently in the process of getting recognized a Bronze Award for its efforts
 1556 in providing a healthy environment for all students. Some major items for this award
 1557 entail having a healthy lunch/breakfast program, non-competing beverages, active health
 1558 education classes, and the implementation of a staff wellness program. This initiative is
 1559 with the Healthy Generations organization for Healthy Schools.

1560 E. Obstacles/challenges encountered and how you overcame them:
 1561 Our first obstacle was to offer students a healthier meal at breakfast and at lunch. Our
 1562 district hired a food service manager, [NP], who has been instrumental in minimizing the
 1563 kinds of unhealthy foods that students eat. Our elementary physical education instructor
 1564 has also done a great job in restructuring the elementary physical education curriculum to
 1565 accomodate a more active curriculum.

1566 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1567 has influenced your overall school wellness environment?

1568 The best impact that our efforts toward a healthier school is having the students come to
 1569 school wanting to eat a healthy breakfast and have the energy and awareness to get them
 1570 through the day. May instructors have commented that students are much more attentive
 1571 in class and also have a better attitude towards learning because they feel healthier.

1572

1573 50. A. Program Description:

1574 "Fit Friday" was launched January 2011 at [NS] School. All [NS] students (and often
 1575 their teachers) are on the move through out one of their Friday recesses. Third, Fourth,
 1576 and Fifth graders walk or run the quarter-mile sidewalk loop around their playground for
 1577 the entire 20 minute recess. Kindergarten, First and Second grade students walk one time
 1578 around their quarter-mile loop and then continue active play throughout that recess.

1579 B. List measurable program goals and how they relate to your school wellness policy:
 1580 Our school falls short of the recommended number of physical education minutes. To
 1581 ramp up physical activity minutes, to promote a life-long activity plan, and to participate
 1582 in an activity that does not increase the budget, we have offered a walking program which
 1583 includes all students and teachers. [NS] has a safe quarter-mile paved path around each
 1584 playground that students and staff walk or jog around for one recess each Friday. [NS]
 1585 families and students are supportive of this program. This promotes student wellness in
 1586 accordance with Wellness and Nutrition FILE: 508.13.1 JGD.

1587 E. Obstacles/challenges encountered and how you overcame them:
 1588 The 3-5 teachers readily bought into the concept of walking/jogging for an entire recess.
 1589 The K-2 teachers, feeling their students were already active at recess, were more
 1590 reluctant. We compromised by having those grades walk the loop one time and go back
 1591 to active play.

1592 F. Positive impacts or outcomes of your program—Describe how this program/initiative
 1593 has influenced your overall school wellness environment?

1594 The kids have been fired up. Students you would have thought would be the walkers are
 1595 going all out. Students have asked if they can go "Fit Friday" on Thursday when they
 1596 know they are going to miss a Friday.

Appendix J: 2010-2011 Indiana Descriptions

Section J1: Staff Descriptions

[NS] = Name of School

[NP] = Name of Person

[C] = City/Community

1. This year [NS] is participating in the JAM (Just-A-Minute) School Program. This program is run by [NP] R.N., the school nurse, but is carried out by a teacher and 4 six grade students. The JAM School Program brings physical activity and health education into the classroom. It is designed to teach kids and adults healthier lifestyle habits. The exercise routine helps improve strength and conditioning and provides each student with more energy to start each day. Currently, we have 4 students and a teaching assistant show/do the exercise on our morning announcements that are televised. Every student and teacher in the building must get up and get moving with the exercises. We do this for 2 minutes each day which equals 10 extra PE minutes a week. With this added time our students get 60 minutes of PE time a week. The goal of the program is to get the kids up and moving and to help decrease the obesity rate in our school, and we have done that. During school year 2010 we had 24% of our 630 students obese and in year 2011 we have 21% obese. There is no cost to this program. I receive an email from JAM School Program every week with a new set of exercises. Challenges to this program are few. One of the challenges is to get our student leaders to not be silly on the TV and to motivate the rest of the students to “Get Moving”. Some students wish they lasted longer than 2 minutes. Overall the students and staff have been very supportive of this program. The teachers say that having students focus on the exercise routine first thing in the morning helps the student to hear the rest of the announcements and are then ready to focus on their school work. I think this has been a great program for the students and staff at [NS]. We are a Healthy Hoosier School!

2. “Hey, we have choices! Yes, we do! [NS] has choices! How about you?” [NS] has fitness, nutrition, and makes healthy choices! [NS]’s students and staff have been working harder and smarter to improve our overall health. Exercising is one of the most important health factors to maintain a healthy lifestyle, and [NS]’s BMI’s, fitness test scores, monthly mile runs, jumping rope skills, running for “Toe-Tokens”, and our other fitness activities, reflect our fitness growth. Therefore, we are continually challenging ourselves to achieve higher goals by assessing the strengths and weaknesses of our current health/fitness programs. A sampling of [NS]’s new programs include: JAMmin’ Minute: [NS] increased its daily exercise minutes using this program over the intercom at the beginning of each day directed by [NP], the PE teacher, and Principal, [NP]. [NS]’s School Library purchased hardback books about the Food Pyramid. (Kids love reading them!) 5-2-1-0 posters for all classrooms, hanging next to the Food Pyramid poster. (Healthy Hoosier award money was used to purchase these teaching aides.) [NS] formed a partnership with the Muscatatuck Urban Training Center’s Patriot Academy. Soldiers worked with PE Teacher, [NP], to organize a Military Fitness Boot Camp. These same individuals will be working with us during [NS]’s end-of-year Health & Fitness All-

45 School Field Day. Black Pearl Fitness Club is a teacher/staff fitness group that meets
 46 throughout the school year. Activities this year include Zumba dancing, the Holiday
 47 Challenge, a walking with a pedometer contest, aerobics, tracking sheets, and Hip-Hop
 48 Hustle, another pedometer challenge. Students use water-weighted hula-hoops of
 49 different weights. These awesome fitness tools are used safely. Healthy Hoosier Award
 50 money purchased the hoops. Each student received a copy of the recently revised [C]
 51 Consolidated School Corporation's Wellness Policy booklet, creating more awareness to
 52 parents. [NS] received a grant for vegetable/fruit tasting. The students love it, and we
 53 discuss serving size and why it is healthy. Boomer, the Indiana Pacers mascot, presented
 54 his Fitness Boot Camp to the whole school. Boomer emphasizes fitness and nutrition
 55 [NS] students participate in community fitness events, such as the Mill Race Race and the
 56 local Buddy Walk, to honor a classmate with Down Syndrome. Other walks for disease
 57 awareness are planned. [NS] has been selected to receive a mini-grant thru the Healthier
 58 U.S. School Challenge to create a better nutrition and physical activity environment. [NS]
 59 received this distinction in February 2011. [NS] stakeholders are very excited with our
 60 new fitness programs. In addition to what we already do on a daily basis, our enthusiasm
 61 and personal drive is always striving for more! GO [NS]!"

62
 63 3. Our school is [NS], home of the bears. We have a fitness walking program in our
 64 physical education classes. I take my class out one day a week in the fall and spring to
 65 walk on a quarter of a mile walking track. For every 3 miles for grades 3-5, 2 miles for
 66 grades 1-2, they get a walking charm to put on a chain. After the students have walked
 67 10 miles they get a #10 charm and so on for each 10 mile interval. We are out on the
 68 track for approximately 30 minutes so we encourage them to walk at least a mile for the
 69 older kids and 1/2 mile for the younger ones. There are approximately 375 students
 70 involved in the program. The cost of the program is about \$300. The program is funded
 71 by box tops and the physical education budget. Some of the challenges faced was
 72 weather, some late students do to intervention classes, its a public walking track so we
 73 have to share space with community and some discipline problems. The students are
 74 excited about walking outside. They take pride in how many laps they get in. Definately
 75 gets competitive. Some enjoy the socialization they get. We hope to promote fitness at
 76 home. They enjoy getting the chains and charms they earn. Overall, the students love
 77 the program. The students are extremely proud when they tell others how many laps they
 78 have completed.

79
 80 4. [NS] has a few most prized school programs that support some well-known
 81 organizations. Some of the prized programs implemented are the whole grains products,
 82 the fruit and vegetable bar, the GCCS Mileage Club-pedometer program. All of these
 83 programs help students become more conscious of a healthier lifestyle. One of the most
 84 popular programs is Jump Rope for Heart. JRfH program supports the American Heart
 85 Association by raising money to help educate children to be more heart healthy. For
 86 many children, this is the first time they have been in such a noteworthy endeavor. We
 87 started JRfH program a week ago and hope to do it the next few weeks. Each day I will
 88 educate students on the heart by having weekly 5-10 minute health lesson on the heart
 89 and what causes diseases of the heart. On the last week of JRfH our goal is \$3500. If our
 90 students raise \$3500, our principal will kiss a goat. The top student earners will jump

91 rope with our principal and have crazy hair day. About 300 students will participate.
 92 The cost of the program for students is free and the program is funded by many sponsors.
 93 The overall results have been successful in previous years. The second program
 94 implemented is the new fruit and veggie bar offered to all students during their lunch
 95 time in the cafeteria. It is an exceptional way to offer healthy foods to students who may
 96 never have this opportunity at home. They can get most of the recommended daily fruits
 97 and vegetables here at school. The whole grain menu is another incentive provided to
 98 students to help them with heart healthy foods. The last most exciting thing offered to
 99 the students is the use of the pedometers. I think this program will get students motivated
 100 to exercise more because they are visually seeing their progress. For example, when
 101 students are educated about how many steps in a mile and they see they have reached a
 102 certain stepping goal, I think that will motivate them to continue with more movement.
 103 This is an awesome program implemented and I am very excited to be a part of this
 104 GCCS Mileage Club program. The programs mentioned above are some very heart
 105 healthy programs educating and promoting better ways for students to choose a healthier
 106 way of living. There will always be challenges in trying to promote something new, but I
 107 think with a positive attitude you can overcome most challenges. Challenges are a part of
 108 everyday life. I am a strong believer in how physical activity, as well as proper nutrition
 109 promotes better behavior, and academic achievement in the classroom."

110
 111 5. [NS] offers a wide variety of activities after school to keep the students in grades 3-5
 112 healthy and active. From the time the students enter school in August we are off and
 113 running competing in cross-country after school. Then throughout the year other
 114 activities that are offered for the students include boys' and girls' basketball, track, and
 115 cheerleading. Wrestling is offered for the boys in 2-5th grade. Traditionally the largest
 116 number of students participate in volleyball intramurals. Maple has approximately 50-70
 117 students a year who participate in volleyball for 3 weeks after school. All of these
 118 activities help keep students healthy and active. Elementary athletics are offered for all
 119 of 33-5th graders. These programs are offered at no cost to the students since it is funded
 120 by the school corporation. There are some challenges especially when it comes to the
 121 sports versus intramurals. With sports only a few students get picked whereas everyone
 122 can play in intramurals. Limitation on time is another challenge. The staff at [NS] make
 123 sure that our students are given the opportunity to participate in a variety of healthy
 124 activities after school which we all know makes a healthier and happier child."

125
 126 6. I, [NP], at [NS] under the authority of [C] Schools have been instructed to implement a
 127 data base using pedometers in Physical Education classes, extra activity time and staff
 128 involvement for a cooperation wellness program. I will use my curriculum/units to
 129 record my student's steps. Their steps will be documented once per week for a period of
 130 45 minutes. This record some 350 students. I will then randomly select 5 students at
 131 each grade level to total their steps and submit the number k-5 to Asst. Superintendent at
 132 administration. At presentation of this program to the faculty of February 15, I will ask
 133 for volunteers to help in an "extra steps" program. This would possibly be an activity
 134 during class recess and afterschool. Such activities could be a walking club, a jogging
 135 club, a dance club. The only cost is that of the pedometers that the school corporation
 136 purchased. Also, at this presentation I will ask for any faculty members that would like

137 to record their steps to participation in a student challenge of steps. Challenges is staff
138 participation with their schedule and equipment breakage.

139
140 7. [NS] is a Title School with approximately 400 students. Students receive physical
141 education for 40 minutes each week along with a daily 20 minute recess. The school has
142 just recently implemented a Grab and Go Breakfast program which is provided to all
143 students in the building without cost. For the past 5 years, our school has participated in
144 the American Heart Associations Jump Rope for heart event. Nearly 90 students
145 participate each year. Students are educated on the benefits of exercise for the heart and
146 how the heart works. Jump Rope for heart involves raising money and donating that
147 money to the American Heart Association to help battle heart disease. Students who
148 participate receive prizes and have a day of fun jumping rope with other students. The
149 event is funded by the American Heart Association at no cost to [NS]. Over the past 5
150 years, our school has earned as much as \$4400. Because of the poor economy and the
151 social-economic status of our school, last years earnings were only \$2000. [NS] students
152 look forward to Jump Rope for heart each year. it has been a great way to educate
153 students on the benefits of exercise."

154
155 8. [NS] provides five intramural programs for students in grades 1-5 throughout the
156 school year. Various teachers participate in leading intramural sports; however, the
157 contact person is Lori Gavin, physical education teacher at [NS]. The programs are held
158 after school and are free for the students. The intramural sports included are gymnastics,
159 boys and girls basketball, soccer, and wrestling. Approximately 200 students participate
160 in the various intramurals. The intramural program is designed to introduce and teach
161 skills necessary to play the sport. The environment is positive and non-threatening for
162 students. parkwood's intramural program is funded by ECA monies (extra curricular
163 account) and PTO. The overall cost is approximately \$1500 for instructor pay and supply
164 money. Our biggest challenge is more students would like to participate in the programs
165 offered but space is not available, or more sessions are not offered. Our results are huge!
166 Kids have productive programs to participate in after school. They are getting additional
167 exercise and they leave feeling good about having learned a new skill or enhancing their
168 current skills. [NS] is proud and fortunate to offer so many free intramural programs to
169 our students."

170
171 9. At [NS] we have implemented a program called Walk-Tall-Jog for our students. Two
172 days per week, during recess time, our students walk at different locations on site for the
173 twenty minutes instead of going to our playground. We implemented this program as a
174 way to talk with students about healthy choices and how they need to stay active. While
175 they walk, the students are able to talk and interact with each other in a relaxed
176 atmosphere. For those students who wish, they may jog or run during this time. Every
177 class keeps track of their miles. After the first mile that is walked, students receive a
178 chain and a foot token. Then a new foot token in a different color is given every time you
179 walk another five miles. The classes keep track of their miles and set goals for
180 themselves and for the class. When the class goal is reached, a celebration of healthy
181 snacks is given. Some of the obstacles faced by this program are the collection of data
182 and keeping track of who has feet or who should have feet. We have worked with grade

183 levels to make the record keeping easier for all. This program is very low cost to
 184 implement. We spend about \$100 for the feet and have parents send in donations for the
 185 healthy parties. We have seen some positive results from our program. One, recess time
 186 has fewer discipline incidents when doing the walk-talk-jog. Students are able to be with
 187 friends, moving, in a non-competitive situation. Another positive result is that some
 188 students are exercising or walking with family members at home and then coming to
 189 school and reporting the progress."

190

191

192 10. [NS] has many healthy school programs. We do Jump Rope for Heart, GCCS
 193 Mileage Club with pedometers. We have a program called Die of Fitness. It is like a
 194 circuit training program. There is jumping jacks, push ups, jogging, sit ups, shuttle run
 195 and broad jump. They exercise for a minute, rest a minute and then go to another area.
 196 The funding for Jump Rope for Heart comes from American Heart Association and the
 197 kids really enjoy doing it. The funding for the pedometers was done by school
 198 corporation. The challenges for some of these programs is equipment breakage
 199 (pedometers). There are 547 students at [NS]. We also have sports such as basketball,
 200 volleyball and track. The programs have been very successful and the kids enjoy doing
 201 them."

202

203

204 11. Six years ago, I was instructed to have the students walk or jog at the beginning of
 205 their PE classes based on tips from the Wellness Committee. At that time, I saw students
 206 twice a week for PE. Students started out with a small amount of time to jog or walk.
 207 Each week the time was increased a few minutes until the walk/jog time was a total of
 208 15 minutes. It was very easy for a few and many increased their time each week. My
 209 first year doing this, I was amazed at how first graders could eventually jog the full 15
 210 minutes. The first two or so years, this was done in the gym. Then Lansden Park, which
 211 is next to [NS], had a walking path put in. One nice days, in the fall and spring, students
 212 would go outside to do their 15 minute walking and jogging. This allowed the students to
 213 get outside and to track their distance, as well as their time. Six laps is one mile. My
 214 first two years, 1st-5th graders participated in this. Now kindergarten does too. Their
 215 time is less than 15 minutes. Currently, when the weather is good, all 215 [NS] students
 216 (K-5) participate in this activity. The program initially didn't cost anything. I posted
 217 a running figure on the gym wall with each student's name and moved it along the wall
 218 for how many minutes they could continue to jog before needing to walk. I had heard
 219 about plastic feet that some PE teachers give their students for miles completed, so I
 220 made laminated paper feet that they could put on a necklace. The next year I purchased
 221 carabineers for students to place their feet on. They were very excited to receive those
 222 feet. The funding for those necklaces and carabineers came from the limited PE fund or
 223 Box Tops Money. It was difficult to see buying the plastic feet, when I could purchase
 224 needed PE equipment instead. That's why I laminated feet, cut them out, and punched
 225 holes in them myself. That would be one of the challenges I faced with this program.
 226 The other one was the lost, broken, or stolen necklaces, carabineers, or feet. I then
 227 started offering Spring Hill's reward system, but that did not seem to receive as much
 228 enthusiasm, as receiving something that one could see his/her improvement.

229 Unfortunately, I only see the students once a week for 45 minutes this year. The other PE
 230 teacher has the students 30 minutes on another day. I believe the results of the
 231 program are somewhat healthier children and children getting outside and being active.
 232 We could see their weekly progress. They encouraged their friends who needed a little
 233 help continuing the jogging. Some students who never thought they could jog one lap,
 234 eventually jogged one plus laps. It also readied students, who enjoy jogging and running,
 235 for Cross Country and Track. One particular student that comes to mind was a heavy set,
 236 stocky boy. He was friends with the athletic students. He tried his hardest to keep up
 237 with his comrades and did it! He even decided to be on the track team that year. He was
 238 not fast, but he was successful in completing his run. That had to be positive for his body
 239 and his mind."

240
 241

242 12. [NS] is a school on the cutting edge of efforts to improve the fitness, wellness, and
 243 nutrition of our American school children. We are one of 30 schools in the state of
 244 Indiana to be chosen as a ""Game On"" school by the Indiana Department of Education
 245 and the United States Dairy Association. My name is [NP] and I am the coordinator of
 246 the Game On program at [NS]. We have currently held three events to promote fitness
 247 and nutrition and we have been awarded \$6000 to do so. The first of three events this
 248 school year were: a Family Fitness Walk and Health Fair in September, Jump Rope for
 249 Heart in November, and Fitness Extravaganza in January. Our fourth event will be our
 250 annual Field Day shortly before the school year is over. The goal is to administer and use
 251 the Game On grant initiative to promote the life-long development of healthy habits and
 252 ensure each participating individual makes a continuous effort to better equip themselves
 253 to become responsible for their own health and for parents-the health of their children.
 254 Preventative Health Care has to be what Americans put much of their attention towards
 255 as we go farther to improve our nation's health and productivity. The number of [NS]
 256 staff, parents and children that have been involved with our Game On events has been
 257 remarkable. Almost all students have participated in at least one event of the Game On
 258 program."

259
 260

261 13. Nutrition: A fresh fruit and vegetable bar offered to students at no additional charge.
 262 Students participate in nutrition education classes provided by a registered dietitian.
 263 Parents are encouraged to provide nutritious meals and snacks. During celebrations no
 264 more than 20% of food and drink shall be of minimal nutritional value. No more than
 265 50% of food offered in fundraisers are to be of minimal nutritional value. Student
 266 vending machines only provide water. Physical Activity: Utilizing pedometers we
 267 measure and track students in physical education in a district competition. Staff using
 268 pedometers in a competition and are provided incentives. RN measures student body
 269 mass index annually. Opportunities for students for outside the schools include a walking
 270 club, intramural activities and eight team sports. All students have opportunity for at
 271 least 20 minutes of daily physical activity time in addition to PE classes. Wellness:
 272 partnered with American Heart Association, educating all students about heart health.
 273 Local newspaper supports the pedometer program through weekly publications. [C]
 274 Hospital provides smoking cessation programs for staff and students. The district host a

275 health fair for its staff providing free health screening and consultations from community
 276 organizations. Measurable goals: Improve nutrition and physical activity opportunities.
 277 Educate students on nutrition. Provide daily physical activity for all. Educate students
 278 about personal wellness. Population: 531 students Program funding: school district
 279 provides pedometers Obstacles: funding for incentives, equipment and operation
 280 Results: The fresh food bar has created excitement for fruit and vegetables. Students and
 281 staff have increased their activity levels by average of 53% and 45 % respectively with
 282 pedometers Students have improved knowledge about nutrition through nutrition classes.
 283 Parents are aware of their child's health through wellness assessments."
 284
 285

286 14. Program Description and measurable goals: Basketball intramurals are offered to
 287 boys and girls in third, fourth, and fifth grades at [NS]. There were 55 girls and 58 boys
 288 participating. This program consist of instruction in basic basketball fundamentals.
 289 Students work on passing, dribbling and shooting. I demonstrate man to man defense,
 290 which includes offensive and defensive spacing. Good sportsmanship is reinforced on a
 291 daily basis. The students work on fundamentals for two days. The third day I form
 292 teams for competition. The game consist of two ten minute halves with a running clock.
 293 I am the referee. Parents may attend games to cheer, but they are not allowed to coach.
 294 All students are guaranteed to play in one half of the game. Every player is given the
 295 opportunity to dribble the ball up the floor at least one time to ensure that one person is
 296 not dominating the ball throughout the game. The score is kept during all games, but
 297 won lost records are not recorded. Once the game has been completed the teams line-up
 298 to shake hands or ""high fives"" is an excellent way to signify that the contest is over and
 299 the students must display good sportsmanship. There is not cost to the students. Students
 300 supply their tshirt to wear during the gam. I referee at no charge. The parents are not
 301 charged to attend the game. [C] pays the person who runs the program \$348.
 302 Obstacles: Allowing parents to attend can be a challenge. I announce the rules to the
 303 parents over the loud speaker before each game. They are not to coach or yell at the
 304 referee. This is the first time some of the students have played in a basketball game. I
 305 officiate by talking, not blowing my whistle. Some parents struggle with this concept. I
 306 have had to warn some parents about their behavior. the second obstacle is having
 307 students picked up on time. It has become a huge problem at Wilson. Overall results:
 308 The intramural program at [NS] has been a huge success. Students with various types of
 309 abilities and talent come out to participate, exercise and have fun. Parents are given the
 310 opportunity to watch their children compete in basketball games over a three week
 311 period. I feel this helps create a greater bond with the parent and the school."
 312
 313

314 15. We here at [NS], are moving into a new healthier future. [NP] the Food Service
 315 Manager, along with [NP] the Family and Consumer Science Teacher, have helped the
 316 students put on the fourth "Eat Dinner With Your Family Night". This program is to
 317 raise awareness of how important it is to have a sit down dinner. We came together with
 318 over one hundred twenty five students and family members. A healthy meal was served,
 319 and then we had games for the families to do together. One of the games was to build
 320 something with straws, and marshmallows, and it had to stand on its own with no support

321 from anyone. This made every one laugh. It was really neat to see what we could build.
 322 This event was put on by the Family Career Community Leaders of America (FCCLA).
 323 It was sponsored by Citizens Against Substance Abuse (CASA). CASA paid over two
 324 hundred fifty dollars for this event. We had presentations and statistics of how important
 325 it is to take the time to eat healthy, and get plenty of exercise. We had very positive
 326 feedback, and plan on doing it again next year. [NP] also had a Trojan Cooking Camp
 327 here at the high school. This was the tenth year for this event. It was also sponsored by
 328 CASA. They spent two hundred fifty dollars on this event. The Future Farmers of
 329 America, Student Council, and FCCLA all came together to teach around ninety
 330 elementary students the importance of eating right, and the benefits of making healthy
 331 choices and why exercise is so important. The students taught the young people how to
 332 make sandwiches, and why whole grains are good for you. What a grapple is, and how
 333 delicious fresh fruit tasted. If we can get them started young enough, they won't even
 334 know that are eating healthy. This program finally came together on the third date, with
 335 the last two being canceled because of the weather. We are moving into the future and
 336 would be honored to receive the Healthy Hoosier Award."

337
 338 16. [NS] has implemented several wellness initiatives over that last several years that are
 339 continuing to improve the overall wellness of our students, staff and community. Our
 340 cafeteria has focused on healthy choices for breakfast and lunch (including whole grains,
 341 dairy, fruits and vegetables) as well as giving parents monthly ideas on how to
 342 incorporate healthy choices at home. [NS] students have the option of joining our
 343 walking club that meets in the mornings. Last year our students logged over 1,400 miles
 344 during the year. It is a great way for our students to start the day. This program is open
 345 to all students. We have an average daily attendance of 50-60 students. Teachers have
 346 also logged miles with their students during recess time. [NS] was awarded a grant
 347 from our local Health Department that will provide incentives for those students who log
 348 miles during walking club. The grant will also be used to pay for a healthy breakfast
 349 celebration for those students who have participated in walking club throughout the year.
 350 Parents and students are given ideas on how to lead a healthy life-style during several of
 351 our Food, Fun and Family Nights that we have periodically during the school year.
 352 We have started collaboration with United Way and Open Door to provide access for our
 353 families to enroll in insurance services, participate in health screenings as well as other
 354 community services. This collaboration has enabled us to strengthen our relationship
 355 with others in our local community to support our families in many ways."

356
 357 17. GAME ON is the name of the health and nutrition program at [NS]. We have
 358 received one of the "Game On" Mini Grants for the past two school years. Because of
 359 this, the students identify with "Game On" name and they understand the concepts. In
 360 our program we have a walking club for all middle school students to participate in
 361 during the course of the school year. We provide an intramural program for our middle
 362 school students throughout the school year. In the spring the students participate in the
 363 "Scooter 500". The students have a team of 4 to 6 students, they choose a fruit or
 364 vegetable to represent their team. Before the event they decorate their scooter like their
 365 fruit or vegetable. At the conclusion of the event, all students are provided fruit and
 366 vegetable snacks. During the lunch hours the high and middle students participate in

367 taste tests with fruits and vegetables. In February, the student participated in a healthy
 368 food cooking contest. In the fall the students participated in a "Walk with the Ball State
 369 Women's Volleyball team". The middle school students had the opportunity to walk the
 370 track with the student athletes who encouraged the importance of eating healthy and
 371 exercising. At the conclusion of the event the students enjoyed a fruit parfait. Success of
 372 our program is measured by involvement and increased sales of nutritious foods in our
 373 cafeteria and vending machine. The total number of students in the middle school is
 374 193. Total cost of the program is \$5000.00. This is funded through the "Game On" grant
 375 and the Healthy Indiana Grant. A few of the challenges we have experienced are facility
 376 space, time to prepare the food and whether conditions. Overall the students have been
 377 very receptive to the different activities within the program. They look forward to not
 378 only the activities but the snacks as well."

379
 380 18. [NS] is proud of its Coordinated School Health Program (CSHP). Our CSHP has
 381 been in existence for 3 years and gets bigger and better each year! We are learning which
 382 programs the students seem to love, which ones the staff enjoy, and which methods are
 383 most effective in improving parent / school interaction. Continually building on and
 384 evaluating existing programming is one way that our CSHP is attempting to improve. A
 385 useful tool has been using the responses from last year's Healthy Hoosier Report Card.
 386 We considered the recommendations for areas of weakness and tried to make
 387 improvements based on those recommendations. Our areas of focus, based on the Report
 388 Card, were Implementing Wellness Policies, Physical Education/ Health Education and
 389 Nutrition. Although our district does have a Wellness Policy, it has not been re-
 390 evaluated since it was written. This past year, the district steering committee for CSHP
 391 formed a subgroup to work on re-writing the policy. [NP] from the ISDH visited our
 392 district to help with this process. The re-write is ongoing and the subgroup hopes to have
 393 a new policy completed by the start of next school year. Another area of weakness
 394 that we are addressing was PE/ Health Education. Two of our CSHP members attended a
 395 Minds in Motion training seminar, returned to the school and implemented this program
 396 in our 1st and 2nd grades. Our hope is to increase minutes spent in physical activity and
 397 integrate this activity into the classroom environment. Many of our teachers have also
 398 been attempting to use more classroom-based physical activities such as "Energizers".
 399 To improve nutrition, our cafeteria began offering whole wheat wraps and using whole
 400 wheat pizza crusts and buns. They have also been trying to increase the frequency of
 401 fresh, raw vegetables – green pepper strips, raw cucumbers and cauliflower florettes are
 402 some of the new offerings this year. Also, our CSHP began hosting a "tasting table"
 403 every other week where kids get to try a new healthy food. We tie in our current topic
 404 (healthy breakfast ideas, making snacks more nutritious, exploring a rainbow of fruits and
 405 vegetables), with morning announcements so that the kids get to learn all week about
 406 what they will be tasting. If for some reason we happen to miss a week at the tasting
 407 table, the kids all complain! They LOVE it! I wish I had space to mention our after
 408 school jump rope club, our recess walking club, our staff 10,000 steps program, our staff
 409 bootcamp classes, our Families First parenting classes – we have so many amazing
 410 programs going on at this school! We can't wait to see what next year will bring..."

411

412 19. [NS] started a walking program for our 4th and 5th graders during the fall of 2007 for
413 various reasons, the most important one being student wellness. The physical education
414 teacher, [NP] and the school guidance counselor, [NP], collaborated on this project to
415 produce a program that would build and develop both physical and social/emotional skills
416 in our students. The program is voluntary for all 225 students and takes place during
417 lunch recess on Mondays, Wednesdays and Fridays throughout the school year. The city
418 walking trail borders our playground property so it is the perfect opportunity for our
419 students to utilize this facility. Each year, the students set goals for themselves and we
420 discuss these goals during PE classes and guidance lessons. They complete a survey at
421 the beginning of the year which includes setting a goal for a set amount of miles they
422 plan to walk that year. All students receive a chain at the beginning of the year and when
423 they hit certain milestones, they are rewarded for their efforts with charms to decorate
424 their chains. The charms are feet, milestones numbers and monthly motivators. At the
425 end of the year, the top 40 walkers get a special trip to the "Bounce House" for 2 hours of
426 physical fun! Along with the tangible reward, we have a wall in the school hallway
427 which students move their "tennis shoe" to the mile marker as they increase their miles.
428 During morning announcements, students are recognized for their achievements. All
429 students who reach the 100 mile point earn a t-shirt. Miles are recorded each week and
430 parent volunteers help monitor the walkers outside at recess. The program costs vary but
431 are estimated at around 500.00 per year for charms, chains, incentives and rewards. Our
432 PTO has funded this program for the last 3 years because of our success during the initial
433 year. Discipline referrals at lunch recess decreased and math scores have increased
434 steadily. Math is taught after lunch. The biggest obstacles would be weather issues and
435 time management recording miles.

436

437

438 20. Opening [NS] Fitness Center has been an outstanding attribute to enhancing our
439 youth's health and morale. Since January 2011 the entire student body (136) has been
440 trained to use our Fitness Center equipment which includes universal machines,
441 ellipticals, treadmills, stability balls, dumb bells, ab/dip station, and aerobic area. Over
442 fifty staff and faculty members have also been trained and many use the facility daily.
443 Since the students have been trained and the physical education classes incorporated the
444 center into the curriculum, the overall morale of the students has gleamed with pride and
445 responsibility for their health. Although times are made available for students to use the
446 center other than classtime, many students have requested more time be available. The
447 requests alone speak loudly to [NP] and [NP], coordinators of the program responsible
448 for funding the life of the Fitness Center at [NS]. Approximately thirty students have
449 repeatedly used the facility before or after school to burn their desire of improving their
450 health. Students truly enjoy the individuality the room allows while working out. A true
451 measure of success lies in the students' reflection of their desire and passion to use the
452 Fitness Center. The Fitness Center equipment totaled over \$22,000 which was
453 funded through Welborn Baptist Foundation health initiative grant. Other costs and labor
454 to prepare the facility has been provided by [C] School Corporation. To get to this point
455 of success has taken perseverance through the challenges of remodeling, funding, space,
456 labor, weather, and planning what would fit our students best. Although we are in the
457 beginning stages of using the facility, the results have been well worth the obstacles

458 during the development. There are many levels of use we plan to incorporate throughout
 459 the incoming years. The facility space allows growth for additional equipment in the
 460 future."

461

462

463 21. The school year began at [NS] with a Wellness Committee initiative: "Back to
 464 Football Friday---a countdown to better health" for all 570 students. All students received
 465 a COLTS CRAZY FAN CLUB CARD and were encouraged to complete the card by
 466 writing their name and making the pledge! [NS] Colts Crazy Fan Club A
 467 Countdown to a Healthy Life Wallet Card I,

468 _____, pledge as a [NS]

469 student and a Colts Fan to live a healthy life each day in the following ways:

470 5-Eating 5 fruits and vegetables

4-Drinking 4 glasses of water

471 3-Eating/Drinking 3 servings of dairy

2-Less than 2 hours of "screen time"

472 1-Exercise 1 hour throughout the day For a week [NS] students performed live

473 announcements every morning. Students were either "sport announcers" or "Colts foot

474 ball players". Morning interviews were personal messages on how to live a healthy

475 lifestyle. Here is the interview between [NP1]and [NP2]: [NP1]: Dallas we wanted to

476 talk to you today about health and what we should do to improve or maintain our good

477 health. [NP2]: It's great to think about ways to improve your health. One way is to

478 remember the dairy. You should have 3 servings of dairy each day. So you can pick your

479 favorites like milk, milkshake, cheese, yogurt, cottage cheese, pudding or ice cream.

480 Keep adding them up until you have 3 each day. The lunch menu for the week was

481 renamed to add excitement in learning about nutrition and added a football theme. Here is

482 an example: Friday, September 10, 2010 *First down Fish Nuggets, *Touchdown

483 Turkey and Cheese on Bun, *Touchback Taco Salad with Baked Chips. Our music

484 teacher wrote and choreographed an interactive song titled: "Whomp and Stomp". The

485 lyrics explain how to eat right, get enough sleep, "play 60" everyday. All students in all

486 grades learned the song. See the video on our website! Every classroom decorated their

487 door using the "countdown to better health" information. Personal essays with goals were

488 a main feature on doors. Everyone started the year learning of healthy choices!"

489

490 22. [NS]'s Wellness Committee, chaired by [NP], P.E. Department Chair has been busy
 491 this school year. The focus to to improve staff and student wellness in all areas;

492 physically, mentally, spiritually and socially. In the fall, a 5K walk/run was held in

493 conjunction with Homecoming. Over 60 staff and 500 students participated. Each class

494 chose what charity they wanted their donations to go to. Staff also chose a charity

495 collectively. A community Wellness Fair sponsored by the [NS] Wellness Committee

496 was held late October in conjunction with the [C] Education Foundation's 5k/2k

497 run/walk. Over 1200 people participated and over 40 vendors were present. The

498 Professional Development Committee provided a day in February for the Wellness

499 Committee to have staff attend a Wellness Fair during their prep period. Various

500 screenings were held and over 200 staff attended. In March, a dermatologist was

501 scheduled to provide free skin cancer screenings for staff. Dance Marathon was held in

502 February. \$230,600 was raised with 1200 students and 50 staff participating. This is an

503 event with a lot of physical activity. Wellness tips via e-mail are sent to over 350

504 staff weekly. These include fitness and nutrition information for staff to use personally,
 505 and in their classroom. Various parts of the school building are used for staff workouts.
 506 Pilates is offered weekly for a small fee. A variety of intramural activities are held after
 507 school for students. Over 500 students are involved. Students may also choose to take a
 508 Physical Education elective. Nine different courses are offered and over 1600 students
 509 are enrolled. [NS] also has a wellness page on their website. Wellness tips, class
 510 offerings, nutritional information, and committee members are listed."

511
 512 23. [NS]'s most prized healthy school program is a spirited basketball tournament called
 513 "Cougar Madness". Correlating to the "NCAA's March Madness", "Cougar Madness" is
 514 a successful, competitive basketball tournament for all 400 6th graders. The
 515 tournament is organized by the school's Wellness Department. It is an annual event in
 516 which students learn the game of basketball in a fun and unique way. They also learn
 517 organizational skills, team cooperation, and have opportunities to gain leadership
 518 experience with good sportsmanship stressed throughout. Leading up to the
 519 tournament, the entire PE/ Wellness department prepares the students by developing the
 520 basketball skills of dribbling, shooting, passing and pivoting. In the second week, the
 521 students play games that include "steal the bacon", "king of the court", and "basketball
 522 golf", all of which prepares the participants for tournament play. The rules are explained
 523 to the students, including basic offensive and defensive strategies used in basketball. The
 524 teams are selected and include two boys and two girls per team. Each team is given a
 525 college name and the opportunity to make their own team tee shirts sponsored by [NS]
 526 PTO funds. This is the only cost incurred by this program. The teams are then
 527 placed in a division and play against other teams of equal record and skill level. After
 528 division play, the teams are seeded based on their record and strength of schedule. Then
 529 the "Madness" begins..., twenty-four teams competing in a single-elimination tournament
 530 with the winner being crowned, "Best in their Class". This Healthy School program
 531 encounters very few obstacles. Gym space occasionally becomes difficult to find which
 532 requires juggling with other wellness classes. We believe the overall results of the
 533 program create positive, enthusiastic students who enjoy being active and may be
 534 inspired to participate in other healthy sports activities in school and their community.
 535 We feel this program offers an inexpensive way for students to learn important life skills,
 536 create friendships, foster leadership and teamwork skills, and provide healthy exercise in
 537 a fun and safe environment. Thank you for considering "Cougar Madness" for the
 538 Healthy Hoosier Award."

539
 540 24. [NS] is constantly buzzing with healthy activities. We began this school year with
 541 our main wellness event, the second annual [NS] Challenge. The [NS] Challenge is the
 542 only PTO fundraiser we hold. Since it was such a success last year, it was decided we do
 543 it again! The students asked for pledges from family and friends for them to run or walk
 544 around the school's track for 30 minutes during their wellness class. They raised
 545 \$14,000. Teachers, support staff, administrators, parent volunteers and all 1200 [NS]
 546 students participated over a three day period. Most of the funding for water bottles and
 547 T-shirts was donated by sponsors. There are many other healthy programs besides the
 548 [NS] Challenge that [NS] offers such as hosting a blood drive for the whole community,
 549 having a contest after the winter break called "Watch Our Weight" where those who want

550 to lose weight before spring break compete to win a monetary prize, and the Great
 551 American Smoke out for sixth graders. We have an ongoing program called the "[NS]
 552 Way" where students receive a coupon from the staff in recognition for them being
 553 respectful, responsible and ready to learn. If a student receives a [NS] Way ticket they
 554 can spin the wheel during lunch time on Friday of that week. The possible rewards are
 555 free homework passes, IPOD during lunch, t-shirt, free round of putt-putt, snack during
 556 class and movie tickets. Also, there are many clubs and sports teams to join. Another
 557 exciting healthy initiative this year was "National Mix it Up Day". This event was held
 558 to create diversity and break down the barriers between students, improve group relations
 559 and help create inclusive communities where there are fewer misunderstandings that can
 560 lead to conflicts, bullying or violence. During student lunches, the café tables were
 561 numbered and as the students entered the cafeteria, they were handed a number and they
 562 sat at the corresponding table. A list of "icebreakers" and discussion topics were
 563 provided at each table to assist the students with initiating conversations with their table
 564 mates."

565
 566 25. [NS] provides students and staff with nutritious lunches every day. Students and
 567 staff are offered a variety of fruits, vegetables, whole grains, milk choices, and entrée
 568 selections throughout the week. A daily Grab n' Go breakfast is offered to every student
 569 with a choice of milk, fresh fruit, cereal, and juice. Students will participate in Field
 570 Day this spring, which includes a variety of physical activity stations. Students also
 571 participate in the Big Blue football camp provided by the Indianapolis Colts during Field
 572 Day at no charge. Big Blue football camp educates students on the importance of
 573 physical activity outside of school. The faculty was offered Flu Shots for their cost of
 574 \$5 given by the school nurse. A flu shot clinic was set up for students and families to
 575 receive flu shots at their expense by Visiting Nurse Services in the schools. Students in
 576 Kindergarten and 1st grade were provided with a presentation on proper hand washing
 577 technique by Peyton Manning Children's Hospital and the school nurse at no cost.
 578 Faculty can participate at their expense in the "Biggest Loser" competition where faculty
 579 members compete to lose weight during a specific period of time. Faculty is also offered
 580 Zumba classes after school once a week at their own expense. Physical activity is
 581 promoted by the students having PE every week along with recess every day. Students
 582 are engaged in physical activity during both PE and recess. Our PE teacher has the
 583 students participate in a fundraiser Hoops for Hearts/Jump Rope for Hearts. Students
 584 were shown a video of two children who were diagnosed with heart disease. The
 585 children on the video stress the importance of physical activity and nutrition to prevent
 586 heart disease and to stay healthy. PTO organizes a Spring Run after school called
 587 the [NP] Trot honoring the old principal of [NS]. Students and their families can
 588 participate in the run for a fee of \$2/person. Kindergarten-2nd grades do a 1 mile
 589 run/walk and 3rd-5th grades do a 2 mile run/walk on the school grounds. [NS]
 590 promotes a healthy environment for all students, faculty, and families who are involved
 591 with our school."

592
 593 26. [NS] is proud to offer several healthy initiatives to the students and staff. We always
 594 begin the school year with our Health Fair. The program affects the entire staff and
 595 student population. Wildcats on Wellness, WOW, is a cooperative partnership involving

the [NS] PTO, staff and teachers. The kickoff to this event was an evening of fun which encouraged the participants to do the following activities: basketball, rock climbing wall, obstacle course, photo booth, dancing and healthy snacks. During the health fair, St. Vincent Hospital as well as other businesses set up booths for the students to participate and learn about their health. Some of the booths included: Stuffee, a stuffed animal with different organs, health screenings, healthy lungs, nutrition, hand washing, stress center, sugar content in foods and many others. [NS] is part of the Play 60 program. The Colts mascot, Blue, visited and encouraged the students to participate in the fantastic program that promotes healthy eating habits and 60 minutes per day of exercise. Many of our students ride their bikes and skateboards to school due to our close proximity to many neighborhoods. Our teachers are encouraged to make "healthy choices" for incentives and rewards. [NS] promotes contests all year long for the staff to stay fit and healthy. Some of these contests include, Trim a Turkey where staff watches what they are eating and encourage them to eat healthy to maintain or lose weight. We also offer exercise and stress management programs such as Zumba. Parents and the community are able to reserve our facilities for different healthy and exercise groups such as, [C] Dad's Club which is a recreational sports club, various dance centers, the community enjoys are tennis courts all summer long.

27. [NS] strives to educate all of our students and staff about the importance of healthy living. Our cafeteria team takes great pride in the versatility of healthy food choices for the students. The cafeteria also displays information about the basic food groups, the necessity of individual decision making for the best foods, and initiatives such as Fuel Up to Play 60 programs. Milk, juice and water are the drink choices. Many students are able to take advantage of the free and reduced lunch program sponsored by the state. We also have a breakfast program that allows students to have a good nutritional start to their day that wouldn't be available at home. [NS] takes the opportunity to use these programs to teach the students the value of regular breakfast and proper dietary choices. One of our main focuses is to have the best student attendance possible and the food programs have greatly increased the amount of concentration in the classroom. Menus for the daily lunches are published for families to assist their children in making proper choices. Our physical education program is fine-tuned with programs such as Jump Rope for Heart sponsored by the American Heart Association. All students attend Phys Ed at least once weekly. Daily recess is a very important part of the school day here. Red Ribbon Week is celebrated every year to educate the students about the importance of good judgement about drugs. Our staff participates in St. Vincent Hospital's mobile mammography program, The American Heart Association's Wear Red for Heart program and we have a 30-40 member team for the Susan G. Komen Race for the Cure for breast cancer. Each spring our students participate in our Pups Running Club that is held weekly at our school. Teachers & parents supervise organized running for overall health. The staff members compete in a six week long weight loss contest yearly. We feel that we have a multi-faceted array of health related options for our staff & students to participate in."

28. [NS] started a new activity through the Parent Teacher Organization (PTO) this year to promote wellness for students, staff, and families called Fitness for FUNdd-raising:

642 Walk-a-Thon. [NP], PTO contact for this program and parent, coordinated the activity.
 643 The Walkathon took place as part of the regular Physical Education curriculum. [NP],
 644 P.E. teacher, introduced information about nutrition/health that led up to the event. The
 645 measurable goal was dollars earned by PTO, was funded by the PTO, and 565 students
 646 participated during their P.E. class. The event raised \$14,000 that will be put back into
 647 the school for programs and enrichment, purchase new playground equipment, and
 648 refurbish portable grow labs. Every child that participated received a jump rope. The
 649 student was asked to get pledges from family and friends and would have a 30 minute
 650 segment to jog or walk as many laps as possible. Pledges were made per minute of
 651 activity or just one amount and were collected after the Fitness Week and Walkathon. A
 652 parent signed pledge sheet certifying the total collected was submitted by the student. The
 653 benefit of doing this during the school day was a near 100 % participation rate and
 654 students were encouraged to participate at their own level. A flyer went home with every
 655 student detailing the Walkathon. Students that raised \$20 received a digital exercise
 656 watch and were entered in a raffle to win exciting fitness-related prizes. The biggest
 657 challenges were the logistics with having to spread the event over a course of a week
 658 instead of a day. Next year the hope is to connect smart choice pieces such as turning off
 659 the T.V., listing a healthy daily snack eaten, and increase the amount of exercise. The
 660 feedback response from parents and students was that the program was a huge success
 661 that can be built upon to increase wellness.

662
 663 29. [NS] is excited once again to be part of Indiana Action for Healthy Kids. Our school
 664 has worked hard to maintain our current healthy habits as well as work on new goals to
 665 promote physical activities, and health education. Our students and staff were very
 666 excited about the classroom ""yuck buckets"" we implemented this school year. The
 667 bright orange buckets were purchased with part of the Healthy Hoosier grant money [NS]
 668 received last year. The idea is for the children to get to the bucket if unable to make it to
 669 the bathroom. A competition was designed for each classroom to decorate and name their
 670 bucket. A panel of judges including our principal, custodians, secretary, and an
 671 instructional aide went to each classroom to judge the buckets. Two classrooms from
 672 each grade level had the opportunity to win the best decorated or best named bucket. The
 673 reward for receiving the most votes was an extra recess! The staff enjoyed the reward of
 674 physical activity as opposed to food as a reward. The students and staff had a great time
 675 with this and came up with clever names and decorated buckets. A few of the bucket
 676 names were, ""Ill Bill"", and ""Thar She Blows"". Not only was this fun, it took the
 677 stigma of being sick away. [NS] is proud of our cross country walking/running course.
 678 The cross country course is available to the community, staff and students. The physical
 679 education teacher also incorporates the course in her lessons for the kids. Our after school
 680 running club utilizes the cross country course as well. The pup running club is offered to
 681 4th and 5th grade students in the fall and spring. This past fall, [NS] had their largest turn
 682 out, over 80 children participating in the running club. [NS] had a registered dietician
 683 come visit the 3rd grade classes. During nutrition week, many topics are discussed with
 684 the 3rd graders. The week ended with the dietician giving a fun, yet educated talk about
 685 healthy eating habits. An hour exercise/jazz class was offered every other Wednesday
 686 to the [NS] staff. Staff was asked to donate \$5 to participate. Also, the staff are

687 encouraged to see the nurse for blood pressure checks. [NS] looks forward to the future
 688 school year and the challenges it will bring.

689 30. [NS] students and staff have participated in many activities related to fitness, nutrition
 690 and healthy lifestyles. Our 700+ students are the beneficiaries. We chose two programs
 691 this year, Fuel Up to Play 60 and Project 18. We have continued our JAMmin' minute
 692 exercises at the start of the day on Wellness Wednesdays. This helps our students stay
 693 focused. National Walk to School Day showed the value of exercise. We have had
 694 numerous public speakers talk with our students. A pediatric dentist talked with our first
 695 and second graders about dental health, healthy eating and exercising. Indianapolis
 696 Indian's Rowdy spoke and sang about healthy habits and the food pyramid. The Heart
 697 Adventure Course was used in our PE classes. First and third grades had a [NS] Mom
 698 talk about fitness and then exercised with our first and third graders. Our staff wellness
 699 program has blossomed this year. We have 16- 20 staff participate in the "Guts and
 700 Butts" exercise program two times a week and fund this from our "individual pockets."
 701 This involves core training and floor exercise and promotes comradery. Our Biggest
 702 Loser program for staff has produced excellent results! We have lost 139 lbs. as a group
 703 and have a 4.7% weight loss. Our 3rd graders participated in Project 18 this year. They
 704 benefitted from the emphasis on nutrition, physical activity and holistic health. [NP],
 705 RRT, from St. Vincent's talked about healthy lungs and healthy life styles. Our students
 706 were fascinated by seeing a healthy and diseased pig lung. She also talked about how
 707 smoking can damage our lungs. A field trip to NIFS showed the importance of exercise.
 708 We also stressed communication in talking with adults and conflict resolution.

709 Community service was a component too. We accomplished all of this with \$0! In
 710 conclusion, we feel that we have met our wellness goals for the 2010/2011 school year.
 711 [NS] students and staff have become more cognizant of their nutritional needs, fitness
 712 level and the importance of maintaining a healthy lifestyle.

713 31. [NS]'s Wellness program is designed to encourage good health practices among its
 714 staff and 709 students, with a goal of 100% participation. Our Wellness program for
 715 the students and staff consists of a variety of activities to encourage fitness and health
 716 awareness. Fitness activities include: Coyote POWER Kickoff (People Obtaining
 717 Wellness by Exercising/Eating Right), ACES day (All Children Exercise
 718 Simultaneously), Field Day, recess, and school wide Green Paw Reward Party
 719 (Scavenger Hunt, extra recess/kickball). Parent volunteers also help facilitate "Coyote
 720 Kickoff" and Field day. Programs that promote health awareness include: (K,1,4,5
 721 grades) Ruth Lilly Health Education field trips, "Grandma Rose" bullying convocation,
 722 Health standards presented by school nurse and counselor (K, 2), and Body Safety (K,2,4
 723). Physical Education is an important part of the wellness program. In addition to
 724 their regular PE curriculum, students participate in Jump Rope for Heart, Fitness Grams
 725 (3-5 grades), and Heart Adventure Course. [NS] Staff have also been offered many
 726 ways to participate in our wellness program. The staff has an opportunity to donate
 727 money to various causes including: United Way, Food Rescue, and Juvenile Diabetes
 728 Research Foundation. Several members of our staff participated in a Special Olympics
 729 Bowl-a-thon fundraiser. The Wellness committee purchased \$500.00 worth of
 730 pedometers and prizes from the Healthy Hoosier Gold Award 2009-2010. These
 731 pedometers are utilized by staff participating in a "pedometer challenge" throughout the
 732 year. Staff members graph miles weekly, receive prizes for mile goals, and compete for

the highest mileage per semester. Zumba is an after school exercise class offered to staff members for a small fee led by a certified instructor on "Workout Wednesdays." Blood pressure screenings are offered by our school nurse. The biggest obstacle and challenge for our program has been finding the amount of time to better incorporate health curriculum in our school day. We continue to seek out ways to find time to implement health awareness at [NS]."

32. At [NS], we continue to provide comprehensive wellness opportunities and education for our 777students and staff. This fall, we promoted (flyers, video announcements, emails) a district charity 2K &5K Fun Run/Walk. Last year, one staff member and family participated. This year we captured the district participation award with over 125 students, family members and staff participating! We promoted staff wellness by offering complimentary massages, a boot camp program, free weekly exercise classes led by a certified instructor, and a pedometer challenge. Student opportunities included a running club, free before school exercise programs, St. Vincent Heart Course, and a bowling event. Plans for the spring include an after school beach volleyball activity, ACES Day and Field Day. We have focused on nutritional education this semester. After surveying our families, we began serving breakfast daily on February 1st. Our fifth graders participated in a fruit/vegetable tasting lesson with our district dietician. She discussed the health benefits of each item prior to sampling. The students sampled the item, asked questions and voted on their favorite. We are piloting a program with CCS Food Service. Each month they provide an unusual fruit or vegetable for all students to sample during lunch. Our Wellness Wolves (28 fifth graders) create a fun cafeteria bulletin board featuring that item. They also promote the event on the video announcements. Upon completion, our families will be surveyed to determine if the program has affected fruit/vegetable consumption. Our Wellness Committee and Wellness Wolves partnered with our Student Advisory Council to implement a school-wide fund raiser "Pennies for Patients" for the LLS, which raised over \$5,600.00. Our PTO administered a week- long program "Everybody Counts" wrapping up with a student-produced movie about a friend with CP and a wheelchair basketball game. Most of our programs are free to students and staff. Whenever possible, we partner with organizations that are willing to donate items or services. Some guest speakers we have welcomed include dentists, orthodontic staff, physicians and the Colts' mascot Blue (P.R.I.D.E. program). Due to our high enrollment numbers, finding time and space required creativity. While there are always improvements to be made and more to be done, we are very happy with our accomplishments this year!

33. [NS] parents, staff, PTO and students have made a conscious and concerted effort to develop healthy initiatives into our everyday lives. [NS] has incorporated simple, cost-effective measures to educate families and provide opportunities promoting healthy habits that last a lifetime. Some of these new areas include:
 Exercise and Stress Management Students participate in "Jammin Minute" in classrooms several times a day (one minute of exercises that can be done at their desk) Weekly yoga for staff after school Opportunities for staff to exercise during lunch and after school Use of the students' new rock climbing wall (PTO funded) Staff encouraged to wear pedometers for one week, those with most steps received gift cards Education and Nutrition Exercise and nutrition tips included with bi-monthly newsletter to families

779 Cafeteria changes include: White bread and pasta is now whole grain Salad greens now
 780 include romaine and spinach leaves There are fresh vegetables and a fresh fruit option
 781 daily Colonial Garden- 5th grade class planted garden with fruits and vegetables found in
 782 colonial days including corn, pumpkin, etc. (PTO funded) Students worked on garden
 783 after school and one night weekly throughout the summer. The teacher received a \$300
 784 grant from CCEF, and the garden will be expanding this year to include vegetables for a
 785 “salsa garden.” [NS]’s Wellness Committee promoted health awareness in the
 786 school and community by providing our 3rd annual Wellness Fair and Adventure Race.
 787 The Adventure Race was a new addition to the Wellness Fair and was very successful in
 788 getting students and families excited about some healthy competition. The Wellness Fair
 789 provided education for such things as Women’s Health, Diabetes, Strokes, Nutrition and
 790 Fitness, etc. [NS] received positive feedback and the attendance doubled over the
 791 previous year. The Wellness Committee had no budget for the Wellness Fair,
 792 although it did receive a scholarship of \$500 from the Geist Half Marathon Foundation.
 793 The committee chose to use this funding to provide insurance for the Adventure Race due
 794 to the liability.

795 34. This year we were fortunate enough to have been awarded the “Game On, Healthy
 796 Wellness Challenge” grant from the IDOE and USDA. The grant is being used for
 797 several projects this school year. [NS] started a staff wellness committee which is
 798 heading up the nutrition, fitness and wellness activities for [NS]. Each day a health and
 799 wellness fact is read over the morning announcements to all students and staff. [NS] had
 800 a fruit and veggie tasting and an all school breakfast (our school does not serve breakfast)
 801 where the students learned about fiber and whole grains. The café staff worked with the
 802 fourth grade on the food pyramid and showed them how easy it is to make hummus. The
 803 hummus was served to the entire school during an all school afternoon snack with
 804 veggies. The café manager had an activity with our kindergarten about fruit and
 805 vegetable recognition. We still have one large project scheduled for April. It is called
 806 “Game On-Field Day.” All students and staff will participate. The activities will consist
 807 of food tasting, Zumba, an obstacle course, dental health information from a dentist and
 808 health and wellness tips shared by a representative from Peyton Manning’s Children’s
 809 Hospital. [NS] was awarded \$6,000 from the Game On, Healthy Wellness
 810 Challenge Grant. The biggest obstacle was that the majority of the money was to be
 811 spent on food and as a smaller school we are having a hard time spending so much
 812 money on food and still follow the USDA grant guidelines. The entire student
 813 body of 481 students has been involved through out the school year in making healthy
 814 food choices, participating in fitness activities and listening to wellness information.
 815 Many of our parents have stated that the activities the wellness committee organized for
 816 the students has been beneficial in helping them be aware of how important good
 817 nutrition and exercise are to their overall health and well being . The staff also believes
 818 that the students have learned a lot about different areas pertaining to health and wellness
 819 this year.”

820

821 35. One of [NS]’s most prized programs is its Wellness program and Fitness Council.
 822 The program was developed by Wellness Department Chair, [NP]. The creation
 823 of the program developed from alignment of the health and physical education standards
 824 so cross-curricular learning takes place that enhances the relevance of the curriculum.

825 The Wellness program promotes weekly physical activity using goal setting,
 826 cardiovascular development, life-long fitness, and health and physical education
 827 connections. Goals of our Wellness program focus on making the class beneficial for
 828 the students overall physical health and well being. Our first goal is to increase the
 829 amount of time students are physical active. Another goal focuses on goal setting and
 830 achievement relative to fitness testing. Students are put through fitness tests each quarter
 831 and set goals they hope to achieve. They receive a FITNESSGRAM printout of their
 832 current health level. Activity days include exercise that fosters improvement of the
 833 students' goals. 900 students experienced Wellness this year at [NS]. Through
 834 grants we have a cardio room containing rowing machines, elliptical machines, spinning
 835 bikes, and Nintendo Wii's. Students monitor their heart rate with heart rate monitors to
 836 maximizing their workout. Obstacles and challenges have been few thus far as support
 837 from parents and administration has been outstanding. Minor problems included funding,
 838 space for additional activities, and students ownership of their own behaviors. The
 839 overall results have been increased participation and attitudes about physical activity.
 840 Our students' fitness levels have increased with some of our biggest gains being seen in
 841 cardiovascular improvement and flexibility. This year [NS] started a Fitness
 842 Council in conjunction with the Fuel Up to Play 60 program. The 30 student council
 843 meets weekly to develop activities that promote healthy eating and physical activity at
 844 our school. Each month sends a different nutritional message to the students through
 845 posters, commercials, and announcements. There are also physical activity challenges
 846 that students can participate in after school. The school will host its first health fair this
 847 year because of the club and plans are in the works for a family walk/run and family
 848 fitness nights next year."

849
 850 36. [NS] creates an environment of exercise and healthy eating. Our Staff vs Staff
 851 Basketball game gets our students excited about physical fitness. The [NP] walk honors
 852 a staff member's sister killed by a drunk driver. The Lady Hawk 5K/10K Trail Run
 853 brings the community as well as students together for good natured exercise. Our Fresh
 854 Produce Initiative is one of our prized initiatives and is overseen by [NP], Cafeteria
 855 Manager. The Fresh Produce Initiative allows [NS] to offer a large variety of
 856 fresh fruits and vegetables every day. Depending on the day, our students can choose
 857 fresh cantaloupe, pears, apples, oranges, grapes or kiwi with their meal as well as a
 858 different salad cup. If they choose a vegetable, each additional vegetable is free. Freshly
 859 prepared entrée salads and fruit salads are wildly popular. Our success is
 860 measured by increased sales of fruits, and vegetables. Although our percentage of meals
 861 has remained steady, the amount of fruits and vegetables the students are adding to their
 862 meals has increased. All the students attending [NS] have the opportunity to participate
 863 in the Fresh Produce Initiative at lunch time. These healthy fruits and vegetables are
 864 funded through our school lunch program. I estimate the extra fruit/vegetables cost
 865 approximately \$200 per week. Three main challenges to providing increased fresh fruits
 866 and vegetables are cost, quality, and availability. Fresh produce is expensive and fragile.
 867 Produce may come in too ripe to sell and we can't offer students what we had planned to
 868 menu. Demand may out-run supply since we can't have backup quantities readily
 869 available as with canned fruit. It also requires additional labor hours to prepare. Overall
 870 the initiative has been successful based on increased fresh fruit and vegetable sales. We

871 are very pleased with it. Both parents and students have commented they like the
 872 increased daily variety of fruits and vegetables. [NS] is a healthy place to learn
 873 and should be considered for the Healthy Hoosier School Award."
 874

875 37. [NS] understands the importance of health and wellness. Five of our top initiatives
 876 are the Healthy Hawks Running Club, A.M Fitness Club, Morning Staff Pick-up
 877 Basketball, Wellness Foodservice Choices and Nutritious Food Pitch-ins. Each one of
 878 these programs can stand alone as an example of why [NS] should be a Healthy Hoosier
 879 School. I will describe one of these programs for the purposes of this essay. The
 880 Healthy Hawks Running Club consists of approximately 110 students and 20
 881 staff/parents/family members interested in running either the Geist Mini Marathon or the
 882 5K race. Training begins in February and ends with the races in May. Students and
 883 adults meet between one and three days per week, depending on their chosen race.
 884 Measurable goals include increasing yearly participation and whether a student completes
 885 their chosen race. Participation has grown steadily each year from 30 participants in
 886 2008 to its present day enrollment of 130. Over ninety percent of the students complete
 887 their race.

888 Participants pay for their race fee and the rest of the costs are covered by local grant
 889 money and the school corporation. These funding sources pay for all program costs,
 890 therefore there is no cost for the program. Challenges include finding time for record
 891 keeping, collecting all fees, signing all runners up for the races, and supervising students
 892 during training events. The overall results have been impressive. Participation has
 893 swelled from 30 runners just 3 years ago to over 130 today. Students who ran last year
 894 have returned to run again this year. There is always excitement leading up to the week
 895 of the race with peer students and staff making signs for individual runners and
 896 displaying them on the walls of the school. Nearly all runners who train compete in their
 897 chosen race. [NS] is a healthy place for students and staff to work and learn. The
 898 school supports many wellness initiatives for both students and staff and should be
 899 considered for the Healthy Hoosier School Award."
 900

901 38. The prized healthy program we participated in at [NS] this year that encouraged
 902 fitness and health awareness was "Jump Rope for the Heart". "Jump Rope for the Heart"
 903 is a program sponsored by the American Heart Association, and the American Alliance
 904 for Health, Physical Education, Recreation, and Dance.

905 The majority of the proceeds collected by the kids are returned to the program and
 906 are used to benefit kids with heart conditions. This program allowed the kids to collect
 907 donations, with a portion of the collections given back to the school for purchase of new
 908 equipment. We collected \$1967.40 this exceeded the set goal of \$1,500. There was no
 909 start up cost for this program; our Physical Education Department already had jump robes
 910 and music. The students were given a week to collect donations and every student
 911 participated. Each student jumped rope for 35 minutes during their regular scheduled
 912 PE time even if they did not collect donations. Each student that collected \$5 or more
 913 received a prize. The only obstacle of concern was the present state of the economy, that
 914 the students may not be able to reach the goal. Overall, the students met and surpassed
 915 the goal. They learned about their hearts and the importance of exercise to maintain a

916 healthy heart, and were given the opportunity to give back to other children in need. We
917 considered the program a great success."
918

919 39. The program that is utilized at [NS] that makes it different that the other elementary
920 schools in the Noblesville Schools Corporation is an After School Tennis Program
921 separate from teaching basic lessons in my physical education classes. The program is
922 specifically for [NS] Students ,however, students from other schools have wanted to be in
923 the program as well because it is not offered anywhere else learning about the program
924 from word of mouth. I have been doing the program at [NS] for 4 years. I typically have
925 between 45-60 students in the program each year in grades kindergarten through fourth
926 grade. The program is designed to teach the basics of tennis and give them the knowledge
927 to be successful on the tennis court while playing with friends and family on their own.
928 The cost for each student is \$45.00 which includes a t-shirt, certificate for participation,
929 equipment use and six hours of instruction. The program is sponsored a non-profit
930 organization which is the [C] Community Tennis Association. The equipment used
931 consists of youth sized tennis racquets and low bounce tennis balls which are larger than
932 a regular tennis ball to increase success of the hitting the balls. The challenges that I face
933 are the wide range of skill levels and allowing each student to be successful in their own
934 way. Being a physical educator, the skills and drills are flexible for allow the students to
935 achieve success. By the end of the program, each student has the knowledge to improve
936 their skill level working on their own or sparks their interested to continue learning to get
937 better at the sport of tennis. Tennis is a lifetime sport and can be done at almost any age.
938 It keeps the students active as they learn to get better at hitting the tennis balls and keeps
939 their hearts and bodies strong through exercise.
940

941 40. [NS] believes that educating our students about the importance of physical activity,
942 nutrition and living healthy lifestyles during and after their time here, is a very important
943 responsibility. One way that we help students reach their daily goal of 60 minutes of
944 activity time per day is by offering ""Game Day Tuesdays"". This program is sponsored
945 by the physical education teacher. The program is for 4th grade students here at [NS].
946 On Tuesday mornings, students are allowed to come into the gym 30 minutes before
947 school starts. The physical education teacher sets up activities for the students to do for
948 the 30 minute period. The focus is on movement for the entire time period. There is very
949 little down time, and students leave hhe gym having gotten a great workout!
950 To see how hard students work, they wear pedometers during thier time in the gym. This
951 lets the the P.E. teacher see how many steps they got during their time at Game Day
952 Tuesday. The goal is for them to get 8,000 steps in 30 minutes. Most of the time,
953 students reach that goal. This sets them up to achieve much more than the recommended
954 10,000 steps in a day. This year, we have between 35-40 students participating; which
955 accounts for nearly half of all 4th grade students in the school. There is no cost for the
956 program and the equipment they use is already at the school. So, there are no additional
957 cost involved. The biggest obstacle if making sure there is enough equipment for all of
958 the students involved. Most regular gym classes have 25 students, so haveing 40 students
959 at one time can be a challenge. The results of the program have been great. Students
960 are excited for Tuesdays and they always look forward to the next meeting. It is fun to

961 overhear them talking about what they did before school, as they walk down the
 962 hallways. This program is helping to make student healthier, one Tuesday at a time!
 963 41. [NS] values the importance of educating students about the benefits of physical
 964 activity. One of our school's most prized healthy programs is our ""Heart Healthy
 965 Adventure."" Our physical education teacher runs this program with assistance from the
 966 music, art and technology teachers. Our Heart Healthy Adventure runs for two weeks at
 967 the beginning of March. This program includes teaching students about the importance
 968 of heart health by using the heart adventure obstacle course. This course simulates blood
 969 flow through the heart. This program concludes with our schools participation in Jump
 970 Rope For Heart. Our school's focus in Jump Rope for Heart is helping others. We teach
 971 every student that they have the opportunity to be a heart hero. Our Jump Rope for Heart
 972 event rotates students through stations, which include the heart adventure challenge
 973 course, jump rope stations, and dance/aerobics. Our special area teachers help facilitate
 974 these stations. Students participate in Jump Rope for heart regardless if they raise money
 975 or not. Our goals for this program include the following: Educating students on the
 976 importance of heart health Being an advocate for their family on the importance of
 977 exercise Educating students about heart disease Allowing students to take an active role
 978 by raising money for the American Heart Association Completion of the Jump Rope for
 979 Heart event Fortunately, there is no cost for this program. We use our school's physical
 980 education equipment. We had approximately 550 students participating this year ranging
 981 from grades 1-4. Our biggest challenge was the economy. It is a difficult time right
 982 now to do any type of fundraising but the students far exceeded our expectations. Our
 983 students had also raised money for another organization the previous month. They are
 984 extremely dedicated to helping others. Our overall outcome was very positive. An
 985 entire class made it through the heart adventure challenge course between 80-150 times
 986 in a class period. Because of what they have learned they are now advocates for each
 987 other and their families!
 988 42. It is our goal and mission at [NS] to offer our students quality programs/experiences
 989 that will promote, expose, and instill a lifetime of healthy living: [NS] has many
 990 fitness programs available for our students and community. Two specific programs that
 991 directly affect the high school students are our "Miller Strength and Conditioning" and
 992 "Fit Club" programs. The Miller Strength and Conditioning program services
 993 approximately 800 students on a yearly basis. Students can take an "Athletic Weights"
 994 course during the day, and our NSCA-CSCS strength coach designs and implements pre-
 995 in-and out of season strength programs for our teams and individual students.
 996 Furthermore, our weight room is open everyday after school and some mornings on a
 997 year round basis for our students to attain and practice a health lifestyle. Student
 998 strength/fitness goals (bench, squat, clean, 40, vertical, body fat, E.S.D-Energy System
 999 Development, etc...) are measured and tested every 9-weeks. In addition we have
 1000 implemented the Functional Movement Screen, which aids us in identifying students'
 1001 imbalances and asymmetries. This program has been adopted by many other high schools
 1002 in Indiana and our strength coach has spoken at local, state, and national conventions
 1003 regarding this program. We have also implemented our Championship
 1004 Monday/Wednesday speed-athletic development program, which has had an average of
 1005 200 students (males/females 8-12th grade) coming in before school at 6:00 am. We have
 1006 over 25 coaches volunteer their time and we supply them with a healthy breakfast that

includes protein, carbohydrates, and electrolytes to aid them through their academic day. Our "Fit Club" is designated for any student who is not participating on an in-season competitive sports team. These students utilize our Freshman Campuses state of the art weight/ cardio center that is furnished with new Hoist strength equipment and a variety of cardiovascular machines. Programs are individually designed for each student and body fat/composition tests are periodically measured. In addition, fitness goals and nutrition concerns are addressed. Our Fit Club program consists of approximately 100 students throughout the year. Lastly, we offer a community Wellness Extravaganza that services all of [NS] Stakeholders. We average around 1,500 visitors, 50+ business vendors, and all of our schools put on fitness activities. Cost: None Funding: Administration, Athletics, PE, Fundraisers Obstacles: We need a bigger training facility to accommodate more students Results: Popular program that has grown each year. Students are dropping body fat % and gaining strength (all results vary by individual)"

43. Name of Program: [NS] FUN RUN Program Description and Measurable Goals: The FUN RUN is our amazing school-wide fundraiser, held in the fall and is ran by our PTO, as well as our Administrators, Wellness Department, Teachers with assistance of our school Nurse and Custodial staff. Students are asked to receive monetary donations for the amount of laps they can achieve around a ¼ mile track in 40 minutes. Regardless if students receive sponsors or not, EVERY student and teacher participates. Our goal was to raise \$40,000 as well as achieve and promote physical fitness. Students set goals as to how many miles they can achieve in 40 minutes along with teachers participating with their students. Obstacles/Challenges You Encountered: We do not have an outdoor track, with the entire school involved, we were able to transport students to [NS] High School throughout the entire day to utilize their track. The weather can always be a challenge. Another challenge is making sure all student medications and health information is on site in the event that a nurse or medical personnel cannot be in attendance. 8)Overall Results: We encountered beautiful days, transportation ran smoothly and our students not only gained a day of physical fitness, with some students achieving 4+ miles in 40 minutes but they raised \$41,000 for the 2010 FUN RUN. The FUN RUN was a huge success, not only in monetary donations but also for our students to achieve physical fitness as well as witnessing their administrators, teachers and parents participating in the event. We take great pride at [NS] in being advocates of healthy lifestyles and lifelong fitness."

44. We enhance our health curriculum with several programs. There are two DNR programs. Boating Safety is the state licensing program for boating. The program affects 673 seventh graders. The cost is free to all students. The next program: outdoor recreation. The program affects. Obstacles: None. Overall result: anyone who passes the test will have an Indiana state boating license. CPR is the next program. The program offers training for adult, child, and infant CPR through the American Heart Association. The program affects 639 eighth graders. The cost is free to all students. If students want certification, the cost is a dollar for the two-year card. The overall result is students who take the training can be certified in CPR. We also offer (Creating Positive Relationships). The program is abstinence education. The program affects 1312 seventh and eighth

1053 graders. The cost is six dollars per student, which is paid in book rental. Obstacles
 1054 include families not wanting their child to take the class and scheduling issues. The
 1055 overall outcome of the program is children will make educated decisions about
 1056 abstinence. The Wellness Department sponsors the Miller Marathon, an annual run/walk
 1057 event. The race is a 6.2-mile course for the entire school/staff. The cost to the students is
 1058 free. PTO budgets \$1000.00 for supplies. Obstacles: Indiana weather and convincing
 1059 seventh and eighth graders a 6.2-mile race is fun. Overall result: is to introduce walking
 1060 and running as a fun lifetime activity. Everyone can be successful at this event. The
 1061 Skating program allows students to roller skate for one week during physical education
 1062 class. The program affects 1365 students. Cost: \$6.00 dollars per student. No conflicts.
 1063 This allows all students to experience another lifetime activity. The last program is the
 1064 Health Fair. We have a district wide Healthy Schools Week, September 21-25. [NS] will
 1065 be holding a free health fair for all students/ staff complete with diagnostic health
 1066 screening. This year I am happy to announce that the PTO has sponsored after school
 1067 clubs for middle school students. Three of the healthy clubs include fitness club, yoga
 1068 club, and the diabetic support club. The clubs have been a very positive part of our
 1069 school family."

1070

1071

1072 45. Hi, my name is [NP] and I am the Wellness teacher at [NS] in [C] Indiana. [NS] is a
 1073 school where caring for children comes first. The dedicated staff, in partnership with the
 1074 students, parents, and community, is committed to the development of individual
 1075 potential, preparing our students to become responsible, and productive citizens of an
 1076 ever-changing world. My mission as the Wellness teacher at [NS] is to serve our
 1077 students in the best way that I can. I believe this is done by being an effective teacher
 1078 and a great role model, while providing our students with the best opportunities to learn
 1079 in the Wellness setting. This includes giving my students the education they need to
 1080 maintain a healthy and active lifestyle as they move on from [NS]. I want to share
 1081 one of the many things that we do to help our kids build and maintain a high level of
 1082 fitness. All of the third and fourth graders here at [NS] have a fitness station assessment
 1083 sheet that is filled out on our fitness days. The assessment sheet has each student's name
 1084 per their fitness family/squad and a place to score the 6 stations. One student is chosen to
 1085 be the recorder for their group. The recorder records the score that each member earns at
 1086 their stations. The 6 stations help to build, maintain, and improve fitness levels while
 1087 also adding in an accountability component within the group. The 6 stations are the push
 1088 up station, sit-up station, flexibility station, jump rope station, mind-body station, and the
 1089 shuttle run station. Students count their own jump rope, flexibility, push-up, and sit-up
 1090 score. At the other 2 stations, the recorder assesses the amount of effort given and gives
 1091 each student a score between 1 and 5. After 5 fitness days, each student then fills out
 1092 their own individual assessment sheet to see improvements. This form of physical
 1093 activity combined with assessment provides instant feedback and the kids really compete
 1094 to get the best score."

1095

1096

1097 46. [NS] offers a variety of physical activity opportunities to the staff, students, and
 1098 parents. Some of the physical activities that are offered at [NS] are healthy schools

1099 celebration week, walking field trips, 4th grade graduation party, Field Day, Stampede,
 1100 Zumba, and an after school fitness club. The fitness club is called Mustangs-N-
 1101 Motion. A licensed physical education teacher, [NP], has taught Mustang-N-Motion for
 1102 four years. Mustangs-N-Motion is for grades 2nd-4th. There is approximately 80 students
 1103 that attend the after school club. Mustangs-N-Motion provides the skills, knowledge,
 1104 and attitudes that facilitate choosing physical activity after school, at home, and in the
 1105 community. Goals and results of Mustangs-N-Motion: Establishes a positive, safe
 1106 learning environment for all students Teaches a variety of physical activities that make
 1107 fitness enjoyable to all Creates maximum opportunities for students of all abilities to be
 1108 successful Promotes student honesty, integrity, and good sportsmanship Guides students
 1109 into becoming skillful and confident movers Facilitates the development and maintenance
 1110 of physical fitness Assists students in setting and achieving personal goals Provides
 1111 specific, constructive feedback to help students master motor skills Affords opportunities
 1112 for students to succeed in cooperative and competitive situations The program is free
 1113 of cost for participants. [NP] is paid a one-time stipend from [C] schools of \$250.00.
 1114 Students take a pre and post presidential fitness test. The students set goals from the pre-
 1115 test results. Exiting questions are used at the end of class. Mustangs-N-Motion is very
 1116 successful. The biggest obstacle of this program is that there is lack of adult help. There
 1117 is a participation limit and every year students are turned down. It would be nice if
 1118 another teacher or volunteer would help to allow more participants to enjoy the club."

1119
 1120

1121 47. [NS] is currently partnered with RIVerview Hospital of [C] in an effort to improve the
 1122 health and well being of students. This initiative is Project Fit America. We are very
 1123 proud to say that it is the first one in the state of Indiana. The program was funded by
 1124 RIVerview Hospital with them purchasing the equipment and curriculum for nearly
 1125 \$18,000 dollars. Installation of the outdoor equipment was funded by our own PTO for
 1126 a cost of around \$3,000. This program has been so great because it does not replace
 1127 our current curriculum, it just enhances it through health related activities as well as
 1128 many fitness activities. PFA (Project Fit America) also compliments our President's
 1129 Physical Fitness Testing by introducing new games and activities that will improve our
 1130 scores. The outdoor equipment for this initiative is available to our students for both
 1131 outdoor recesses and and I really think this had had huge impact on our scores. Our arm
 1132 strength scores have improved over 20% and our mile run scores have improved by
 1133 nearly 40%. This program is available to all 500 of our students with grades 3 and 4
 1134 being tested. Overall, I see this program being a huge asset to our building. Attitudes
 1135 regarding fitness are changing and levels of fitness are going up.

1136 48. [NS] has 453 students. Its' health and wellness program which started in 2007,
 1137 continues to evolve and strive to maintain healthy students and staff members, in a
 1138 healthy environment which enables quality learning. Each year, staff members become
 1139 more creative to make learning fun without using sugary foods and making sure all
 1140 programs have minimal cost. Our parents and students could not be happier. Our Tot's
 1141 Program has started a program called "Give Me 5 Healthy Choices". The goal is to eat 5
 1142 fruits/vegetables a day. The students chart this at home with their parents. When the goal
 1143 is reached, they obtain an extra recess or watch a music video that they dance along with
 1144 their teachers. Preschool students do activities that expose them to try different

1145 textures and flavors of foods throughout the year. Some examples include: pumpkin
 1146 seeds, kiwis, banana and cheese. Grades 1-4 continue to do various projects
 1147 encouraging healthy eating and a healthy lifestyle. Birthday and holiday parties are
 1148 celebrated with fun physical activities, reading a child's favorite book, or an extra recess.
 1149 After school enrichment programs include cheerleading, roller skating, bowling,
 1150 basketball, golf, and tae bo. We continue to have our Fall Walk a Thon and Science
 1151 Club goes hiking and canoeing. Second grade students go to the Ruth Lilly Health
 1152 Center to discuss the food pyramid and making healthy choices. Our cafeteria decided
 1153 to implement the "Chef's Move to School" program that Michelle Obama initiated. The
 1154 goal of the program is to pair chefs up with schools to promote nutrition education and
 1155 healthy eating. A chef has been to [NS] twice this year making different recipes using
 1156 beans. Each student was encouraged to try them and rate the recipes. For our staff we
 1157 have developed a program called "Healthy Life Style Changes". Topics include using the
 1158 food pyramid as a guideline to ensure teachers are eating from all food groups resulting
 1159 in healthier choices, eating breakfast, portion control, drinking plenty of water,
 1160 exercising, and watching salt consumption. Many staff members are eating more and
 1161 losing weight for the first time."

1162
 1163 49. [NS] has developed an after-school fitness club for all students in 7th and 8th
 1164 grade. Our fitness club is free for all students and has been lead by [NP], one of our
 1165 wellness teachers, for the past 4 years. The fitness club allows students to stay after
 1166 school and have the opportunity to exercise in a broad range of activities. Some of the
 1167 more unique activities fitness club has exposed the students to include weight lifting,
 1168 rugby, and even parkour. Students have also participated in a cleanup day at a local park
 1169 and hosted a ping pong tournament to raise money for a field trip for a separate club. The
 1170 fitness club has no budget at this time but a small stipend is allotted to the leading teacher
 1171 which is funded by the school. Challenges the club encounters are having females
 1172 participate on a regular basis and as stated before the lack of funds to supplement our
 1173 activities. Overall, we feel this club is successful because our main goal is to provide an
 1174 opportunity to improve the students' physical fitness outside the classroom setting."

1175
 1176 50. [NS] takes pride in all of the health programs and initiatives they have in place to
 1177 support a healthy lifestyle. One critical program that supports a growing free and
 1178 reduced population in the school is FAST Track. Although this initiative is district wide
 1179 and for needy families, [NS] students have tended to be the highest percentage of
 1180 students attending due to the school being the highest free and reduced population in the
 1181 district. FAST Track provides a variety of services to the students ranging from free
 1182 medical checks to eye exams and dental cleanings. In addition, a health fair provides
 1183 information on insurance and medical services. Many of these students typically need
 1184 these services and more in order to maintain good health and overall wellness. This
 1185 initiative has grown every year and is sponsored by outside donations and supply drives
 1186 provided by each school in the district. Through generous donors, the program has
 1187 continued to serve more students every year and the support that it does provide goes a
 1188 long way to start our students off on a healthy step for the school year. Although this
 1189 initiative is district driven, our student population is also supported by school wide events
 1190 that promote a healthy environment. For example, Jump Rope for Heart, grade level field

trips to NIFS and Ruth Lilly, health curriculums, and various outside speakers that focus on making right choices and living a healthy lifestyle. In addition, the Colts Blue PRIDE show focused on eating right and our cafeteria has increased incentives to promote eating vegetables and selecting healthy foods. All of these initiatives accompanied by teacher awareness during curriculum integration have led to a renewed focus on the importance of maintaining and supporting a healthy lifestyle."

51. Everyday, [NS] has the chance to feed over 700 students through the National School Lunch Program. The lunch program provides children with an opportunity to nourish their bodies with healthy, nutritious food. Each day an entree, a hot vegetable, fresh vegetables, fresh fruit, and milk is available. The goal of the lunch program is to encourage healthy eating and teach students how to make eating decisions that will affect the rest of their lives. Within the last year, colorful and educational graphics has been added to the cafeteria and serving line to market the program and educate the students. Throughout the year, promotions and celebrations are also included to get students involved. The program is funded my the federal government and the revenue of meals. There are many challenges and obstacles to school lunch, one being finding kid friendly food that is accepted and of nutritious value. Taste testings and trials help decide if an item has the possibility of making the menu. Overall, the students at [NS] who participate in the National School Lunch Program are consuming a wide variety of foods, including whole grains, vegetables, fruit, and low-fat milk."

52. My name is [NP], I am the elementary physical education teacher for [C] School Corporation. I have contact with about 700-800 students each week. The program is funded by the school corporation. Missing classes for field trips or convocations would be 2 of the obstacles that I face. One other obstacle I face is moving to 3 different buildings a week. With this program the students are becoming more flexible, and more active. I see students playing games during recess that we have played during PE class. We use different activities to promote physical activity with our students at [NS]. Classroom teachers and the physical education teachers provide outlets for the students to be physically active in organized projects throughout the year. Physical Education Class: We start each class with stretching. We then move to plyometric stretching getting the students moving and warmed up. The next phase of each class is a cardiovascular workout. After that we have a game that keeps the students active for the rest of the period. Each class has Physical Education one day a week. We check the student's progress by having them do the Presidents Physical Fitness Challenge 2 times each year. Recess Time: The teachers organize intramural sports for the students. We offer at least 3 different activities for each season (Fall, Winter, and Spring). Students are assigned to a team during this time they learn also how to work with other students and leadership by being captains of their teams. We have 7 teams, 6 will play while the 7 team will officiate the games. Track & Field Day: We end the year with a track and field day at [NS]. Students will pick 5 different activities in which to compete. Events are set up to give each student a wide arrangement of choice to succeed. This also helps

1236 improve their self-confidence. Students come back to visit us and talk about the fun they
 1237 had participating in the track and field day."
 1238

1239 53. *Our school's most prized healthy school initiative is the annual [NS] Health Fair.
 1240 The [NS] Health Fair will provide an awareness of health and nutritional facts in order to
 1241 make healthy decisions now and in the future for themselves and their families. Local
 1242 businesses and services in our community provide information to students as they walk
 1243 the Fair. Samples and services of our exhibitors are Good Samaritan Hospital with
 1244 asthma, tobacco, fat content in popular foods, Heimlich mannequin, impairment goggles,
 1245 substance abuse, blood pressure, and body mass index exhibits. [NS] Family &
 1246 Consumer Science department will provide healthy snacks, VCSC Sodexo with healthy
 1247 food samples, Vincennes University Massage department with short massages, JROTC
 1248 has the push up contest, screenings by Anytime Fitness, O'Brien Hearing Center and
 1249 Stride Rite Shoes. The Army brings an obstacle course for entertainment and
 1250 competition. Our measurable goal is to have 100% participation by students and staff.
 1251 *840 students and 60 staff members

1252 54. [NS] is a Healthy Hoosier School. This year, students have been given a choice in the
 1253 foods they select in the cafeteria called Offer VS Serve. Choices now include more fresh
 1254 fruits and vegetables. 300 kids served daily with a 50% waste reduction. To help
 1255 students pick healthy options, Lunch Lady Light has gone into classrooms and performed
 1256 taste tests with fresh items that include: Jicama, Kiwi, Grapefruit and Sugar Snap Peas,
 1257 just to name a few. These fresh items are now on our menu. These sampling sessions
 1258 provide students the opportunity to be exposed to more healthy foods they may not see in
 1259 a standard cafeteria line. Equipment modifications cost \$3500.00 from Food Service
 1260 Budget for OVS. Another way that [NS] promotes healthy living in the school is a
 1261 fundraiser, the Spartan Shuffle. The school community takes the opportunity to stop
 1262 what we're doing, go outside, and walk or run together as a whole. We also have
 1263 multiple Family Bike Nights over the school year. This is an activity where families
 1264 travel together on the [C] Greenway Bicycle trails. A unique aspect which sets
 1265 [NS] aside from other Healthy Hoosier School candidates would be the building project
 1266 recently completed. During this time, the school received a complete renovation with the
 1267 student body present. A portion of the building was demolished which included the
 1268 cafeteria. For almost a full school year, students did not have a cafeteria to serve food or
 1269 and had to eat all meals in the classrooms. During this time, our amazing cafeteria staff
 1270 worked hard to provide healthy lunches by preparing lunches in another school and
 1271 driving them to [NS]. The dedication and pride was clearly demonstrated as the ladies
 1272 worked to overcome the limitations of the building projects. As a whole, [NS]
 1273 students have been provided a better opportunity to learn the benefits of staying
 1274 physically active and eating healthier. Overall enjoyment of school lunch has improved
 1275 dramatically. Participation in our physical activities has increased too."
 1276

1277 55. [NS] is focused on academic excellence with results that earn Four Star School
 1278 Status. [NS] students are fit, healthy, safe, and have demonstrated their high level of
 1279 learning as noted by the State Department of Education. The [NS] principal, dean and
 1280 health awareness focus team have led 545 students, parent community, and 75 staff to be
 1281 aware of their wellness. The 15 wellness goals for the year include: 1) Emphasis on

1282 walking; 2) Continued guaranteed 30 minutes of recess daily 3) Promote the initiatives of
 1283 the District Wellness Committee; 4) Maintenance of Fitness and Health curriculum
 1284 resource center for teachers/staff; 5) Art Curriculum for the year based on the Food
 1285 Pyramid; 6) The [NS] web page links to the [C] Wellness Tip of the Week; 7) Sponsor
 1286 "Hoops for Heart" (raised \$11,040); 8) Sustaining the "School Wellness" program –
 1287 Sponsors: Action for Healthy Kids, USDA, US Health/Human Services, National Dairy
 1288 Council, National Football League; 9) Increase the number of staff who attend the
 1289 District Wellness Committee meetings; 10) Continue support of student health
 1290 screenings: Mobile dentist (2 times), vision (2 times), hearing, weight; 11) Support staff
 1291 screening (30 participated); 12) Sponsor three Blood Drives (45 Units donated); 13) Host
 1292 the Annual Spring Fitness School Wide Walk in cooperation with the [C] fire/police; 14)
 1293 Expand physical education curriculum to include student self-monitoring of their
 1294 personal best during class activities and maintain a weekly record of their physical
 1295 activity. There no additional costs to this programming. Clear communication of the
 1296 goals eliminated challenges or obstacles for goal accomplishment. Clear communication
 1297 occurred through e-mail, team meetings, and use of recycled paper.
 1298

1299 56. [NS] is concerned about wellness for each person within our school community.
 1300 One of the focal points to bring a school to academic excellence and Exemplary status
 1301 according to the Department of Education criteria is total wellness. The District
 1302 Wellness Committee has expanded their membership and an increased number of [NS]
 1303 staff has joined. Wellness at [NS] is sustained by meeting the following goals: 1)
 1304 Offering school wide hearing, vision and weight screenings. 2) Providing dental health
 1305 presentations to specific grade levels offered by area dentists. 3) Ensuring health tips
 1306 from the nurse are offered on daily announcements that are seen school wide (710
 1307 students/100 staff members). 4) Sustaining standards based physical education program
 1308 that includes the Jump Rope for Heart fundraiser that encompasses education resources
 1309 that increases the awareness of heart health (\$2,698 raised in 2011). The physical
 1310 education curriculum will include a daylong field day fitness event. A "fun station" for
 1311 students who have met grade level /school wide Accelerated Reader goals will be added.
 1312 The school wide goal is 25,000 points. 5) Providing each grade level a 30-45 minute
 1313 "Keeping Your Heart Healthy" presentation made by local fitness organization, Fitness
 1314 Point. 6) Three grants awarded from the [C] Education Foundation ([C]EF) will be used
 1315 to: Purchase a newsletter series, "Nutrition Nuggets". This monthly publication is given
 1316 to students/parents highlighting the importance of proper nutrition, fitness and promoting
 1317 healthy lifestyles for families. Purchase a music program that enables students to create
 1318 and perform with healthy living, such as hand-washing, making healthy food choices and
 1319 daily exercise. Fund a student "Mileage Club", a fitness-based walking club that
 1320 encourages students to use recess time to walk/run. As students reach their mileage
 1321 goals, they receive key chains and feet charms to celebrate success. 7) Supporting
 1322 District Wellness/ [C]EF by staff participation in an inter-district school competition,
 1323 "Double Dog Dare", for a 5K Walk/Run event. Obstacles were overcome through
 1324 grants received and clear communication. The challenge that remains to expand
 1325 health/fitness is finding available time."
 1326

1327 57. [NS] made a big push with its local school nutrition and wellness program last year
 1328 and we received a Game-On Nutrition and Fitness Grant to now move further ahead. Our
 1329 goal: add more activities, tastings and education for students so that health awareness
 1330 would become an everyday habit. Eat Your Colors, a guide to healthy eating started
 1331 in the cafeteria with weekly TV nutritional announcements and expanded into much
 1332 more. Food groups, portion sizing, label reading were covered. Additional information
 1333 was passed on to classrooms. All 510 students participated. Food Service assumed all
 1334 costs the first year (\$780.00). Our grant allowed us to expand the fitness activities.
 1335 Students asked what was next. Classroom participation grew. Parents come to the
 1336 cafeteria specifically to view the wall of posters in the lunchroom as students talked about
 1337 Eat Your Colors and Game-On activities at home. This program has built a
 1338 foundation week after week. We believe students, staff and parents now focus on
 1339 fitness and nutrition more because of our constant activities. Parents, teachers, food
 1340 service and PTO participate in regular Wellness and Game On meetings to make nutrition
 1341 and fitness a healthy habit. Each month we hold a different activity: Think Your
 1342 Drink, Halloween Challenge, Fitness in the classroom on non-gym days, Indoor recess
 1343 exercise, recording [NS]'s walking steps and TV Food Network food tastes. More
 1344 activities are yet to come. [NS] learned small constant steps add up to BIG LEARNING
 1345 and become healthy habits. Our School Board District Wellness Policy is fairly
 1346 general, the [NS] environment continues to change from our nutrition and fitness focus.
 1347 The school handbook now states healthy classroom party food. Our biggest obstacle is
 1348 tracking classroom progress. Thinking and doing are easy; getting teachers to log in our
 1349 record book takes more effort. Morning announcements continue, classroom activities
 1350 have grown, participation in before school fitness walks go on and kids ask for more.
 1351 Another [C] elementary school requested Eat Your Colors and food tastings because
 1352 they were so successful at [NS]. That is our best compliment. 58. At [NS], our
 1353 Physical Education department created a wellness block by setting aside two hours each
 1354 Tuesday to address and present wellness topics to our student body. Many speakers were
 1355 provided through a program at Peyton Manning Children's Hospital. Topics included:
 1356 body image, nutrition, lung health, an anti-tobacco program, hand washing, bicycle
 1357 safety, dental hygiene, BMI measurements, Think First Safety Program, and anti-
 1358 bullying. All students in kindergarten through grade eight participated. We used this
 1359 time to do wellness activities such as bowling and aerobic activities. We used the St.
 1360 Vincent's Cardiac Heart Challenge course to help students become more familiar with the
 1361 anatomy of the heart including ways to strengthen and keep it healthy. Project 18
 1362 allowed us to utilize tools to measure our progress. These tools include a prepared
 1363 curriculum for our fourth-grade students covering nutrition, physical activity, and holistic
 1364 mental health. A focus on nutrition for students in grades seven and eight included BMI
 1365 measurements. After performing BMI measurements on students, Dr. [NP] from the
 1366 Charis Center for eating disorders discussed good nutrition and body image with these
 1367 students. On April 13, 2011, all students will participate in a wellness walk-a-thon.
 1368 In addition, each Tuesday morning we offer a supervised walking program for any
 1369 student that wants to participate. On the first Monday of each month, the entire school
 1370 gathers in the gym for prayers. We pray together, acknowledge students' good behaviors
 1371 and birthdays, and discuss various service projects that the students are currently
 1372 involved in. These include, the Peyton Manning Children's Hospital prayer path and

1373 various services offered at St. Augustine Retirement Home, the Ronald McDonald
 1374 House, Joy's House, Anna's House, Food Link, Holy Family Shelter, and United Way.
 1375 Currently, we do not have a budget for wellness programs. This has been our biggest
 1376 obstacle. We utilized free programs offered through St. Vincent PMCH, invite parent
 1377 professionals as guest speakers, and offer other opportunities for wellness with the
 1378 assistance of school staff members. Overall, our wellness committee is very happy with
 1379 our outcome.

1380 59. Funding new programs. A total and overall improvement in our Wellness and school
 1381 day. Over the years, we at [NS] have developed and maintained a Wellness Program that
 1382 we feel meets the needs and interests of our students. In that time, we have developed a
 1383 playground and a fitness trail for our students' recess activities. Our Physical Education
 1384 Curriculum is SPARK which meets NASPE and Indiana Department of Education
 1385 Standards. We have a standing Wellness Committee, which allows use to be a PE4LIFE
 1386 SCHOOL and a member of the Alliance for a Healthier Generation. We annually take
 1387 part in All Children Exercise Simultaously sponsered by NASPE. We also take part in
 1388 Indiana Department Education Fresh Fruit and Vegetable Program. Our Movement
 1389 Motivates Learning Lab is flourishing with our Kindergardners taking advantage of every
 1390 opportunity it offers. This Spring we are using the CDC's PECAT Assessment to take a
 1391 critical look at our program. We are constantly looking for opportunities to make our
 1392 Wellness Program even better to meet the needs of our students."

1393
 1394 60. [NS] has developed several healthy school initiatives throughout the 2010-11 school
 1395 years. [NP] the schools 3rd year Physical Education and Wellness teacher has
 1396 spearheaded and promoted new healthy school committees and initiatives to improve and
 1397 bring awareness of healthy habits and lifestyles to the students. One initiative is the
 1398 "Health Tips of the Day" that is featured on the daily televised morning announcements
 1399 at our school. [NP] informs approximately 470 students a day with healthy facts, tips,
 1400 monthly nutrition themes, and extracurricular activity information. The second initiative
 1401 spearheaded by [NP] has been the development of an after school Wellness Club
 1402 "PE4ME" sponsored and funded through the Marion County Health Department. This
 1403 program gives the students an opportunity to be involved in after school Wellness
 1404 "physical" activities, nutrition education, health education, and planning of school
 1405 Wellness initiatives throughout the year. The implementation of the two initiatives is very
 1406 much needed in our school. The students and staff have bought into the program and are
 1407 excited to bring new ideas and energy to our school. Making the students aware that it is
 1408 their responsibility to take care of their bodies and that there are consequences if they fail
 1409 to stay healthy is one of the top goals of each initiative. Educating and bringing health
 1410 awareness to our schools families through the "In Motion" newsletters, creating health
 1411 fairs and events, and making health a since of urgency for all that are associated with our
 1412 students is another top priority. Our school has its challenges but not in the area of parent
 1413 involvement. A high percentage of our student's parents are very poor and uncultured in
 1414 the area of health education such as childhood obesity, type I&II diabetes, heart disease,
 1415 and nutrition. The overall goal for our schools healthy school initiatives is to bring a new
 1416 awareness and education of health to our students, staff, and community. In turn this
 1417 awareness and education will make for a healthier student and school in the future.
 1418

1419 61. [NS] with the help of [NP] and [NP] have taken strides to make our school a healthy
 1420 place for students and staff. This year we have implemented snack machines in our study
 1421 halls that are 100% compliant with the Alliance for Healthier Generation. Every student
 1422 in our school has a study hall and they have access to the machine during their 50 min.
 1423 time. The cost of the program is nothing for us except the cost to plug them in and run.
 1424 We have an outside vender come in and work with them. [NS] has been working the last
 1425 5 years to make us a healthier and happier building. Other programs that are long running
 1426 is our FIT (Falcons in Training) club. This club is lead by student to promote active
 1427 lifestyle and better food choices. Some of the challenges we faced was just getting the
 1428 machines in the building. The administration did not know what the cost was for us but
 1429 after a long haul, it worked. Kids really enjoy the opportunity to have a snack in the
 1430 middle of their day.

1431
 1432 62. [NS] is committed to creating a healthy school environment that enhances the
 1433 development of lifelong wellness practices to promote self-respect, healthy eating and
 1434 physical activities that support student achievement. From the moment the students enter
 1435 with TEAM time, to the universal breakfast, to the lunch salad bar, winning Radio
 1436 Disney's Get Fit Challenge and the Family Fitness nights, students and staff at [NS] are
 1437 committed to a healthy lifestyle. Among all of the great wellness activities we have
 1438 here at [NS], we definitely prize TEAM time the most. TEAM time stands for Together
 1439 Everyone Achieves More and is for all staff and students. TEAM time should be done at
 1440 every school because of the multiple benefits it serves for all personnel in the school.
 1441 TEAM time is a great way for the students and staff to get the bodies and minds warmed
 1442 up with exercise each day. It's essential to teach the students that getting their blood
 1443 flowing earlier will help them stay alert throughout the day in class. The entire school
 1444 begins TEAM time with about 15 minutes of dancing and exercise before we perform a 3
 1445 minute stretch and cool down. After the stretching we have a moment of silence to help
 1446 us focus on the day ahead followed by the pledge of allegiance and our school pledge.
 1447 The students get over 1000 steps in TEAM time alone, which helps our school reach our
 1448 goal of 100,000 miles of walking for the year. Around 2000 steps equals a mile, therefore
 1449 our students and staff dance their way to the equivalent of ½ mile every morning each.
 1450 Since TEAM time has no cost, the only challenge is keeping students motivated. To
 1451 address this challenge, we are constantly creating new dances. Overall, the [NS] family
 1452 is committed to living a healthy lifestyle. Our ultimate goal is to give the students the
 1453 tools they need to live a healthy lifestyle. With the help of all staff and the community,
 1454 we feel we are giving the students a top notch healthy experience."

1455
 1456 63. Program Description: As we worked on this application last year, we spoke of our
 1457 adding a Wellness Class to the specials rotation. We continued this for the current school
 1458 year. We also felt as though we needed to provide another program that reaches out to
 1459 our families. We often provide our families with evening programs for reading and math.
 1460 We have not provided a wellness or fitness night in the past and decided to take on this
 1461 venture this year. We set out to provide a learning experience for our families and
 1462 students in better understanding thier physical needs and healthy choices. We partnered
 1463 with the Children's Museum to provide our students and families with centers for
 1464 learning: portion distortion (create meal sizes and compare with actual sizes, Sugar Shock

1465 (learn sugar content of drinks), Feel the beat (pulse, heart rate and learning about your
 1466 heart, What's Bugging You(germ models- hand washing), Health Around the Clock
 1467 (sleep habits), Yoga, Salad Bar, active play, healthy books and healthy recipes and
 1468 coloring the food pyramid were centers offered that evening. The entire school and
 1469 their families were invited and we had approximately 160 people in attendance. The
 1470 total cost of the program was \$1200.00 and was funded through our activities monies.
 1471 Even though we advertised in both English and Spanish, we feel as though we did not
 1472 reach as many families as we would have like. Although, with the families that attended
 1473 we had a lot of feedback regarding the importance of the information that was given and
 1474 an interest in the activites. From this event we were able to set up Zumba and Yoga
 1475 classes on a weekly basis for our staff and families!"

1476
 1477 64. One hundred percent of [NS]'s 491 students are participating in the Million Mile
 1478 Walk challenge, which is an annual event throughout the [C]SD of [C] that starts in
 1479 October and runs through May. The kickoff occurs in October where all students walk
 1480 during their specials classes. They again walk in April to Eagle Creek Park from our
 1481 school during specials classes as a kicoff to the Run For the Arts program. In between
 1482 these events, they keep track, with their family, of how many miles they walk each week.
 1483 No matter what activity they choose, they are given charts that show how those minutes
 1484 can be converted into miles. The miles are reported, who t to the assistant principal, who
 1485 tallies them before the initiative ends in May. [NS] students and families also enjoy
 1486 attending the hip hop aerobics work out in the gymnasium. It is 60-minutes of intense
 1487 kid friendly activity, which has brought in approximately 50 students and parents each
 1488 time it has been offered.

1489
 1490 65. During 2009-2010, [NS], one of nine elementary schools located in [C], piloted the
 1491 Expanded Breakfast Program, which is also referred to as "Universal Breakfast." The
 1492 goal of this program was to ensure every student in our school would be offered a free
 1493 breakfast in their classroom. Students could choose milk, 100% juice, a yogurt or a whole
 1494 grain item like a muffin, breakfast bar, cereal bar, or cinnamon toast along with goldfish
 1495 cinnamon grahams. Since [NS] is a Title 1 school, funding for the program comes
 1496 from federal dollars. There is no cost to the school or its students. At the end of the
 1497 school year, the building principal, district administrators, and food service personnel
 1498 reviewed the program after receiving input from students and teachers. Last year around
 1499 200-275 students were eating breakfast at school. For the 2010-2011 school year, six
 1500 other elementary schools and one middle school in the district have joined the Universal
 1501 Breakfast program. However, [NS] is the only school in the district to serve a hot
 1502 breakfast one day a week. The population of our school grew from 554 students last year
 1503 compared to 758 students this year. Now, there are over 550-600 students choosing to eat
 1504 breakfast at school because of adding a hot entrée to the breakfast menu. This is a huge
 1505 advantage to the program compared to other schools serving breakfast. There are a
 1506 couple of disadvantages to the program right now. We are serving only one hot entrée per
 1507 week, and there are no fresh fruits offered during breakfast. There has already been
 1508 discussion of adding other hot entrée choices and rotating each one week to week, and
 1509 adding a fresh fruit to the breakfast menu. With a wider selection of menu items added to

1510 breakfast, our goal at [NS] is to have more children coming to school to eat a nutritious
 1511 meal and be ready to learn.

1512
 1513 66. Our most prized healthy school programs at [NS] are our Heath and Wellness Events
 1514 which are a variety of activities offered at various times throughout the school year
 1515 during and outside the school day including: Family Fitness Nights (FFN), Fitness
 1516 Explorers (FE), Million Mile Walk (MMW), Student Ambassadors (SA), Brain Gym
 1517 (BG), Biggest Looser (BL), Cooking Teams (CT), Fishbowl Live (FL), and our [C]
 1518 Health Partnership ([C]HP). FFNs are offered to all 563 students and families and
 1519 incorporate activities including volleyball, swimming, and skating. Attendance ranges
 1520 from 30-200. FE is offered to all fourth and fifth grade students interested in physical
 1521 exercise before school on Friday mornings. Thirty five to forty students attend weekly.
 1522 For our district MMW FCPA has a goal to walk 60,000 miles. Participation is offered to
 1523 all school and community members. Classrooms record walking miles completed at
 1524 school. Families and community members have also made pledges to complete miles to
 1525 help us reach our goal. SA promote wellness in all classrooms with lessons, family
 1526 connects, and personal challenges. BG models exercises and stretches for all school
 1527 patrons to actively participate in every Thursday morning. BL is a group of ten staff
 1528 members committed to working out after school two times a week for 90 minutes and
 1529 monitoring weight loss weekly. CT make recipes that promote health and wellness,
 1530 integrate the application of grade level academic standards, and provide students a
 1531 nutritious snack. FL is our student created school news show that features weekly
 1532 Wednesday Wellness presentations focusing on nutrition, physical activities, and a
 1533 healthy lifestyle viewed by all school members. [C]HP offers the Smile Mobile teeth
 1534 cleaning to all students, Vision Screenings to students in first and third grades; 175
 1535 students, and Hearing Screenings to students in first and fourth grades; 175 students.
 1536 The cost for FFNs range from free to \$2.50. CT have the cost of grocery items. To assist
 1537 with the purchasing grocery items teachers may submit a request for a grocery gift card
 1538 provided by our Building Wellness Team. There are no other costs to the other activities.
 1539 The results are health, physical exercise, family time, establishing school-family
 1540 partnerships, learning more about living a healthy lifestyle, and fun!"

1541
 1542 67. At [NS], we are proud of the many things we do to provide and support children
 1543 and Wellness. This school year we have encouraged our staff, families, and students to
 1544 become heart strong by participating in the [C] District initiative of the Million Mile
 1545 Walk. This program was established by our Coordinated School Healthy Advisory
 1546 Council as a way to encourage our school communities and school members to exercise.
 1547 To help [C] reach their goal of walking one million miles, [NS]'s goal was to contribute
 1548 52,000 of those miles. To help encourage this walking initiative, St. Vincent's Peyton
 1549 Manning Hospital provided pedometers to each classroom. Students are able to calculate
 1550 how many steps they take and convert these to miles. The building wellness committee
 1551 displayed a large bulletin board with a large water bottle and drops designating classroom
 1552 totals. [NP] updates these totals once a week. As of March 1, 2011, [NS] has walked
 1553 62,000 miles, well past the goal set at the beginning of the year. Our biggest event of
 1554 the year is the Family Fun Walk which is held in May. The entire [NS] community
 1555 participates in walking or running the established course. The local fire department,

Marsh, YMCA, and the Peyton Manning Children's Hospital provide screenings, health and safety information, as well as healthy food items and prizes to our families. [NS] also hosted a jump rope demonstration by [NP] earlier this year. [NP] was an Olympic jump roping champion. [NP] demonstrated many different ways that students can jump rope and talked to the students about being healthy and making healthy choices. Each student received a jump rope to take home. [NP], our P.E. teacher, followed up the jump rope convocation by involving our students in Jump Rope for Hearts. Students raised money by jumping rope during P.E. Our students raised \$2700 for the American Heart Association. Whether it's going out for daily recess, going to physical education, or participating in the Family Fun Walk, [NS] enjoys moving. Following are the programs and activities [NS] offers to help keep their students physically educated and healthy: American Heart Association Jump Rope for Heart Run for the Arts Jogathon In-School Bowling Program In-School Skating Program Indianapolis Colts Big Blue Football In-School Program [C] Fitness Day Program (grade 5) Morning Workout Club (grades 3-5) District Million Mile Walk Program Love Your Liver In-School Program Ruth Lilly Nutrition In-School Curriculum Heart Obstacle Course Fitness Gram Fitness Testing Vision and Dental Screenings"

68. [NS] partnered with Indiana Fever superstar to conduct a fitness clinic for all students in the district. The program was successful, bringing in approximately 100 students, who completed many fitness stations. The event also brought in approximately 15 vendors who were extremely informative to our youth. The cost of the program was completely free to our youth and funded by the the Catch the Stars Foundation. Overall, the program was a great success.

69. [NS] is located on the northwest side of [C] in the [C]SD of [C]. There are 921 enrolled students and approximately 60 staff members. [NS] formed a committee during the 2007-2008 school year to help encourage healthy lifestyle choices by better educating staff and students about their overall health. The wellness committee chairman and contact person for the Healthy Hoosier School Award is Heather Henry. The [NS] Wellness Committee recognized the need to help students and staff be more aware of how to live healthier lifestyles. Our committee believes if we educate students about health and model how to maintain a healthy lifestyle our students will be more attentive and active learners throughout the day. Our integrated health and physical education courses provide opportunities for students to participate in a well rounded wellness program that allows for learning and practice of healthy living skills. We make sure we educate students about healthy eating and the importance of a balanced diet. The school cafeteria offers a variety of fruits and vegetables for the students during lunch and encourages students to eat breakfast daily. We also believe it is important to keep students active so we offer a variety of after school intramural programs that focus on physical activity. By keeping students active in physical activities and educating them on how to maintain a healthy lifestyle we hope to improve overall school attendance. We are committed to establishing a healthy environment through nutritional and physical education implementation. All students will be guided through their middle school years in an atmosphere that promotes students to make healthy choices today, to ensure a better future for tomorrow. Wellness Goals: increasing the number of students participating in

1602 intramurals by 10% every year increase the number of students eating school breakfast
 1603 increase overall student attendance decreasing clinic referrals each year by 5%"

1604

1605 70. Program: Fabulous [NS] 5K & Fitness Fun Fair We held this event for the first time
 1606 ever last May. The primary objectives of the event were to promote participation in
 1607 healthy physical activity for all members of the [NS] school community, and other,s and
 1608 to provide a venue for presenting a wide variety of health, physical fitness, and nutrition
 1609 information to these people. Staff members, parents, coaches, and several dozen students,
 1610 including [NS] High School athletes, volunteered and arose very early on a foggy
 1611 Saturday morning to make the event emerge as a very successful first-time effort. We had
 1612 over 150 participants in the 5K, 1-mile, and kiddie run events, drawing from the school
 1613 community and beyond. The kiddie runners were encouraged and watched by almost all
 1614 present, making these runs probably the most exciting and fun part of the whole morning.
 1615 Everyone also enjoyed obstacle courses, physical fitness challenges, and other fun
 1616 physical activities presented by our elementary school colleagues. We had over 30
 1617 vendors or organizations provide health, fitness, safety, and nutrition information and
 1618 screenings. We made good use of existing partnerships with organizations such as St.
 1619 Vincent Hospitals,the [C] YMCA,and the [C] Fire Dept., but we also established new
 1620 connections with many other community groups. Almost everything needed for the event,
 1621 including awards and food, was donated. Entry fees for the running events paid for event
 1622 t-shirts, and we actually made a profit of about \$800. These proceeds were put into a
 1623 wellness account and eventually used to purchase health and fitness materials and
 1624 equipment for our students. The biggest challenge for this type of event is getting enough
 1625 volunteers for pre-event and event-day tasks. Our [NS] people came through big time in
 1626 both areas."

1627

1628 71. I am [NS] and I am the Wellness Coordinator for [NS] in [C], IN. We are a very
 1629 diverse school of close to 3,000 students. Our campus consists of a high school/
 1630 freshman campus. We total 13 acres under roof. This creates roadblocks for coordinated
 1631 programming as the students in the Freshman Center are primarily their own staff and
 1632 student body. Additionally, the sheer size of our staff and student body create roadblocks
 1633 for large student assemblies and communication. Our wellness initiatives over the past
 1634 three years have focused on these areas: curriculum, nutrition, intramurals, athletics, staff
 1635 wellness and participation in district initiatives. It is our feeling that we have had success
 1636 in all areas. All these areas have been improved while working diligently as a school to
 1637 meet statewide measures for academic success. Our curriculum enhances wellness
 1638 throughout the academic offerings. We offer a range of classes in the Family and
 1639 Consumer Science areas, Physical Education/Health, and Sciences which promote a
 1640 strong body, healthy habits and a well rounded knowledge of the human body. All staff
 1641 are certified in their teaching areas and all state requirements are adequately met.
 1642 Chartwells is the guiding light in our nutritional efforts. Much action has been had to
 1643 enhance the student menus to make them healthier and more appealing. Ongoing efforts
 1644 are underway to continually educate students about healthy eating. Mention student
 1645 activities and the athletic programs and facilities at [NS] certainly stand above most. We
 1646 offer a wide variety of sports for both males and females. Our intramural offerings have
 1647 grown steadily over the past three years and more offerings are in the plans. Staff

wellness offerings have improved over the past two years. This year we offered 4 sessions of exercise classes throughout the year. We have indoor walking paths laid out for staff use. On the district level our pride and joy is the Million Mile Walk campaign. With all this in mind, it is easy to see why [NS] is truly a Healthy Hoosier School.

72. It is our goal at [NS] to provide fitness based programming and individualized instruction to meet the needs of all our employees, students, and student athletes. In order to disciple our students in stewardship of healthy bodies, it is our goal to mentor our students from the time they enter elementary school, until they graduate from high school. This year we launched a program that was instituted school-wide and provided a paradigm shift towards educating, executing and experiencing a lifestyle of health and wellness for every person in our school. This new aligned curriculum is designed to ensure a safe and success oriented environment for our students throughout their K-12 school experience. Our physical education and athletic departments have partnered with a local health and fitness company (Hoffacker Health & Fitness) that developed a comprehensive customized curriculum for all students K-12 (1377). A certified teacher and Hoffacker Conditioning Specialist oversee these physical education classes. Initial funding was a combination of a gift-in-kind from Hoffacker and shared salary expenses of one Conditioning Specialist from the school. Maintenance costs are minimal as it is only salary related. This is a shared expense between both the school and Hoffacker. This Conditioning Specialist is also a certified teacher and has been at the school for the past five years. Physical Education for Athletes (advanced class) is an option to further enhance strength and conditioning and extend into the after school hours with a Hoffacker Speed and Agility Coach. These coaches work together for greater performance with less injury by correlating a student-athletes school day and after school program. In these classes we do pre/post assessments. We test their strength with bench, squat, clean max exercises and assesses their agility with a T-run test. In addition, we test vertical jump, broad jump and a 40-yard dash. We are then better able to customize training for each student and measure their progress with follow-up assessments. In addition to their regular physical education/health and wellness classes, elementary through middle school students have access to after school camps/training to build a foundation towards healthy bodies, strength and conditioning techniques to start off right. This specialized training, ZONE Training, helps in increasing range of motion, improved balance and stability and injury prevention. All activities are designed to be fun and are appropriate for this age group. This training is also what all of our high school athletes use for team training but at a more advanced level. This is provided at no cost to the student. Our student athletes will experience a level of advanced sports specific training that will aid in preventing injury, while increasing the athlete's physical training that is an extension of their daily P.E. class. Challenges to the program are in the advanced classes with athlete involvement. For our first year we currently have 65-70% athlete participation in class. Goals for the second year would include increasing the number to 80-90%. Finally, Hoffacker Health & Fitness has provided professional development for our teachers with age appropriate strength and conditioning activities. Each year will build upon a foundation in the area of health, wellness, strength and conditioning appropriate for each grade level."

1693 73. [NS] is working toward completing the Project 18 Challenge for the second year in a
 1694 row while learning the importance of total well-being. The leader of this initiative is
 1695 [NP], the elementary PE Teacher. We were a Project 18 Challenge finalist during the
 1696 2009-2010 school year with over 250 participants. Our goal this year is to win! Students
 1697 in third and fourth grade are being taught the Project 18 curriculum which is comprised
 1698 of the following units; nutrition, physical activity, and holistic health. Pre- and post tests
 1699 are administered to measure knowledge gained over the areas of instruction. Because the
 1700 entire student body wanted to actively participate in the Project 18 Challenge, three
 1701 special projects were designed to include all students in Pre-K – 8th grade. This program
 1702 affects a total of 342 students. Students created a coloring book for the Holistic
 1703 Health special project which promotes a healthy lifestyle that will be delivered to Peyton
 1704 Manning Children's Hospital at St. Vincent and to the Holy Family Shelter in [C]. [NS]
 1705 students and staff wanted to do something special for the homeless children and the
 1706 children in the hospital. Students learned the value of helping others and giving back to
 1707 the community with this project! The focus of the Nutrition special project is Fruity
 1708 Friday's. Four Fruity Friday's are being held during the school year. Students were
 1709 challenged to explore the assortment of fruits available in the produce department at the
 1710 grocery store. The challenge also involved trying a variety of new fruits before the first
 1711 Fruity Friday. Many students brought in fruits that were new to their taste buds and
 1712 everyone enjoyed sharing information about the array of fruits available at the grocery
 1713 store and how they fuel our bodies. Walk Around the Clock with Rockin Robin was
 1714 created for the physical activity special project. Students are walking during school for 15
 1715 minutes. This is an extra physical activity time for students in addition to scheduled P.E.
 1716 class. Our goal as a school is to walk half way around the clock before the Project 18
 1717 challenge is over. (Each minute represents 100 miles.) Students learned how to set goals
 1718 and that walking is fun and helps us maintain a physically active lifestyle. We have seen
 1719 positive results for all aspects of this program."

1720
 1721 74. [NS], home of the Eagles, cares deeply for its students and their families. The faculty
 1722 and staff are dedicated to look for the best in everyone, to build on each of our strengths,
 1723 to provide many opportunities for fulfillment, and to make certain that all students
 1724 experience success in a variety of ways. In 2010-2011, [NP], [NS]'s social worker,
 1725 assembled a School Wellness Committee consisting of parents and staff to work towards
 1726 making [NS] a more healthy school. [NP] recognized the importance of healthy school
 1727 environments to help students soar to excellence. Through an evaluation led by the
 1728 corporation-wide wellness committee, [NS] was able to assess their current school health
 1729 and wellness strengths and weakness. These strengths include physical education
 1730 focusing on lifetime fitness, physical education that utilizes a running program with
 1731 incentives, no vending machines, a great counselor to student ratio, and routine
 1732 collaboration with local community agencies. One area that was identified as a weak
 1733 area was social and emotional climate of the school. In an effort to be more welcoming to
 1734 parents, in the spring of 2011, [NS] began a BoysTown parenting class for families with
 1735 children in Kindergarten and first grade. This class will teach basic parenting techniques
 1736 that can help children be more successful in school. In addition, while parents are
 1737 engaged in the class, children will participate in fun physical activity to encourage the
 1738 development of lifelong activity habits. One major challenge that was overcome was

1739 finding funding to purchase the BoysTown curriculum. Thanks to local support for
 1740 school wellness, [NS] was able to overcome this hurdle. Another challenge that was
 1741 presented was the parents would need to bring their children to the evening class. Again,
 1742 thanks to local support for school wellness, an AmeriCorps Improving Health
 1743 Throughout Indiana member volunteered to help coordinate and facilitate active
 1744 programming for the children during the class. [NS] is committed to making not only the
 1745 school environment but also the family environment one that is supportive, healthy and
 1746 engaging for children. This is why [NS] is a Healthy Hoosier school."

1747
 1748 75. [NS], home of the Jaguars, is one of three middle schools in [C] School Corporation
 1749 ([C]SC) in [C], Indiana. The mission of [NS] is to create and support an environment
 1750 conducive to achieving one's full potential. In 2010-2011, [NP], principal, assembled a
 1751 School Wellness Committee consisting of parents and staff to work towards making [NS]
 1752 a more healthy school. [NP] recognized the importance of healthy school environments to
 1753 help students dream, explore and learn. Through an elevation led by the corporation-
 1754 wide wellness committee, [NS] was able to assess their current school health and
 1755 wellness strengths and weakness. These strengths include routine collaboration with local
 1756 community agencies, availability of healthy food options, no vending machine access for
 1757 students, group exercises classes for staff, and an inviting overall school climate for
 1758 families and community members. One area that was identified as a weak area where
 1759 there was room for improvement was physical education. [NS] had a goal to develop a
 1760 wellness curriculum for students during the school day and adults for use before or after-
 1761 school to promote an overall culture and environment that supports physical activity and
 1762 wellness. In the spring of 2011, big progress was made towards improving physical
 1763 activity assets when [NS] was awarded a grant for \$5,000 to purchase new treadmills and
 1764 received a donation from a local business for stationary bikes and a treadmill. The
 1765 increased availability of exercise equipment will allow for a greater emphasis on lifetime
 1766 fitness education and activities for students and staff. One major challenge that was
 1767 overcome was finding funding to purchase new exercise equipment. Thanks to local
 1768 support for school wellness, [NS] was able to overcome this hurdle. The new challenge
 1769 will be training the students and staff to use the new equipment and incorporating time
 1770 into the school day for students to be involved in more individualized exercise
 1771 opportunities. Another challenge in the future will be identifying what new equipment is
 1772 needed and securing funding to continue expansion of the exercise assets."

1773
 1774 76. [NS] has developed into one of the most healthful high schools in the state of Indiana.
 1775 [NP], Principal of [NS] is a great advocate of Coordinated School Health. He serves on
 1776 our council and leads by example! [NP] helped implement the Hope Walk with his
 1777 students and staff this past Spring to raise money for our STUDENTS and FAMILIES in
 1778 need. They had over 400 students and staff members walk and/or run to raise money.
 1779 They bought t-shirts for walkers with monies raised from the PTO. There were
 1780 absolutely no obstacles of the program and the overall results were HUGE for the
 1781 families- Healthful SUPPORT- monetary, spiritually, and emotionally. Another annual
 1782 fund raising event that [NS] has successfully ran consecutively for three years is the
 1783 5KRun Dollars for Scholars to raise money for our Senior Scholarships. This annual
 1784 event profits nearly \$5,000 to give to our college-bound graduating seniors. [NS] is also

1785 “ahead of the game” offering healthier food items in the cafeteria as well as vending
 1786 machines. Our vending machines meet the 30-35-10 requirements and goes beyond
 1787 offering only baked chips, NO CANDY BARS, nutri-grain and granola bars, nuts, and
 1788 such. We also have a Dairy Vending machine in our school’s cafeteria which is available
 1789 to students and staff 24/7 providing lots of low-fat dairy items, our LOGO Bottled Water,
 1790 and some whole grain items as well. We are currently revising our food service menus to
 1791 be aligned with the U.S. Healthier School Challenge. We serve lots of Dark Green and
 1792 Orange Vegetables, many varieties of beans, and Fresh Fruit and Fresh Vegetables every
 1793 single day. We also provide Nutritional Facts including origin and tidbits on all “Exotic
 1794 Items” such as Jicama, Ugli Fruit, and Grapples. Nutritionally speaking- what is our
 1795 goal at [NS]? We do not want our students and staff to have to “think” about what is
 1796 healthy and what is not healthy when they enter our food service lines or when making a
 1797 choice at our vending machines. We want them to EXPECT Healthy!"

1798
 1799 77. The [NS] has so many prized healthy school programs/initiatives happening that it’s
 1800 difficult to narrow it down to one. [NP], Building Principal along with [NP], Food
 1801 Service/Healthy Schools Director, the CHAMPPS council and the [NS] staff have created
 1802 a great Coordinated School Health Program and atmosphere for both her students and
 1803 staff. We have recently been awarded the Mini Grant to apply for the U.S. Healthier
 1804 School Challenge. We are working hard together to create the best healthy school in the
 1805 state of Indiana! For example, we have an annual all school Health Fair where all 560
 1806 students learn about nutrition and physical activity. This health fair is tied into our End
 1807 of the Year Celebration Week including a Field Day. The Health Fair involves many
 1808 experts from the Community including Registered Dietitians from IU Health Hospital,
 1809 Health and Safety Educators from Monroe County Board of Health, Jazzercise, the
 1810 YMCA, District Manager and “the Milk Man” of Prairie Farms Dairy, Safe Routes to
 1811 School Representatives, Tobacco Cessation Experts, and our very own Junior High
 1812 students from the S.A.V.E. committee (Students Against Violence Everywhere). The
 1813 community experts donate their time at no cost to the school. We are planning to involve
 1814 [NS] 5th graders as booth helpers/educators for our Health Fair this year and would like
 1815 to have this evolve into a Student Ran Health Fair for School Year 2011-2012. It’s not
 1816 just the students that are making healthy lifestyle changes. Our on-site Staff Wellness is
 1817 just as important. We believe that we have to lead by example and our staff does just
 1818 that! ZUMBA classes are offered to all staff, family and friends. We also have a Weight
 1819 Watchers at Work Program. One of our EIS Teachers is our Weight Watchers Leader.
 1820 [NP] went through the program herself and decided to pursue a part-time position with
 1821 Weight Watchers as a leader. We also have massage therapists that visit our school
 1822 quarterly and set up in a private room for Staff Stress Relief. We have not
 1823 encountered any obstacles and challenges with any of these programs."

1824
 1825 78. [NS] “gets” that Health is Academic. For the last three years, our Physical Education
 1826 Teachers, [NP] and [NP], the Health Education Teacher, [NP] and the Food
 1827 Service/Healthy Schools Director, [NP] have collaborated to bring a 7th grade Health
 1828 Fair to the students and staff of [NS] reaching approximately 200 students. This year, our
 1829 Health Fair will be a 6th grade program with approximately 200 students as well. We
 1830 have recently completed a BMI screening with our 6th grade students. This was a great

1831 opportunity for us to collect some solid data on our students. We worked with our
 1832 partners at I.U. Health Bloomington Hospital. They provided everything from scales to
 1833 the health experts completing the screenings. The BMI screenings and the health fair are
 1834 at no expense with community based organizations donating their time and expertise to
 1835 educate our students. Our Food Service Department "gets" that Health is Academic
 1836 too. At [NS] our Food Service Department donated healthy snacks to all students for
 1837 ISTEP testing this year. Our Principal, [NP] and Assistant Principal, [NP] developed an
 1838 ISTEP practice that our students will participate in with all state testing from now on.
 1839 First, all students walked around the gymnasium perimeter for 5 minutes before ISTEP
 1840 testing began. Each grade level went in shifts to get the blood flowing to their brains for
 1841 optimal achievement on ISTEP tests! All students then received a healthy snack (granola
 1842 bar, cheese stick, apple slices) before picking up their pencils. We will repeat these
 1843 initiatives during the second round of testing, beginning April 25, 2011. All of our
 1844 Healthy School Programming at [NS] has become a collaborative practice throughout the
 1845 school. We are considering implementing breakfast in the classroom next year to make
 1846 the Health is Academic belief and vision into a daily practice and reality at [NS].

1847 79. Our PTO parents work with classroom teachers to organize this school-wide event
 1848 Program description and measurable goals: Our Fun Run promotes the value of
 1849 physical activity while showing students that they can contribute to their school's
 1850 welfare. The program provides a platform on which teachers can present the importance
 1851 of physical fitness and discuss the value of running in promoting a healthy lifestyle. It
 1852 sets aside a week that classroom teachers, special area teachers and staff members
 1853 intentionally promote healthy eating habits, nutritious foods, being physically active,
 1854 staying tobacco-free and maintaining a healthy blood pressure and weight. Running
 1855 is an excellent exercise for cardiovascular fitness, muscular endurance and coordination.
 1856 It also prepares the brain for optimal learning. Parents organize a day that allows
 1857 each class to spend 30 minutes on the running track at our neighboring school, [NS].
 1858 Students can choose to walk or run the track. Each time they complete a lap they are
 1859 given a band to put around their wrist. After running they are given a healthy snack and a
 1860 bottle of water. A Zumba instructor will also be waiting at the end of the run to share a
 1861 demonstration with the students. Total number of students affected: Our entire
 1862 student body participates in the Fun Run. Our student body enrollment is 574. Total cost
 1863 of program, if any: Cost of snacks and water. How the program was funded: Snacks are
 1864 provided by our Food Service Director and paid for by our PTO. Obstacles/Challenges
 1865 you encountered: None Overall results of the program: Students awareness of the
 1866 importance of physical activity is increased."

1867
 1868 80. [NS] continued a few initiatives that were incorporated in the past and implemented a
 1869 couple of new ones during the 2010-2011 school year. The entire student body,
 1870 consisting of approximately 225 students, participated in all of the programs listed.
 1871 There were no expenses to the school for any of the activities. The students
 1872 participated in the ""International Walk to School"" Day on Wednesday, October 6.
 1873 They were supervised as they walked to school from the local fire station. The efforts
 1874 brought attention to the Safe Routes to School Movement and our corporation wellness
 1875 policy. The corporation food service program provided the children with a bottle of
 1876 water. Fed Ex also gave the children a little ""gift"" bag. [NS] has continued to

1877 incorporate the Kid's Choice Program two days a month for fourth and fifth grade
 1878 students through AmeriCorps. The emphasis is on students making healthy decisions
 1879 about food and staying fit. On March 25th, nursing students from Ivy Tech
 1880 Community College provided instruction to our classes on some basic health-related
 1881 items. Depending on the grade level, information was presented about topics such as
 1882 hygiene, handwashing, nutrition, and fitness. During the last two weeks of March,
 1883 the students had the opportunity to engage in a new physical fitness education program
 1884 called C'Motion. The program was music driven and utilized a high-powered audio and
 1885 visual system that focused on fitness and movement. All classes had four, thirty-minute
 1886 sessions. The initiatives taken by [NS] promote a healthy school with healthy
 1887 students have been easy to implement and have been done without expenses to the
 1888 school. Hopefully, the increased emphasis on being and staying healthy, exercising, and
 1889 eating properly will prove beneficial to our students and will bring a continued awareness
 1890 of their importance.

1891 81. [NS] has received over the past 3 years the Healthy Hoosier School Award(1 Bronze
 1892 and 2 Silver Awards). We received the Game On grant for this year which totaled
 1893 \$6,075.00 for the Elementary school positively effecting 451 students. The Game On
 1894 grant is hosted by the Action for Healthy Kids, USDA, the Indiana Department of
 1895 Education, and the U.S. Department of Health and Human Services. The measurable
 1896 main goals of the grant were to increase physical activities in our students by ""Getting
 1897 Up and Moving More"" and to engage students in making better food choices and
 1898 increasing healthy eating habits that last a lifetime. The biggest obstacle that we have
 1899 encountered with the grant was during the winter school days were cancelled due to bad
 1900 weather. We had Game On challenges events planned during and after school and we had
 1901 to reschedule twice. Another obstacle was getting enough volunteers and outside
 1902 agencies to help with the planned Game On events. We are a very small rural town and
 1903 lack resources for outside agencies to help with funding and volunteers. Overall, the
 1904 Game On grant has been very positive for our students to be involved in. We have had so
 1905 far Wellness Challenges which included Taste Testing events and various Physical
 1906 Activity Challenges before, during, and after school. The education part of the Game On
 1907 grant has given our students a better understanding of what are the various food groups
 1908 and why it is important to eat healthy foods. The students learned how much time you
 1909 should exercise each day, ways to make exercising fun which included examples of
 1910 physical activity challenges. The Game On grant:The Ultimate Wellness Challenge has
 1911 introduced to our students at [NS] the importance of eating healthy foods and why it is so
 1912 important to be physically active at a young age and later in life."

1913
 1914 82. [NS] consists of 126 students in grades 7 thru 8. This would be the first time the Jr.
 1915 High school has ever applied for the Healthy Hoosier School Award. The reason the
 1916 Healthy Hoosier School Award needs to be awarded to the Jr. High is that we all have
 1917 started to look at ways to eat healthy, choose healthy foods from all of the food groups
 1918 and combine that with being physically active each day for 60 minutes. The grant Game
 1919 On: The Ultimate Wellness Challenge is the first grant that the Jr. High has ever applied
 1920 for and received (2010-2011). The grant has encouraged and challenged the Jr.High
 1921 school in the Ultimate Wellness Challenge by:(1) Offering healthy taste testing events
 1922 during the school day which included events before, during and after school (2) Health

1923 education was introduced through the Rox Talks (student school media announcements)
 1924 why it is important to eat healthy and examples of recipes (3) Educational nutritional
 1925 events were held in health classes by Purdue extension agency demonstrating nutritional
 1926 recipes which included teaching healthy nutrition. (4) Physical activity challenges were
 1927 held during activity periods on Thursday and Friday the entire month of November.
 1928 Physical activity energizers were also introduced to all classrooms as a way to get students
 1929 UP and Moving More in school. The [NS] monthly newsletter included pictures of the
 1930 events including parent information about the Game On grant. The cost of the Game On
 1931 grant was zero for the school corporation, funding was awarded to our school for
 1932 approximately \$6,000.00. The only obstacle with the Game On grant was getting times
 1933 available that we could implement the Wellness Challenges during the school day. The
 1934 biggest success of the grant was establishing our first time ever (8) Student Wellness
 1935 Ambassadors. The Student Wellness Ambassadors brought leadership including taking
 1936 ownership and responsibility which created the Game On grant to be a huge success in the
 1937 Jr. High school. The administration in the Jr. High was very receptive and extremely
 1938 helpful in implementing the Game On grant."

1939
 1940 83. Our most prized healthy school program is the [NS] Coordinated School Health
 1941 Program, which we call the "Wellness Program." This program is led by [NP] and
 1942 governed by the Coordinated School Health Council. The goals of the program are the
 1943 following: To build a healthier school community through before and after-school
 1944 fitness activities, using SPARK curriculum during physical education classes, walkers'
 1945 club during recess and after school hours, after school runners' club, and a fitness
 1946 component added to the existing after school program; To improve staff health and
 1947 wellness through staff wellness initiatives which include a weight loss club and
 1948 incentives for weekly exercise; To improve school nutrition by removing fryers and
 1949 offering a variety of healthy food choices daily; To impact the larger school community
 1950 through their participation in an open weight room, hikers' club, and use of the all
 1951 weather track and school halls for walking. The wellness program is improving physical
 1952 education classes, providing training for teachers on incorporating fitness into their
 1953 classrooms, providing quality fitness activities both before and after school, and targeting
 1954 parent, staff and community wellness through a variety of outreach efforts. This program
 1955 affects all 627 elementary students, 35 staff members, and many community members.
 1956 Funded by the Welborn Baptist Foundation, the program's cost for the 2011-2012 school
 1957 year was approximately \$40,000. We are in the third year of implementation of this
 1958 grant. We have encountered a few obstacles over the course of our work, including the
 1959 logistics of providing things like salad and sub bars daily in the cafeteria. Our cafeteria
 1960 serves 1200 students daily, and scheduling and space are constant issues; however, we
 1961 have worked through those challenges and now provide salad bar, sub sandwiches, soup,
 1962 and other healthy choices on a daily basis. The overall results of our program are very
 1963 positive. Some indicators of this success include increases in academic achievement as
 1964 measured by ISTEP+, improved attendance rates, increased number of minutes in active
 1965 exercise during physical education, healthy food choices available daily for breakfast and
 1966 lunch, and positive student and parent survey results."

1967

1968 84. [NS] has long recognized, valued, and supported programs and initiatives which
 1969 promote healthy lifestyles and a healthy environment for students. We also understand
 1970 the vital role that addressing the mental health needs of our students plays in their total
 1971 health. This year a great success has been the mental health services we have been able
 1972 to provide to all students in grades 7-12 via our Safe Schools/Healthy Students federal
 1973 grant. This grant funds multiple initiatives across both our district and [C] Schools, and
 1974 the annual budget is over \$700,000. Project Director [NP] has assisted us in our
 1975 implementation of multiple programs, including Olweus Bullying Prevention, Project
 1976 [NS], and Class Action. These programs have been key components in allowing us to
 1977 work toward our primary goals of increasing the number of students who receive mental
 1978 health services at school and increasing the number of referrals to outside mental health
 1979 agencies that result in mental health services. The grant has also allowed for the hiring of
 1980 social workers who are available to assist students with their mental health needs. The
 1981 primary challenge has been time. We have refused to allow this obstacle to become
 1982 overwhelming by being creative in providing staff development and training to assist
 1983 faculty members in recognizing signs of students in need. Teachers have worked closely
 1984 with social workers to ensure individual student needs are met, while at the same time
 1985 educating all students to the importance of quality mental health and appropriate social
 1986 interactions. The results have been exceptional. We have been able to provide
 1987 assistance to students in need. The programs have also raised a social awareness among
 1988 our students and in the community in the area of mental health. The overall impact has
 1989 been a positive move in providing necessary services to our students and promoting a
 1990 healthy environment for all students."

1991
 1992 85. [NS] recognizes that developing good nutrition habits for our students is vital. Our
 1993 Café Manager conducts unique nutrition activities with various grade levels to teach
 1994 about healthy/nutritious foods, their nutritional value, and to model healthy behavior by
 1995 having those choices available. For example, along with their required daily components,
 1996 she set up a potato bar to try different fat free/low-fat dips, sour creams, sauces, smart
 1997 balance replacing butter, broccoli or asparagus. Kindergarten students made a healthy
 1998 snack: dried cranberries/blueberries/craisins, Quacker oat squares, whole grain crackers,
 1999 pumpkin/sunflower seeds, & baked pretzels. Third Graders participated in a "Go Green"
 2000 taste testing activity with pictures and names of the vegetables tested: cucumbers, celery,
 2001 green peppers/beans/peas, etc. from which the teachers created a graph of their likes and
 2002 dislikes. With 52% free/reduced, families can't afford nutritious foods regularly so these
 2003 activities are a big hit with the kids!! The challenge was making enough for 350+
 2004 students to enjoy. The cost - \$217.06 - was paid from our "GAME ON" Grant. Our
 2005 "International Walk to School in the USA Day" has become a community event.
 2006 Students, teachers, administrators, parents, the Mayor and community members meet at
 2007 the Library, walk up the street to the school with students leading the way carrying the
 2008 IWALK banner. The Police Department helped supervise the route; our local newspaper
 2009 took pictures; the Mayor addressed approximately 275-300 participants (our biggest
 2010 group yet!) about the importance of good nutrition and staying physically active.
 2011 Participants were served 100% juice and awarded ribbons. The only challenge is the
 2012 weather so we have a rain plan. The cost for ribbons and juice was \$298.32 paid by
 2013 "GAME ON" grant. Our Safe Routes to School Project will be completed this summer

2014 with a sidewalk from the Library to [NS] through a grant from the state and \$45,000 in
 2015 local funds from [C] Greenway Committee to match a grant from the Welborn Baptist
 2016 Foundation. The biggest challenge was receiving the funding but the work has started.
 2017 This will be such a positive asset for the entire community!

2018 86. [NS] is a school of 189 students in rural [C], Indiana. Three years ago we were
 2019 awarded a grant of almost \$120,000 from the Welborn Baptist Foundation. The grant's
 2020 purpose is to help us fund different wellness programs that will improve the health and
 2021 well-being of our students, faculty and community members. Some of the programs we
 2022 have been able to implement with this grant include CPR training for staff, parish
 2023 members, and 8th grade students, regular height, weight, and blood pressure checks of
 2024 our students, the formation of a "respect" committee to teach and enforce social skills to
 2025 our students, a recycling program, a daily morning walking club for students and staff
 2026 members, implementation of the S.P.A.R.K. physical education program, rock climbing
 2027 field trip for our 7th grade, Tae Kwon Do introduced to all students through gym class, a
 2028 wellness fair in which 300 community members attended, the hiring of a social worker to
 2029 be in our building two days a week and formation of a fall cross country team for
 2030 students in grades 5-8. Along with the above-mentioned items, we have also been able to
 2031 incorporate some activities that are farther reaching. Our biggest wellness project this
 2032 year was the implementation of a new weight room for students and faculty members.
 2033 We purchased two ellipticals, two treadmills, one stationary bike and a four piece weight
 2034 station that offers over 25 different lifting techniques. The weight room is located within
 2035 the gym which allows some students to work out while others are out in the gym during
 2036 physical education class in grades 5-8. EKHO heart rate monitors are also used during
 2037 gym class for students to monitor whether or not they are in their target heart rate zone
 2038 during physical activity. The faculty is also currently using the weight room as a part of
 2039 our Lenten challenge after school. Each faculty member has to work out at least eight
 2040 times during Lent to qualify for the \$50 gift card of their choice.

2041 87. As chairman of the [C] School Corporations CSH council, I feel that we are creating
 2042 and implementing programs that benefit all 8 components of a comprehensive school
 2043 health program. Two of our most prized programs at [NS] include using exercise balls as
 2044 classroom chairs and a free family swim night at our school pool. [NP] our PE teacher
 2045 wrote grants to secure funds for a pilot program to replace classroom chairs with exercise
 2046 balls in two of our elementary classrooms. We have a fourth grade and first grade
 2047 classroom implementing the WittFitt program which cost approx \$1,300 and includes
 2048 approximately 45 students. Our goals for the program include increasing academic
 2049 success. By continually keeping the brain stimulated by sitting and balancing on the
 2050 balls, we hope see improved academics. Our teachers use several academic monitoring
 2051 tests and out Title I staff monitors reading progress that we hope to see increases. Our
 2052 second program which is new for us this year is run by our pool director [NP] with
 2053 assistance from our CSH council. Trying to utilize and promote our pool a free monthly
 2054 family swim night was created. Each month the event has a theme to attract families to
 2055 the school including Noodles of Fun and Rocking Relays Other activities include canoe
 2056 and kayak races, water dance and water polo. The average attendance for these events is
 2057 between 60 to 80 students and family. The event provides a great opportunity to
 2058 showcase our schools resources and for families to spend some fun time together getting
 2059 physical activity. These two programs are just a couple of the ways we are trying to

2060 promote healthy educational experiences here at [NS]. These programs are just gaining
 2061 momentum in our school and the only results we have at this point are students having
 2062 fun during their time at school and enjoying all of their educational experiences.

2063 88. As Food Service Director at [C] School Corporation I began a Food Tasting group.
 2064 The members were selected by staff and some have volunteered to be in the group. At
 2065 the second meeting they voted on a name and they are called the Trojan Tasters. I had
 2066 money from a grant that is used to purchase a few of the supplies. We meet once a month
 2067 to sample different foods and fill out an evaluation. The foods are then added to the
 2068 breakfast or lunch menu with our recommendation. The students also share information
 2069 that they hear about the breakfast and lunch at our school and the cafeteria then tries to
 2070 adjust to do things better. The ""best"" item we have added to the menu is a sandwich
 2071 bar. The students get to load up their sandwiches just like they want using fresh
 2072 vegetables. We have also selected an alternative to the Gatorade that used to be sold at
 2073 lunch. We now sell only juice that contains 51% or higher real juice. The program is a
 2074 success and we look forward to the next meeting every month.

2075 89. As the Food Service Director for [C] School Corporation I started a ""club"" for the
 2076 purpose of making the foods at our school what the students are going to eat. I have
 2077 money from a grant that I use to buy samples that we do not receive from distributors at
 2078 no cost. We do get several items as samples and no money out of pocket. At the second
 2079 meeting the students voted on the name ""Trojan Tasters"" and we meet on a monthly
 2080 basis. There are 25 students in the program at the high school level. The students were
 2081 selected with staff recommendation and ones that have volunteered. The successful items
 2082 that have come from this group that the whole student body enjoys are the fresh
 2083 vegetable bars, sandwich bars, and the variety of healthier for you snacks. The program
 2084 is a huge success and the only negative thing is not having all the students at the meetings
 2085 due to conflicts.

2086 90. We offer a fantastic after school activity that starts in August which provides the
 2087 fundamental learning of soccer. Our fall soccer program's sponsored by [NP], our
 2088 elementary Physical Education Teacher. Free of charge provides and runs this program.
 2089 There is a fee of \$20.00 per. participant in order to join. This minimal cost provides: shirt,
 2090 soccer ball, and rewards. The program offers: soccer fundamentals, learning skills,
 2091 physical strength activities, positive mental reinforcement's skills, and good
 2092 sportsmanship skills. Once the children learn the basics of the sport they then are allowed
 2093 to begin team on team challenge. These games take place on Saturday at the east field of
 2094 the elementary school. This program is offered to all elementary students no matter their
 2095 limits or abilities. The most challenging obstacle as with any after school or weekend
 2096 sport is volunteers. This was a challenge at first until the sport caught on and the more
 2097 interested the kids became, the greater number of volunteers seems to appear. We now
 2098 have an overwhelming participation rate with our sports players and our volunteers.
 2099 The overall results with this sport or any other is the great benefits the children receive in
 2100 playing and learning a sport that is so fun. In return, they get to learn great fundamentals,
 2101 and physical strengths that will make them into stronger and healthy young adults. In
 2102 order to secure our youth into the next generation of healthy and active adults this and
 2103 any sport should be encouraged."

2104

2105 91. We have a program here at the school called Intramurals. It's a program our High
 2106 School P.E. teacher, [NP] holds during lunch time. The students eat their lunch in a
 2107 timely manner and then are released to go to the High School gym where they have the
 2108 opportunity to participate in the Intramural program. In order to participate, there is a
 2109 sign- up sheet that the students must sign. This allows the teacher to know the count of
 2110 participants in what ever activity that is being offered. Some of the activities that are
 2111 offered: three on three basketball, corn hole, table tennis, soccer, and baseball. Activities
 2112 vary on weather and interest in the activity. This is a free program and all the tools
 2113 needed to too participate are either the schools property or the student's. The
 2114 program was designed to get the kids to have a healthy and fun activity to do during their
 2115 down time at lunch. We have had a great turn out of students who want to participate in
 2116 this program from boys and girls. The competition is great, as they have a good time
 2117 trying to out do one another while getting in some great exercise with out really knowing
 2118 it and having lots fun. All students are encouraged to participate no matter their limits or
 2119 abilities. Some of the obstacles that were encountered include the planning of how each
 2120 program would be set up and played in efficient timely manner.

2121 The results of this program have been amazing as the students are more that willing
 2122 to participate and do their part to keeps this program going. This program gives the
 2123 students something to do in their spare time other than finding trouble to get into. This
 2124 has also opened up the opportunity to get to know someone that they may have never had
 2125 a chance to get to know.

2126 We are the only school in our district who offers this program but, many schools are
 2127 taking heave to our program and plan on implementing it in their school next year."
 2128

2129 92. [NS] has made many changes again this year to ensure that both students and staff
 2130 strive to be a more healthy school. The largest change incorporated this year comes
 2131 within the physical education curriculum. Our physical education class for all freshmen
 2132 has now become a yearlong course. With certified instructors, we are incorporating more
 2133 weight training and cardiovascular fitness for a more balanced curriculum. In the past,
 2134 this course was more about team sports whereas now it is more individual physical
 2135 fitness. We have incorporated a lifting program, the use of resistance bands, stability ball
 2136 activities, jump ropes, and medicine balls. We have approximately 200 students that are
 2137 now taking physical education for the full year. [NS] has also changed the Health II
 2138 curriculum, which is a class that the state does not require, however [NS] does. It used to
 2139 be geared towards advanced disease, which is a carry over from the state requirement of
 2140 Health I. We now required all students to take Elective PE/Health/Advanced Physical
 2141 Conditioning. All sophomores must take this class and because it is also listed as an
 2142 elective course, any student can continue taking it throughout their high school career.
 2143 This class is based solely on individual fitness and nutrition. This course takes a more in-
 2144 depth look at the five components of physical fitness, which includes muscular strength,
 2145 endurance, cardiovascular health, flexibility, and body composition. This course allows
 2146 students to discover new interests as they experiment with a variety of exercises in a non-
 2147 competitive atmosphere. By targeting different areas of fitness, students increase their
 2148 understanding of health habits and practices and improve their overall fitness level.
 2149 Students track their fitness levels throughout the entire course with a requirement of pre
 2150 and post testing. One other program worthy of mentioning is the [C] Mini Marathon.

2151 Our School Corporation and community have come together to participate in this event in
 2152 order to promote lifetime fitness. Currently, there are approximately 165 students,
 2153 teachers, and community members that have signed up at a cost of sixty-two dollars. We
 2154 have partnered with our local hospital and YMCA to promote the marathon. Through our
 2155 high school, we have held community meetings to help with safety and training tips along
 2156 with sending out monthly training newsletters. We continue to have a strong student
 2157 programs such as our CHOICES and SADD programs which discourage our students
 2158 from making unhealthy choices as it relates to their overall health. Our school also
 2159 continues to partner with the American Cancer Society for "Active for Life" in which
 2160 teachers count exercise minutes for a ten-week period to stress the correlation between
 2161 disease and exercise. As you can see, [NS] is a healthy school and continues to
 2162 implement best practices for our students and staffs overall health."

2163
 2164 93. Our school's most prized program is our involvement in the national CATCH
 2165 (Coordinated Approach To Child Health) program. This coordinated effort through our
 2166 local hospital (Margaret Mary Community Hospital) has enabled us to improve healthy
 2167 nutritional choices, physical health, and positive life choices. Through CATCH, we
 2168 developed a three-year plan in which our goal was to teach nutrition and increase
 2169 nutritious offerings for lunch, to increase opportunities for physical activities beyond
 2170 regular PE classes, and to educate students on making healthier life choices. Specifically
 2171 our three-year plan has been to offer healthier lunch choices (fresh fruit and vegetables
 2172 several times per week, an appealing salad bar, tasty trial offers, etc.). It was a bit of a
 2173 challenge to change the mindset of our cafeteria manager, and creatively come up with
 2174 ways to finance fresher foods. Through a cafeteria survey, and much collaboration, we
 2175 were slowly able to make nutritious changes. The plan also includes opportunities for
 2176 physical activities such as an annual back to school pool party, walking the ¼ mile track
 2177 before each recess, school-wide kickball tournament (coordinated with Red Ribbon
 2178 Week), and a morning stretch routine prior to starting classes. Coordinating the kickball
 2179 tournament was challenging while working out scheduling issues, but our flexible staff
 2180 was very patient. Through annual CATCH grants, we have been able to purchase a Wii
 2181 for more physical opportunities indoors, and three tetherball sets for recess activities,
 2182 especially when the playground is not available to us. The overall results have been
 2183 stunning. The number of students now passing the Presidential Physical Fitness Tests is
 2184 improving because of the ¼ run before recess each day. Often, over 100 students opt for
 2185 our delicious salad bar each day, and our new cafeteria manager is constantly searching
 2186 for whole-wheat options, fresh fruit and balanced offerings. Our next challenge will be to
 2187 develop a new three-year plan, so that we may continue to improve our school culture
 2188 regarding healthy choices. We also partner with our local YMCA for such
 2189 programs as "Choices" which is a program to keep students active and safe on the
 2190 weekends and Afternoons R.O.C.K., which meets 3 days a week to provide alcohol,
 2191 tobacco and other drug prevention activities in a safe, supervised environment in the after
 2192 school hours. Our Physical Education curriculum is able to offer swimming safety
 2193 through our local YMCA. All students' height, weight, blood pressure, BMI, scoliosis,
 2194 vision, and hearing are checked yearly and monitored."

2195

- 2196 94. Program description/goals: A variety of health/wellness presenters in areas including
 2197 drug and disease prevention, nutrition, bike safety, chiropractic care, and emergency
 2198 medical services provided free materials and information to students. Students affected:
 2199 All students Program funding: All presenters donated time and materials free of charge.
 2200 Obstacles/challenges: Scheduling conflicts, time constraints Program results: Students
 2201 received quality information from professionals in the health field and had the
 2202 opportunity to participate in several interactive booths and stations. Name/contact
 2203 information: Skatetime Program description/goals: The goal of the program is to
 2204 expose students to roller-skating as a lifetime activity promoting wellness. Students are
 2205 taught how to skate and stop properly by trained personnel. Each student wears wrist
 2206 guards for safety. Students maximize activity time skating approximately 40 minutes
 2207 each session. Students affected: 233 or 75% of the 7th and 8th grade students
 2208 participated in skating unit. Non-participating students rode air dynes, lifted weights,
 2209 walked, and jumped rope. Cost: \$7 per student Obstacles/challenges: Scheduling
 2210 Program results: Students participated in a variety of skating games, relays, and dances
 2211 to vary their experience each day. The students enjoyed skating and their skills improved
 2212 significantly during the one-week unit. The students noted positive gains in balance,
 2213 coordination, and fitness. Name/contact information: CHOICES, Program
 2214 description/goals: CHOICES is a program geared toward teenagers providing healthy,
 2215 safe alternatives to getting involved with risky behaviors like drinking and drugs. It has a
 2216 community approach as it encourages parents to sign a pledge to have a drug-free
 2217 atmosphere in their home. [NS] students may participate in activities supervised by
 2218 adults including movies, seminars, and dances. Relevant guest speakers emphasize the
 2219 dangers of tobacco, inhalants, and alcohol. Students affected: All [NS] students can
 2220 participate in events. Everyone is present for convocations. Program funding:
 2221 CHOICES is funded by grants obtained by our corporation and its current director.
 2222 Obstacles/challenges: Scheduling, funding Program results: The poignant guest speakers
 2223 and interactive booths make a lasting impression on the students. Each year there is a
 2224 higher participation of students and parents signing the drug-free pledge."
 2225
- 2226 95. [NS], Southeastern Indiana YMCA, and Margaret Mary Community Hospital join
 2227 together to help promote physical activity and nutrition for our students and families with
 2228 a program called Family Fitness Nights. The YMCA and [NS] provide a family friendly
 2229 workout once a week on Thursday nights for six weeks beginning in January. Activities
 2230 include Family Yoga, Tae Kwon Do, exercise stations, Zumba, a Heart maze obstacle
 2231 course and more. (The Heart maze is an exercise course that simulates the body systems.
 2232 The children are the red blood cell. They learn the function of the heart, lungs and cells
 2233 as they use different equipment navigating through the simulation.) A dietary
 2234 learning component is also included in the Family Fitness Nights. After a good workout,
 2235 a dietician from Margaret Mary Community Hospital shows families how to prepare a
 2236 healthy snack. (Of course, the best part is eating it!) Over 100 students and their
 2237 family members attend each week. All 626 students participate in similar activities
 2238 throughout the day. For example, a Zumba instructor worked with the kids during
 2239 physical education classes. All students participate in the heart maze during school
 2240 hours. The cost of the program is approximately \$500 dollars to purchase the food
 2241 for the healthy snacks. The money is donated by Margaret Mary Community Hospital.

2242 The [NS] PTO purchased the Heart Maze materials, which is used annually in physical
 2243 education classes. The dietician from Margaret Mary Community Hospital donates her
 2244 time to help. Workouts are lead by Southeastern Indiana YMCA instructors and [NP],
 2245 [NS] Physical Education teacher. All the instructors are volunteers. Students from [NS]
 2246 High School and teachers from [NS] also assist during these six weeks. [NS] Family
 2247 Fitness Nights not only provides great family bonding, the program helps develop life
 2248 styles in children that prevent obesity and sedentary related conditions in their futures.
 2249 The Family Fitness nights build great relationships between [NS], the community, and
 2250 our families and students. Most importantly, everyone has a great time."

2251
 2252 96. We are very proud of our CATCH PE program that we have implemented. We start
 2253 the year by putting the students through a series of physical fitness tests such as running,
 2254 push-ups, sit-ups, and flexibility. We end the year performing the exact same tests
 2255 allowing us to measure progress from the beginning of the year as well as the year before.
 2256 Throughout the year we use a variety of activities and games to help improve student
 2257 health. Students are taught sports such as volleyball, basketball, baseball, soccer, and
 2258 badminton just to name a few. Beyond sports, students are put through strength and
 2259 flexibility training, running exercises, and other fitness activities. What is unique is that
 2260 the PE teacher makes adjustments to the games that have all students in motion as much
 2261 as possible. Yearly we have independent evaluators from our local hospital come in to
 2262 measure and compute student movement. Our goals are to have students walking or very
 2263 active at least 50 percent of total class time and have the students participating in fitness,
 2264 game play, or skill practice at least 80 percent of the time. We have always met or
 2265 exceeded our goals. Our goal for each student is to improve on his or her personal
 2266 best fitness score by 15-20% on every test. Last year 24% of the students reached this
 2267 goal. The other seventy-six percent improved by 15-20% in at least one area. We did find
 2268 one challenge: getting all students to perform the tests the same way each time. This was
 2269 something we wanted to do to ensure that our results were as accurate as possible. To
 2270 take care of this issue there was some training required prior to each of the tests.
 2271 [NS] has 426 students in grades K-8 for whom this program positively affects. Our local
 2272 hospital paid for CATCH training and materials for any local school interested in
 2273 participating.

2274
 2275 97. [NS] strives for numerous health related initiatives for students such as Jump for
 2276 Heart, Pres. Fitness Testing, heart course, fire obstacle course, Health Fair, Fun Runs,
 2277 sports clubs and our jump team that performs for other local schools to promote fitness
 2278 and learning, Fun in the Sun (fitness day), ACES, Project 18, monthly fitness news,
 2279 PACER testing, and Be Active Kids (integrating science and fitness). One of our greatest
 2280 accomplishments is our newly created recess running incentive called "Energetic Eagles".
 2281 This program is a running/walking club on Tues. and Thurs. for fourth and fifth grade
 2282 students. The students run/walk as many miles as they can during recess. We utilize our
 2283 community fo parents as volunteers to keep track as the studens run/walk. As the
 2284 students, parents or teachers meet a predetermined number of miles, they earn charms
 2285 and move di-cut of a running shoe on a bulletin bard to each mileage mark. The top
 2286 twenty students at the end fo the school year will be able to attend a field trip to Breman
 2287 Bounce as a reward. Extra miles may be added by attending the Health Fair and bringing

2288 parents/sibling to run with them. This projects promotes academic excellence by
 2289 enabling students an incentive to set goals and to utilize recess as a time to increase
 2290 cardiovascular endurance to enhance learning and overall health. This program has been
 2291 partially funded by our P-H-M Educational Foundation. Our total cost is \$1,000 and they
 2292 were able to help with half of the total cost. We would like to be able to offer t-shirts after
 2293 the parent, teacher or student reaches 100 miles. We also would like to have more of a
 2294 budget for our Health Fair for healthy food demonstrations. This program will hopefully
 2295 demonstrate an increased awareness of the effects of exercise on focus and learning. Our
 2296 evaluation of this program will be this spring when we see the total number of
 2297 participation and the levels of progress. A survey of participation of all members will be
 2298 taken to determine program effectiveness. NWEA scores of participants versus non-
 2299 participants will be evaluated.

2300

2301 98. As the Physical Educator and contact person for [NS], I am privileged to work with a
 2302 school that embraces the important role physical activity and nutrition play in all of our
 2303 lives! I have served on our Wellness Committee to aid in the journey towards better
 2304 health since 2005. Through our newsletters and new website, [NS] families have access
 2305 to a wealth of information and resources including advice from a family doctor,
 2306 information about our Minds-in-Motion program, and valuable links like
 2307 Mypyramid.gov. Our [NS] staff benefited from the "Healthy Start Kick-Off"
 2308 initiative, available to all staff. Vendors included American Dairy Council, a Hospital,
 2309 American Cancer Society, Weight Watchers, fitness trainers, and body fat analysis blood
 2310 among others. It was so well received with over 400 staff members that our committee is
 2311 already planning next year's event! This is our third annual "Running is Elementary!",
 2312 a month long running club and final meet for 4th and 5th grade students from our 11
 2313 elementary schools. We were thrilled last year when almost half the eligible [NS]
 2314 students participated in this after-school program. We anticipate even more this year!
 2315 With presentations like a free "Running Education Night," our entire community benefits
 2316 while learning about injury prevention, footwear, and nutritional needs. [NS]
 2317 encourages students and adults to take part in the annual P-H-M Silver Mile Health &
 2318 Fitness Fair and Run for Education. Our school's participation for this event continues to
 2319 grow including staff participation in "Work-Out Wednesday." Your grant would
 2320 allow all 557 students to participate in the HealthWorks! Kids' Museum's, "Carnival of
 2321 Health and Fitness," which costs \$500.00. It includes an interactive all-school assembly
 2322 for health education and 8 fun carnival games designed to teach kids about nutrition,
 2323 exercise, and healthy habits. This is a unique program that would reinforce our message
 2324 in a lively, kid-oriented way! We look forward to your support as we continue to
 2325 emphasize to our school family the importance of healthy habits."

2326

2327 99. Our most prized healthy program is the K-5 Nutrition Unit I teach at the beginning
 2328 of the school year (this involves all 140 students). The overall goal is to bring nutrition
 2329 awareness to students and their families and to give students the opportunity to
 2330 understand the impact of healthy versus unhealthy eating and lifestyles in their daily
 2331 lives. This is a two week unit. We start each class period with introductory activities that
 2332 include games and activities that use food (plastic). For example, the primary grades, we
 2333 do a game called Fat Attack and students need to collect only the healthy food

2334 (fruits/vegetables) and not the fatty food. The older students, we play a game called
 2335 Healthy Snack Tag (running, dodging, fleeing) and we discuss what we need to be able to
 2336 run and move (healthy food to give us energy). All grades are given labels and are taught
 2337 how to read them and what to look for on the labels. This always develops great
 2338 discussions about fresh versus frozen and/or canned food, pre-packaged foods, candy,
 2339 soda, etc. They are always surprised at how much sugar and calories are in a can of
 2340 regular soda. There is no cost to our school for this unit. We have local farmers that
 2341 have donated food, dentists who have donated tooth brushes, tooth paste, etc. Any
 2342 equipment needed, I already have in my equipment room. The measurable goals are
 2343 worksheets that I have students do when they are reading labels, listing what are and are
 2344 not healthy foods to eat, and what kinds of exercises are good for us. We did not have any
 2345 obstacles that interfered with our Nutrition Unit this year! Our overall results of
 2346 the program were great! Students still come in to me and share what they had for
 2347 breakfast, what they did last night after school, what they brought for a healthy snack and
 2348 healthy lunch."

2349
 2350 100. [NS] deserves to be awarded the Healthy Hoosier School Award because of its
 2351 efforts to promote wellness in both the faculty and students. As a member of the Wellness
 2352 Committee, I have been involved in several of the initiatives to incorporate health and
 2353 wellness into our school. Our Wellness Committee consistently sends home articles
 2354 and brochures with the students promoting healthy eating and maintaining activity. At the
 2355 beginning of each year, we have a healthy lifestyle booth that offers tips on how to
 2356 improve on each person's overall health. We also have a Biggest Loser contest to
 2357 encourage the combination of good nutrition with physical activity. Our district
 2358 cooperates to offer classes to the teachers and public on fitness, such as Zumba or
 2359 Spinning. Furthermore, we publish a newsletter and offer a website that contains more
 2360 tips and links to encourage a healthy lifestyle. There are lots of opportunities at
 2361 [NS] to incorporate healthy living. Our school participates in a 5K race each year to
 2362 promote physical activity in both staff and students, as well as the community. The PE
 2363 program spends six weeks training for this race and encouraging participation by offering
 2364 extra credit as an incentive to those students who run in the race. We train using an
 2365 increment program of walking and jogging as well as using high activity games to
 2366 increase fitness. This program is for the entire community, and each participant pays a fee
 2367 to run and receives a water bottle and t-shirt after the race. The Physical Education
 2368 teachers promote healthy living by spending much time on developing fitness in the
 2369 classes, including a mandatory five minute jog each day. We also stress the importance of
 2370 good nutrition by devoting two weeks to the study of how to implement a healthy diet
 2371 into each student's lifestyle. A very important program that is run at [NS] is the
 2372 Intramural Program. We offer many activities throughout the year that any student can
 2373 get involved in for activity. This year we have offered: basketball, volleyball, softball,
 2374 flag football, cross country skiing, swimming, bowling, soccer, tennis, cheer, dance, and
 2375 weight lifting. This program has a high level of attendance and provides students with
 2376 after school activities to promote their health. The other big program that [NS] runs
 2377 to encourage wellness is a Field Day that is held for all three grade levels at the end of the
 2378 school year. The school funds this initiative, provides a healthy lunch, and brings in a
 2379 couple of inflatable obstacle courses. We have teachers help run each station, which

2380 consists of all different kinds of physical activities. This initiative is one of the most
2381 enjoyable for the students as it promotes wellness while also incorporating positive social
2382 interaction between peers as teachers as well. [NS] values all areas of wellness and
2383 seeks to make improvements in order to help more people obtain good health and
2384 physical fitness. We are constantly improving and trying new programs to achieve this
2385 goal, and we deserve to obtain the Healthy Hoosier School Award for these efforts."

2386
2387 101. Here at [NS], we strive to find new opportunities for our students to experience what
2388 it means to live a healthy lifestyle. This year our physical education department teamed
2389 with a local skating facility to provide our 5th and 6th grade students with a unique
2390 opportunity. Over 425 students participated in a 4 week roller skating program. The goal
2391 was to introduce students to a new form of fitness, cultivate new skills and provide a fun
2392 environment in which students are being active. The total cost of the skating program
2393 was \$3,025 and was funded through a number of sources including: parents, students,
2394 PTO and student council. The most challenging part of the program was getting the funds
2395 and getting the community involved. The program was a huge success among our
2396 families. We started with approximately 50-60% of students being able to skate and
2397 ended with 100% of students knowing how to skate. Parents were eager to help and even
2398 came to skate with the students. We even had staff participate in the skating fun. It was a
2399 fun, healthy activity both physical and mentally for our students, staff and families. We
2400 would love to continue the skating program and provide the opportunity to our entire
2401 school next year."

2402
2403 102. [NS] is committed to confronting the problem of childhood obesity and promoting a
2404 healthier lifestyle for children through a variety of initiatives. This school year we
2405 received a \$1,000.00 grant from the United Health Heroes Youth Services Learning
2406 Project, a \$4,100.00 grant from Healthier US School Challenge, a \$1,500.00 grant from
2407 the [C] Educational Foundation, and a \$500.00 grant from the National Gardening
2408 Association and Jamba Juice to establish and support a community garden on the school
2409 site. We held a ""Garden Party"" in January to ""kick off"" the event. Third and fourth
2410 grade classes organized a taste testing of 26 different vegetables for the entire school, our
2411 community partners including the Reducing Obesity Coalition, and community leaders.
2412 Data from the sampling will help guide selection of vegetables for the community garden.
2413 Our school also received a \$2,000.00 grant from the Fuel Up to Play 60 program
2414 sponsored by the National Dairy Council and the National Football League. The money
2415 will be used to sponsor a school wide walk challenge and after school walk club, as well
2416 as family/fitness taste nights where families can learn more about preparing healthy
2417 meals and easy ways to get daily exercise. As part of this initiative, representatives from
2418 the Health Department will compile a health status on each student and staff member. We
2419 are currently enrolling students and staff in the President's Challenge(Presidential Active
2420 Lifestyle Award) to meet the nationwide goal of 60 minutes of exercise daily(30 for
2421 staff), five days per week for six weeks. Other ongoing initiatives include an after
2422 school dance club(Zumba Dance)for students and staff, and Jump Rope for Heart for all
2423 students in our physical education classes in grades one through four. Our physical
2424 education classes also participate in the President's Council on Physical Fitness program.
2425 We face the difficult challenge of improving the dietary and lifestyle habits of today's

2426 youth, but the results have been encouraging. Students are excited about the community
2427 garden and they enjoyed the garden party."
2428

2429 103. The [NS] opened in August of 2010 and provides an alternative education facility
2430 for grades 6 through 12 within the [C] School Corporation. The most prized healthy
2431 school program that has been initiated here are the after school activities. [NS] does not
2432 have interscholastic athletic teams and it is a unique combination of middle school and
2433 high school students. Activities such as basketball, creative writing, hip hop dance, video
2434 gaming club, and art club have been organized by [NP], the Site Coordinator at [NS].
2435 Additionally, [NP] contacted community members and area businesses to provide
2436 activities such as rock climbing, swimming, and fitness boot camp that take place off
2437 school grounds. [NS] has a population of 200 students; 92 students have participated in
2438 at least one program after school. The cost of running after school programs for seven
2439 months has been \$4,000. This has been paid for through 21st Century Community
2440 Learning grant and Welborne Baptist Foundation/ HEROES grant. Some of the goals of
2441 the program are to provide a high quality after school program, improve student behavior
2442 of regular attendees and improve family literacy of regular attendees. Obstacles that have
2443 come up over the months include regular student attendance to school, inappropriate
2444 conduct of some students have kept them from being able to attend the activities, and
2445 getting parents involved in the programs. Hosting after school activities has done
2446 wonders to create a positive identity for student that would otherwise not feel positive
2447 about school. Students often have a hard time choosing which activity they want to
2448 participate in because they want to do more than one in a day. Virtually all of the
2449 activities are lead by teachers within the school which has allowed students to make more
2450 meaningful connections with them. Most significantly, students are spending their free
2451 time at school, being physically active and not wandering the streets like they would
2452 otherwise be doing.
2453

2454 104. [NS] most prized healthy school program/initiatives are the afterschool wellness
2455 programs that correspond with our wellness policy. [NS] has adopted a wellness policy to
2456 help promote healthier choices by students and parents. This policy promotes healthy
2457 eating, physical activity, and an overall awareness of health both body and mind. [NS]
2458 was awarded a PEP Grant that funds many of our afterschool fitness, sports and
2459 recreation programs that we offer. These programs provide students with the opportunity
2460 to learn more about nutrition and participate in sports programs that they would not have
2461 been exposed to due to high costs sports programs around the city. We have a variety of
2462 programs for the student to participate in such as: Cheerleading, Girls and Boys
2463 basketball, Soccer Club, Flag Football, Baseball, Work It Out, Fit N Fun and Dance
2464 Dance Revolution. These programs affect nearly 110 students out of nearly 200 students
2465 that participate in afterschool programming. The goals for these programs are to educate
2466 the students about the fundamentals of the sport they are participating in or provide them
2467 with ways to participate in physical activity without viewing it as exercises. Our 4th and
2468 5th graders that are enrolled in these fitness classes use pedometers to measure the
2469 amount of steps or miles they have ran or walked. This provides them with ways to
2470 monitor the intensity of the work out. The teachers also take these measurements and
2471 incorporate them with math. This allows students to measure yards in a mile or feet in a

2472 mile. Some obstacles we encounter in these programs would be keeping the kids
 2473 motivated to stay participating in physical activities while at home instead of playing
 2474 video games or getting on the computer. The overall results of these programs are great.
 2475 They are getting students involved in physical activity while providing a nutritional
 2476 component to it. The Nintendo Wii dance and workout games have given us ways to
 2477 disguise the exercise while having fun. All of our programs are grant funded with a
 2478 \$5,000 budget yearly.

2479 105. [NS] is dedicated to impacting our students lives through healthy habits. We want
 2480 to ensure that our students have adequate components to maintain a healthy life. We are a
 2481 full service school that is trying to secure grants to assist in developing and maintaining
 2482 healthy choices through health and physical education, social services with family and
 2483 community involvement. The number of students we have here at [NS] is approximately
 2484 five hundred and forty ranging from pre-k through 8th grade. We offer several programs,
 2485 such as, 21st Century afterschool programs, Behavioral Intervention, Social Work
 2486 Services and Family Fun nights. Our programs are funded through our 21st Century
 2487 afterschool programs and Title 1. Our challenges are to continue to offer programs at no
 2488 cost to students to provide healthy choices for meal time and snacks at home. Our school
 2489 also participates in the Weekend Backpack program sponsored through the Tri-State
 2490 Food Bank. This program provides nutritious meals/snacks for the weekend. We
 2491 currently serve 170 students per week. We try to encourage all students to stay for all
 2492 afterschool programs that are available. Our current enrollment is approximately 110
 2493 students. We offer Lacrosse, Track, Basketball, Cheerleading, Yoga, etc. We offer
 2494 programs to all K-8th grade students as well as transportation."

2495
 2496 106. [NS] adopted a healthy school initiative three years ago. [NP] and [NP] are the
 2497 wellness co-coordinators at [NS]. Our goal is that students and staff members make
 2498 healthy choices everyday by encouraging healthy eating and exercise. The following are
 2499 some of the ways we promote healthy living at [NS]. Fall and spring health screenings
 2500 are one way that we measure our students' health. Each time students are measured,
 2501 weighed, and their blood pressure is checked. Students in grade four and five also
 2502 participate in a survey twice a year that asks questions about their nutritional choices and
 2503 physical activity. During Physical Education classes, our P.E. teacher is using the
 2504 SPARK Fitness program which allows more students to be more active during the entire
 2505 period. Our P.E. teacher has initiated many new games and activities during P.E. that
 2506 keep more of the students active throughout the period. [NS] also has a policy for healthy
 2507 birthday celebrations. We send home a letter to families with a list of suggestions for
 2508 what students can bring in on their birthday. These suggestions include both healthy
 2509 snacks as well as non-food items. In May we are holding our second annual 5K [NS]
 2510 Dash. Students, their families, and community members are invited to participate in the
 2511 run/walk. There will be a fun run for the younger kids. This is a big fundraiser for our
 2512 school and of course it is 100 percent healthy. We have several community partners
 2513 that help us to reach our goals for becoming a healthy school. St. Mary's Mobile Dental
 2514 Clinic visits our school to offer regular dental checkups for our students. Purdue
 2515 Extensions offers a classroom curriculum, called Professor Popcorn, which teaches
 2516 students about good nutrition and exercise. This is offered to all grade levels. A wellness
 2517 nurse funded by Welborn Health Plans visits our school bi-weekly to offer health

2518 screenings for all staff members. Welborn Health Plan also organized a competition for
 2519 staff members that encouraged participants to track their miles/minutes of exercise for
 2520 eight weeks. We feel that these positive changes at [NS] have made an effect on our
 2521 students, their families, and staff members. Everyone is more aware of the choices they
 2522 are making concerning nutrition, physical fitness, and overall wellness."
 2523

2524 107. [NS] strives to be a healthy school. Currently, [NP], the 21st Century After School
 2525 Coordinator, develops health and fitness programs for students in grades K-5 and parents.
 2526 Our goal is to serve all students with physical and healthy activities morning, school day,
 2527 and after school. This school year we have served 150 students in our morning Walking
 2528 Club program which started on the first day of school and will end on the last day of
 2529 school. Parents, community leaders, and young siblings all are able to participate with
 2530 their [NS] student. During the school day we have employed a recess instructor to
 2531 develop e and structure age appropriate games to keep our students moving. This
 2532 program has decreased the amount of injuries by 60% and discipline problems as well.
 2533 We find that 80% of all children participating structured recess games while the other
 2534 students are encouraged to walk and talk. Furthermore, we incorporate exercise and
 2535 healthy living education into our curriculum. One program for example is "Deskercise",
 2536 a movement program with brain power and is available at all times. On Fridays we have
 2537 a Fitness Fact and Exercise tip on our student led TV program WDEX. We have also
 2538 served over 200 students in our After School Programs by conducting the Play Fit
 2539 curriculum every day, and many other programs with the help of the community.
 2540 Furthermore, we rely heavily on our partners like the University of [C] University of
 2541 Southern Indiana, City of [C]'s Park & Recreation, American Red Cross, St. Mary's
 2542 Outreach, and many more. The total cost of service has been approximately \$20,000 and
 2543 has been funded through the Carol M. White Physical Education Program, 21st Century
 2544 Program, and the Afternoons R.O.C.K. of Indiana program. In order to track our progress
 2545 we maintain attendance records through the EZ Reporting System and conduct
 2546 evaluations of physical fitness at the beginning and end of the school year. As you can
 2547 see [NS] is providing opportunities for students, families, and teachers to learn the
 2548 importance of nutrition, exercise, and healthy living."
 2549

2550 108. A healthy climate is priority at [NS]. We are a college bound, No Excuses
 2551 University school! We focus on college preparation beginning with kindergarten.
 2552 Our awesome PE teacher uses the SPARK program and different activities for students to
 2553 choose during PE. He heads up our AM "Mighty Milers" walking program for students,
 2554 staff and parents. Students earn prizes for miles walked. Afterschool programs
 2555 include yoga, intramural basketball for all grades and a Zumba class is coming! PTA
 2556 runs a youth evening basketball program. Extra recess personnel use the Playfit program
 2557 for recess activities as well as unstructured play. Our registered nurse provides
 2558 student health screenings, mentors Nursing Students, coordinates the Santa Clothes Club
 2559 and clothing bank for needy students, offers hygiene, hand washing, asthma education
 2560 and coordinates all school wellness activities. Welcare nurses and dieticians visit
 2561 staff regularly. They provide screenings, weight loss and nutrition information to keep
 2562 our staff healthy. We participated in a corporation wide exercise contest that was very
 2563 successful! We have community partners too. St. Mary's Mobile Outreach and

2564 Dental Bus see our students regularly. Camp Nota Gona Wheeze is a free, week long day
 2565 camp for asthmatics over spring break. Our PTA hosts a back to school fair with
 2566 activities and inflatables. The Dental Alliance and Professor Popcorn do first grade
 2567 programs. A local optometrist provides eye checks for kindergarteners. Our "College
 2568 Café" offers fresh fruit, salads and veggies daily. They also provide breakfast and grab &
 2569 go breakfasts for a great start! The school counselor holds groups for character
 2570 building, anger management, anti-bullying and individual counseling. She even throws a
 2571 yogurt/fruit social monthly for the Students of the Month complete with socializing and
 2572 dancing! [NS] Falcons receive health education from lessons and writing prompts on
 2573 exercise and nutrition. Daycare staff use the Organwise Guys program before and after
 2574 school. Many [NS] staff volunteer as mentors, big brothers/sisters and individually adopt
 2575 needy families for Christmas. Our school is a healthy environment that truly nurtures our
 2576 students and readies them for a bright future. I LOVE this school!
 2577 109. SWAT - Student Wellness Awareness Team We have a 16 member team. Effects
 2578 the entire student body. We are concentrating on Bullying, school safety, and obesity.
 2579 We are drawing a lot of interest and feel it is having a positive impact on the school
 2580 Before and after school Weight Lifting Two morning and two after school sessions each
 2581 week. Better turn out in afternoon session. We have 25 attending but expect that
 2582 number to increase as the word gets out. Before school basketball We open the gym up
 2583 for any student that would like to play basketball. We have 25-30 kids each morning.
 2584 Body Mass Index Height, weight, blood pressure of all freshman and sophomores. A
 2585 total of 800 students were involved. A great program because we found several student
 2586 with high blood pressure that needed medical attention. We will add juniors next year.
 2587 Health Fair Senior Project They had 20 vendors from various health care providers. All
 2588 the students at [NS] were invited to attend. (1400 students) This was an awesome event
 2589 with wealth of information given to each student. Flu Shots/Cholesterol Screenings
 2590 Health Care Advocate This was offered to all staff members. Cafeteria Fried foods
 2591 were eliminated on Wednesdays. We have also taken all soft drinks out of the vending
 2592 machines. We have Reality Bites signage all over the cafeteria. Kids are becoming
 2593 more aware of what they eat. Counseling, physiological and social services We have one
 2594 social worker and one behavior consultant in our high school. They work one on one
 2595 with kids on a daily basis. They will see up to 30 kids a day. We have both of them in
 2596 the building every day. Health Education Dietician [NP] has been out to [NS] several
 2597 times this year. Any time a teacher wants her to speak to the class she makes a visit to
 2598 [NS]. She has been to our health classes on numerous occasions."
 2599
 2600 110. Our students at [NS] absolutely love our morning walking club. Our club has been
 2601 up and running since 2008. Our walking club takes place every morning before school.
 2602 We average anywhere from 50 to 75 third through fifth grade students. We manage to
 2603 keep our students motivated by setting distance goals at the start of every school year. In
 2604 the past we have traveled around the state of Indiana. We have traveled along Route 66 as
 2605 well as other places. This year we went on a college tour. Our goal was to travel to the
 2606 various colleges and universities around the state. Our students typically walk inside
 2607 the gym or outside if the weather is nice. Students are given a single card for each lap
 2608 they make around the gym. At the end of the program the cards are collected, counted
 2609 and converted into miles. This is all done by our students. The distance traveled is

marked on a large map, allowing the students to see their progress along the route. Our progress is mentioned on the morning announcements along with our top walkers of the day. The program is monitored by [NP] and takes place at [NS]. The program runs smoothly and it's fairly inexpensive to operate. Our students enjoy walking and being active. The program also seems to have a calming effect on our students which allows them to start their day off on the right track."

111. Program Distribution and measurable goals: Over 65% of [NS] students participate in morning walking club. Students walk an average of 20 minutes before school. This allows students to lose calories and work out energy before sitting in class. Supervising teachers report an increase in weight loss. The PEP grant provides recess instructors who ensure a structured, active recess for all grade levels. Recess instructors attend workshops to learn new ways of engaging children in fun recess activities. The PEP grant also provides Spark equipment. Grades eat lunch separately due to lack of space, which ensures all grades receive the full 20 minutes for physical activity. The PEP grant, combined with PTA funds, also helped purchase a climbing wall. Students are engaged and moving while climbing this new wall during PE classes. After school activities involving staff and more than 50% of students promote an active lifestyle and healthy choices. After school activities for 2nd-5th grades include jump rope class, basketball intramurals, dodge ball, and tennis. Kindergarten and 1st graders participate in "Get Active" activities indoors and outdoors. All of these activities provide a healthy snack, one hour of physical activity and a safe place for students after school. Staff and students benefit from community involvement. A bi-annual health fair with USI nursing students checks height, weight, blood pressure, vision, and hearing. Professor Popcorn (from Purdue Extension) visits individual classrooms to promote healthy food choices and an active lifestyle. Professor Popcorn teaches students the food pyramid, provides samples of healthy snacks, and engages the students in healthy food choice games. Other community involvement includes Camp Nota Gona Wheeze for asthmatic students and St. Mary's Mobile Dental Clinic. Officer Friendly comes to speak about anti-bullying and promote a healthy school environment. Teachers, along with the PTA, try to incorporate healthier snacks in the classroom during holiday parties. Total number of students affected: Walking Club provides physical activity to more than 65% of students daily. Intramural basketball and/or dodge ball games are twice a week and involve a combined total of 240 students. Approximately 75 students are active in tennis. Jump rope classes for grades 2-5 meet once a week and attendance ranged from 50-75 students. All students benefit from modifications of cafeteria food during and after school. Total cost of program/How the program was funded: [NS]'s climbing wall was purchased for \$6599 with PEP Grant and PTA funds. Heart rate monitors were purchased for \$4000. Afterschool instructors and bus transportation are paid through the PEP grant. Obstacles/Challenges you encountered: Overall, students, staff and families embrace the healthy school concept. The morning walking club presented a few challenges at the beginning, such as adequate supervision of students. A schedule of supervising teachers and a set of rules/procedures was set up, which quickly remedied the situation. Overall results of the program: Students express enthusiasm and joy in support of afterschool activities. Families appreciate opportunities to watch and support their children in afterschool activities, such as

intramurals and dodge ball games. Several parents have joined their children in the walking club and can be seen walking the hallways every morning. Students and staff report advantages of healthy eating and staying active. An outside evaluator monitors [NS]'s progress and quarterly meetings are held to discuss the results."

112 Physical Education - Students can participate in walking club, jump rope club, intramural basketball, intramural volleyball, and [NS] Hoppers. Physical Education teachers incorporate Sparks Curriculum and equipment encouraging students to be active a full 40 minutes. Our best program, Health and Fitness night, had approximately 300 participants and included Zumba, Yoga, TaeKwondo, Mini Bootcamp, Nutrition Education, Weight Management program, and Family Health Fair. Nutrition services - Weekly morning announcements include food facts and/or health education. School newsletters provide nutrition facts. Whole wheat breads, fresh fruit, vegetables, and low fat dairy products are also served several times a week. Food challenges, nutrition and health education programs are offered by community partners St. Mary's, [C] Health Department, and others. Family and Community Involvement - PTSA sponsors several family events throughout the school year, including Spring Fling, Health Day, Health and Fitness Night, March Spring Shindig (dance), and Health Fairs. Community Partnerships with St. Mary's provide on-site dental care. Local dentists provide grade level dental education programs. [C] Health Department and St. Mary's Outreach provide Nutrition Education programs. [C] Police Department provides DARE program and Antibullying programs Health Services and Health Promotion for Staff - Welborn Health Plans Welcare offer disease management, monthly screenings, and health education for staff. An exercise-based weight loss competition, Wander Indiana, ended in March. CPR and First Aid courses are offered to staff members. An on-site School Nurse is available 20 hours a week. Counseling, Psychological & Social Services - A full time counselor, Deaconess Crosspoint, Southwestern Mental Health, Smoke Free Communities, and Allergy and Asthma Care Center are involved in student and staff health. Of the 957 students, 97% are meeting the goal of more than 150 minutes per week of physical activity. The total corporation budget was \$50,000, and was funded by SMF PEP - St. Mary's Foundation Carol M. White Physical Education Program Grant. An obstacle encountered and overcome was our staff embracing the importance of physical activity and nutrition and their role in student success and achievement. And the biggest challenge we have is how to continue funding future programs."

113. One of the most prized programs at [NS] is the popular Cardio Club that has seen an increase in participation from 12 students to 60 students who meet Wednesdays and Thursdays after school until 4 p.m. Improved student participation has led to a two-day-a-week program with an additional coach. PEP Grant funds have been used for the coaching stipend. The challenge of providing transportation home at 4 p.m. led to the addition of a second after-school bus. Positive feedback from students continues to bring new members. Although some are student athletes, many more students are participating because of the increased interest in physical fitness and because it's fun to exercise with friends. Another success at [NS] remains the School-Wide Incentive Program (SWIP), an event sponsored by the school for one period every six weeks to recognize students

2702 who have maintained their citizenship for the grading period. Students are rewarded with
 2703 a period of physical activities (basketball, DDR, wii, jumprope, board games and small
 2704 prizes as well as chips and a drink). More than 300 students are recognized every six
 2705 weeks. We now offer baked chips and, rather than a sweetened drink, students are offered
 2706 ice water. The chips and prizes are provided by the school. Supervision is volunteered by
 2707 the staff. Another prized and popular program is three-on-three basketball offered every
 2708 Friday afternoon for approximately 70 minutes. Approximately 50-60 boys participate
 2709 each week during the 25-week program. The sponsor, [NP] is paid through [C]SC
 2710 extracurricular funds. The activity currently has all boys. Our goal is to sponsor a similar
 2711 opportunity for girls; however, finding a stipend is the challenge. Members of the [NS]
 2712 staff organized two teams to participate in Wander Indiana. Within the [NS] High School
 2713 District(20 teams), [NS] Team 1 composed of four members placed second within the
 2714 district. Each teacher covered his/her own expenses. Finally, 23 of 52 staff members
 2715 participated in Step-to-Success during October. Competitors wore pedometers and
 2716 recorded daily steps. The winning team recorded over a million steps. Gift certificates to
 2717 Subway were provided to the winners by school administration. Another Step-to-Success
 2718 is planned after spring break, Mar. 28-April 29. The estimated cost for new pedometers is
 2719 \$50.00, and funding will be provided through a Toyota Grant. We've increased the
 2720 number of participation weeks from four to five and hope to increase participation by
 2721 20%. Again, gift certificates will be provided by administration."

2722
 2723 114. The health and welfare of a child pivots on the acquisition of healthy nutrition and
 2724 exercise skills. [NS], under the direction of principal, [NP], and grant contact and school
 2725 nurse [NP], has implemented initiatives to address each of these important issues. These
 2726 programs are providing students with the foundation necessary to implement healthy
 2727 behaviors on their own. A building wide initiative reaching all 942 students, the
 2728 Fear Factor Food Challenge, is a program designed to offer new food choices to students
 2729 once a month. Foods such as spinach, sauerkraut, and green peppers are being introduced
 2730 to students. Announcements over the intercom to the classrooms, and introductions to
 2731 each new food by a staff member help to build excitement and encourage participation.
 2732 The dining room staff prepares a new food each month and serves a portion to each child.
 2733 Staff members introduce the food to the children, and award a Fear Food Factor Food
 2734 Challenge sticker to those students willing to try the food. The students taste the food as
 2735 a group and celebrate the experience together. Students who are reluctant to try the food
 2736 often do during these sessions. The responses are overwhelmingly positive to both staff
 2737 and students evaluation. Another building wide initiative reaching all students in the
 2738 building is the lunchtime walking club. Every student has the option of participating
 2739 each day. The Carol White Pep Grant has allowed a walking supervisor to encourage the
 2740 students and keep a daily count of the laps they make. The students have a challenge to
 2741 see who can get the most laps by the end of the school year and the one with the most is
 2742 awarded lunch with the principal. Many students participate in this and the responses are
 2743 positive with this program. Most of the initiatives appeared to succeed in making
 2744 students aware of new more nutritious food and activity offerings. Challenges to the
 2745 success of the program include ensuring a commitment to healthy habits changes, and
 2746 making certain enough staff members were available to promote these events. Planning,
 2747 publicity award, and follow-up activities in the classroom all work to offset these

2748 challenges. Student enthusiasm and participation in the activities contribute to building-
 2749 wide success."

2750

2751 115. Program description and measurable goals: Girls and boys eat lunch separately due
 2752 to lack of space. The order in which students eat is intentional: girls eat first, which has
 2753 resulted in increased physical activity at recess. Recess personnel insure an active recess
 2754 for all grade levels. Students run/walk before additional activities, allowing students to
 2755 shed calories and expend constrained energy from sitting in class. [NS] received PE
 2756 equipment through the PEP grant. Students receive excellent health benefits during these
 2757 classes through the SPARK curriculum. Activities change throughout the class period to
 2758 keep students engaged and moving. Food services monitor and improve student menus.
 2759 Brown rice replaced white; all bread offerings are whole wheat. Fresh fruits are available.
 2760 Snack and vending machines offer only water, juice, and low-fat milk. Mornings, 60%
 2761 of students participate in Walking Club for 45 minutes. After-school clubs involving
 2762 staff and students promote healthy choices. Available after-school clubs include exercise,
 2763 WiiFit, aerobics, bowling, and yoga; they offer a healthy snack and tutoring program, and
 2764 provide a safe place for students after school. Monthly PTSA-sponsored family
 2765 evenings feature a healthy meal followed by various activities, which included CPR, first
 2766 aid, healthy cooking, math/literacy fun nights, a health fair, and a fun physical activity
 2767 night. All family members are welcome to attend the monthly meetings. Student council
 2768 members assist in providing age-appropriate activities. Partnerships with St. Mary's
 2769 Mobile Dental and Lampion Mental Health Center respectively provide students with on-
 2770 site, monthly dental cleaning and restorative care, and mental health services through
 2771 individual, small, and large group sessions. Total number of students affected: All
 2772 students benefit from modifications of food offerings during and after school. Walking
 2773 Club provides physical activity opportunities to more than 60% of students daily. After-
 2774 school programs involve more than 100 students each day. Attendance fluctuates at
 2775 monthly family evenings, but more than 150 families have attended. Healthy initiatives of
 2776 food services and in extracurricular concessions directly affect each student. Total cost
 2777 of program: The total cost of the program is \$5,000. How the program was funded:
 2778 Extracurricular sponsors received stipends through a PEP grant. Obstacles/Challenges
 2779 you encountered: Students, staff, and families embrace the healthy school concept.
 2780 The only challenge is securing funding for additional fitness equipment. Overall results
 2781 of the program: Students report advantages of healthy eating. Parents appreciate
 2782 the opportunities and education provided to become more physically active and healthier,
 2783 and students express enthusiasm for staying healthy and future initiatives. An outside
 2784 evaluator monitors [NS]'s progress. Using the CDC's School Health Index, we developed
 2785 a three-year action plan."

2786

2787 116. Our physical education department continues to offer new opportunities for student
 2788 and teacher activity. Our programs encourage students to choose classes that will
 2789 promote lifelong healthy living. These classes are Aerobic Walking, Jazzercise, weight
 2790 lifting, lifetime sports, general physical fitness class, team sports, and yoga. This year we
 2791 have increased the number of classes that are using heart rate monitors. This motivates
 2792 our students to excel individually and helps the teachers to monitor their progress.
 2793 This year we have increased our number of Fit Club days from 4 to 5 so that we can

2794 increase our hours of activity offered to students. We have also added the weight room
 2795 as another facility offered to the students at this time. Five days a week 3 facilities are
 2796 now available to give students and staff opportunities to exercise. We now have four
 2797 teachers that are trained in SPARK. This year our lifetime sports, strength and
 2798 conditioning and yoga classes have continued to grow. Aerobic Walking numbers have
 2799 stayed consistent in the past 5 years. Fifty percent of [NS]'s 1488 students enrolled are
 2800 able to take advantage of one of our physical education programs. [NS] had 20
 2801 teachers take part in the Wander Indiana contest. This along with our Biggest Loser
 2802 contest has spurred our teachers to take a look at their personal health and has propelled
 2803 them to increase their physical activity.

2804 Yoga for Health - 1 credit Yoga assumes a non-competitive atmosphere in which each
 2805 student will work on the basic asanas and their use in building and maintaining muscle
 2806 tone. Aerobic Walking - 1 credit Walking is designed to help students increase
 2807 cardiovascular endurance. Learning experiences include the concept of heart rate
 2808 monitoring and mathematic calculations in summarizing their daily walking logs.
 2809 Fit Club does not need any additional funding. Our volunteers are now paid through the
 2810 Welborn grant. It is an open gym concept along with a walking club and a strength
 2811 program. These programs along with Lifetime Sports and Weightlifting continue to
 2812 push [NS]'s physical education program into the present mind set on teaching lifelong
 2813 fitness."

2814

2815 117. [NS] serves 685 middle students (6-8) on the east side of [C], Indiana. In 2004, we
 2816 realized we had to address the health of our students. We were seeing an increase in the
 2817 number of students who were at risk for childhood obesity and a host of other health
 2818 problems. We were a simply a mirror reflection of our society in general. With the
 2819 leadership of our building administration, teachers, and students, a decision was made to
 2820 change the way we did business. A conscious effort was made in every aspect of the
 2821 school operation and how it affects the health and wellbeing of our students. Our
 2822 coordinated school health program focuses on promoting healthy behaviors for our
 2823 students. We want them to acquire the knowledge and skills to become healthy and
 2824 productive adults. Our main goal is to continue to develop and sustain all of the healthy
 2825 programs that we currently have in place. Through the creation of a site based
 2826 Wellness Council, small but important steps were made to address issues facing our
 2827 students. Realizing years of unhealthy habits had to be addressed; implementation would
 2828 be a slow process. Baby steps were made by first educating the staff on healthy
 2829 alternatives for rewards and parties. Small changes were also made with healthier options
 2830 offered in the concession stands for sporting events. More fruits and vegetables were
 2831 offered in the cafeteria along with a reduction in foods prepared by frying. The vending
 2832 machines were completely converted to 100% fruit juice and bottled water and healthy
 2833 snacks replaced candy bars. [NS] far exceeds the district wellness policy by setting high
 2834 standards for students as well as teachers. Through our relationship with the School
 2835 Community Council, a collaboration of school and community partners in [C], Indiana,
 2836 the CDC's coordinated school health model was implemented and it is the basis of our
 2837 school wellness program. By leading the area in coordinated school health, a Carol M.
 2838 White PEP grant was awarded in 2007 which helped strengthen and expound on
 2839 programs already in existence. Our vision is one of sustainability through education,

community partners, and strong faculty and staff buy in. Through a strong parental involvement, our endeavor is not just reaching the students but the parents and families as well. We take the health of our student as seriously as our test scores. We know that children who are well fed, physically fit and have healthy habits are more alert, have less discipline problems, and perform better in school. We are dedicated to make difference in the health and well being our school family. The Healthy Hoosier School Award would reinforce all of the hard work we have done over the past 6 years. Thank you for your consideration.

118. [NS] has made great strides in promoting and improving the health and wellness of its students and staff. We have created awareness and programs to promote physical education and activity, nutrition and health education, and student and staff wellness. As part of the [C]SC Coordinated School Health Initiative, [NS]'s funding is provided by the St. Mary's PEP foundation. This grant has enabled [NS] to purchase equipment, supplies and provide instructors for extracurricular activities. The grant has also created school/community partnerships that have provided [NS] with many resources and volunteers. [NS]'s 545 students have had the opportunity to participate in more than a few extracurricular activities including: volleyball, girl's basketball, boy's basketball, cheer, color guard, Steppers, Step Up Club, and kickboxing. Each morning all students and staff join in on our two-minute toners. Parents have been invited to attend our Family Fun Night. The Stockwell counselor has visited each classroom with an anti-bullying program and the students listened to a presentation from Holly's House. The students also participated in [NS]'s Smoke Free week with a poster contest, a Pig Lung presentation, a Tar Wars presentation and morning announcements. The students are exposed to Professor Popcorn and our new Math Party DVD's, which combines learning math skills with physical activity. All students are provided with height, weight and blood pressure screenings. And those who need it are able to participate in our clothing bank and backpack programs. Our [NS] staff is also becoming more aware of the importance of physical activity, health and wellness. A staff health fair was held that included height, weight, blood pressure and cholesterol screenings. A Welcare! Nurse visits twice a month and some of our staff recently participated in Wander Indiana, a weight loss competition. The [NS] PE and recess instructors are trained in SPARK. These are only a few things [NS] is doing to reach our goal of becoming a healthier school. But as you can see, we are well on our way by providing physical activities, nutrition and health education, and community partnerships to promote student and staff wellness."

119. Healthy bodies, means healthy minds! At [NS] in [C], IN, we strive to promote healthy and safe behaviors among students. We believe this will increase students' capacity to learn and improve physical fitness. Students are continually receiving education on health and wellness via health class, Professor Popcorn, and Organwise Guys. Physical activity is encouraged before, during and after school. This includes walking clubs, intramural activities, recess (organized and unorganized), physical education class, and Daycare. The students not only get the activity; they are taught about "healthy heart", caloric output/input, BMI, and lifeskills. The faculty and staff are involved in Welcare. (This program has an emphasis on Healthy Advocates for Kids.) The faculty and staff serve as daily examples to the students about the importance

2886 of maintaining a healthy lifestyle and monitoring health needs. [NS] has forged a
 2887 community partnership by supporting and utilizing Dental Bus and Holly House for our
 2888 students and their parents. Information is disseminated through informational pamphlets
 2889 and newsletters to our school community. Every effort is made by the school to insure
 2890 that qualifying students receive benefits through these community initiatives. Health
 2891 services are a primary focus at our school being led by our nurse who is on duty on a
 2892 daily basis. Screening of blood pressure, height, and weight are performed on each
 2893 student and results are recorded and monitored (two times each year) (from year to year).
 2894 The school counselor is of staff to facilitate when mental health issues are recognized.
 2895 We strive to achieve our targeted goal of every student having 150 minutes of physical
 2896 activity weekly. The broad range of activities provided is designed to meet the
 2897 preferences of most students. Physical education classes are organized so that all
 2898 students are active throughout the class period. Structured physical recess activities
 2899 provide students the opportunity to be physically active while enjoying social interaction.
 2900 The environment at [NS] has been permeated on many different levels to encourage
 2901 healthy living for our students and adults. A safe school atmosphere lends itself to a
 2902 positive environment where students and staff enjoy learning and growing in many
 2903 diverse areas."

2904
 2905 120. [NS] started with the Carol White Pep Grant in the 2009-2010 school year. I believe
 2906 the best program that was initiated during the first year of the Pep Grant (and continues to
 2907 be the strongest), is the Walking Club that is run by [NP]. Along with [NP], a second
 2908 grade teacher at [NS], they have made great "strides" with our students. [NP], is also our
 2909 physical education teacher at [NS]. The Walking program takes place every
 2910 Tuesday and Thursday from 7a.m. to 7:30a.m. inside of the school. They encourage each
 2911 student to wear tennis shoes while participating in walking. The students who participate
 2912 in the program are instructed to walk at their own level or pace. Students walking in the
 2913 program often encourage each other and show support to other walkers. Those students
 2914 participating walk an average of 2 miles per week. The goal of the Walking Club is for
 2915 every student to walk the entire 30 minutes each day. There is no cost involved with the
 2916 Walking Club which is funded by the Carol White Pep Grant. Some of the challenges that
 2917 are faced by the instructors are keeping students motivated and on task to walk each day.
 2918 The overall results of the program for those students who attend on a regular basis
 2919 include a feeling of accomplishment through being consistent with their walking. They
 2920 have gained enthusiasm for physical activity and enjoyment from walking and have
 2921 increased their awareness of physical activity and knowledge of health benefits from
 2922 physical exercise. As a result of this endeavor, we decided to have all students walk
 2923 each morning when they arrive at school from 7:30-7:40. As a result students are coming
 2924 to school earlier (helping school tardiness), enjoying the social time of walking with their
 2925 friends, and also jump-starting the blood circulation to their brains. As a result we have
 2926 eliminated most behavior issues before school and also increased the physical activity of
 2927 all students."

2928
 2929 121. [NS] has always promoted a healthy school environment, as well as offering a wide
 2930 variety of counseling, psychological, and social services. The work of our behavior
 2931 interventionist, [NP], and our social worker, [NP] has been phenomenal. They offer anger

2932 management and peer relationship classes to any boy/girl needing these services. Right
 2933 now, we have about 100-120 students involved in their programs. All costs of the
 2934 program are grant funded. The main obstacles initially found with the program were
 2935 students not wanting to be labeled as "needing help, but that worry went away quickly for
 2936 many of them. Results have been fantastic. Suspensions, detentions, fights, office
 2937 referrals, and expulsions have all decreased tremendously since last school year. Our
 2938 work with the Youth Service Bureau has also allowed us to bring the Afternoons Rock
 2939 Program to [NS]. Our students have also been involved in the RAAP (Reducing
 2940 Adolescent Aggression Program) as well as the SATI (Substance Abuse Treatment
 2941 Intervention) program. We consider our physical education and health programs to
 2942 be top notch. Thanks to a grant that we received through the Welborn Foundation and the
 2943 Center for Family, School, and Community partnership, myself and [NP] were able to
 2944 complete SPARK training. [NP] and I are the physical education and health teachers as
 2945 well as the wellness coordinators at [NS]. Through this training, we have been able to
 2946 integrate a wider variety of activities into our physical education curriculum. Our classes
 2947 participate in things such as fitness room activities, roller skating, Biggest Loser workout
 2948 DVD's, scooter games, and various other games/activities which promote maximum
 2949 participation and constant movement. All 813 students are affected by this program. We
 2950 have had no additional cost to our program thanks to our grant. The main obstacle that we
 2951 have faced was some resistance to change by some of the students, but this has been
 2952 minimal. The results of the changes that we have made have been fantastic. Students are
 2953 more engaged and active and show much more interest in their physical education."

2954
 2955 122. [NS]'s physical education classes are among the top PE classes in the state. 92
 2956 percent of [NS] students meet the federal guidelines of 150 minutes of moderate to
 2957 vigorous activity a week. [NS] students have consistently had the lowest blood pressure
 2958 readings of all students in the [C] School Corporation. Last year, [NP], one of our PE
 2959 teachers, hosted a workshop for all physical education teachers in the corporation. Our
 2960 administrator, [NP], has embraced the coordinated school health model. [NS] and our
 2961 Wellness Committee has implemented a healthy school environment program, utilizes
 2962 health services, counseling, physiological & social services, promotes nutrition & health
 2963 education, and promotes staff and wellness programs. Our school district has 70
 2964 community partners, and many are utilized by [NS]. Some of these partners include St.
 2965 Mary's Outreach, Deaconess Hospital, Purdue Extension, and Welborn Baptist
 2966 Foundation. Last year [NS] received the St. Mary's PEP Grant which allowed [NS] to
 2967 fund after school programs, purchase physical education equipment, and successfully
 2968 implement technology in our PE classes. The technology includes the use of wireless
 2969 microphones, Fitness Power Points, an LCD projector, pedometers, Wii's, and heart rate
 2970 monitors. [NS]'s PE program includes many activities and we are extremely proud
 2971 of activities such as our 2 minute toner, Fitness Power Points, morning walking club, Fun
 2972 Fit Day, intramural basketball, Let's Move in School, and Field Day. The most prized
 2973 healthy school program is the running program known as The [NS] Olympics. For
 2974 eight weeks every fall, the entire student body, 730 students, runs a predetermined
 2975 distance during PE as they try to make the "[NS] Olympic Team". The objective is for
 2976 students to improve their individual time. Parents, college students, assistants, every
 2977 [NS] teacher and staff member, our principal, the [C]SC's PE specialist, and [NP], the

2978 [C]SC superintendent, participated in and made the "[NS] Olympic Team". The [NS]
 2979 Olympic ceremony is held in October. Individual students who make the "[NS] Olympic
 2980 Team receive a ribbon. Medals for 1st, 2nd, and 3rd place are awarded to the top
 2981 runners in each grade. This event is often covered by the local newspaper and/or
 2982 television station. [NS]'s PTA funds the award program by purchasing pictures, ribbons,
 2983 and medals. The total cost of the program is approximately \$400. The awards ceremony
 2984 includes a power point presentation of approximately 500 pictures of participants in
 2985 action as well as pictures of every student, staff member, and guest. Approximately three
 2986 to four hundred family members attended the ceremony on a yearly basis. This is a
 2987 positive running program for students, teachers, and other community members.
 2988 Students celebrate each other's achievements and come to understand the importance of
 2989 being active. [NS]'s physical fitness goal is for children to understand that active
 2990 children mature into active adults. This program does exactly that!"

2991
 2992 123. The Wellness Committee of [NS] set a goal this year of including all students and
 2993 staff in healthy school programs. One of the first initiatives was "The Biggest Loser"
 2994 contest organized for all staff members. Our Wellness Coordinator, [NP], promoted the
 2995 contest with emails that pitted 14 teams of 4 against one another. Fifty six of 110
 2996 participants weighed in weekly and lost 414 pounds in a three month period, which
 2997 superseded the goal of 336 pounds. The nurse or Wellness Coordinator screened their
 2998 blood pressure weekly and tracked each individual's progress. The program's success
 2999 was due to the daily emails to the staff, such as Motivational Monday or TGIF/Think
 3000 Green and Include Fiber Day and the conversations about health throughout the day. We
 3001 noticed that teacher attendance increased, and that teachers said they felt better because
 3002 of the change in habits. Another initiative that targeted the entire school originated with
 3003 SWAT (Students Wellness Awareness Team). With the supervision of the Wellness
 3004 Coordinator, SWAT creates "Reality Bites" and places the health messages on Angel for
 3005 all 1460 students and 160 staff members to view. SWAT members receive many
 3006 questions from these informative healthy commercials. Another facet of the "Reality
 3007 Bites" is the labeling of cafeteria items so students can see the number of calories or
 3008 grams of fat, sugar, and protein. To compliment this program, we eliminated selling
 3009 candy during student lunches, which encouraged healthy choices for all students and
 3010 staff. Reality Bites is creating positive reinforcement for students and staff while
 3011 promoting interaction among both groups during the school day. Last, we served 40
 3012 students with Reconnecting Youth, an evidence-based, research proven program for at-
 3013 risk students. The curriculum, taught by a health teacher and a Youth First social worker
 3014 helps students to improve their mental, emotional, and physical health by daily
 3015 monitoring of choices and behaviors. Students take a pre, middle, and post test to assess
 3016 their attitudes toward negative behaviors and current choices. In addition, with the social
 3017 worker's assistance, 383 students received instruction in health classes about drugs,
 3018 alcohol, mental health, coping skills, and family issues."

3019
 3020 124. Goals of the Program/Initiative are to: Develop Physical Fitness and Skills for sports
 3021 and recreation Use movement for self-expression, enjoyment, social interaction, and
 3022 lifelong physical activity At [NS] our most prized Healthy School Program is
 3023 definitely our after school student fitness program. Every Friday from November though

February a group of 3rd and 4th grade students get together for our Fitness Friday program. A group of 5th and 6th graders meet during the same months for our Kid Fit Wednesday program. With 62 students participating in this program we know that it is a great success and with added support it will continue to grow in the years to come. Both programs have the goal of promoting lifelong fitness but there was an added incentive for the Friday Fitness Group to participate and get moving. Students in this program received a coupon for every thirty minutes of uninterrupted physical activity that they completed during the program. These coupons are displayed in the hallway by the gym so that everyone can see their progress. When the students accumulated ten coupons they could be redeemed for prizes such as balls, jump ropes, and Frisbees. Although this was an inexpensive program to run with a total cost of \$75 for prizes and healthy snacks; there was no funding available through the school for this program. Therefore this program was solely funded by the two teachers running the program. To continue the program and allow for increased participation we will have to find additional funds to support this program. Overall both programs averaged around 20 students in attendance. Five students received perfect attendance for the Fitness Friday group and ten students attained this for the Kid Fit Wednesday group. In the Fitness Friday Group, 10 students accumulated at least 10 coupons, with four of those students accumulating 20 coupons or more. This program was very successful in getting kids moving after school, with a total of 6,030 extra minutes of exercise that were completed after school hours."

125. Throughout the past few years, the health of students and staff has become a priority for [NS]. Currently, [NP], our health and fitness director, runs our greatest advance toward a healthier school, the Wellness Center.

The program was started in 2003 with the building and purchase of equipment for the Wellness Center. Original cost of the Wellness Center was in excess of \$1,000,000 and the annual cost of maintenance and upkeep is approximately \$20,000. These costs are covered in dues, school fees, and some money from the school corporation. It services 550 students, who have access to it daily. Additionally all certified staff members have free membership to the Wellness Center, with non-certified staff receiving a discount on their membership. Community members have access to it daily, with staffed hours before and after school and on weekends. The goals of the Wellness program are to provide an opportunity for all [NS] stakeholders to have access to a quality facility for exercise. Ideally, this will help them lead a healthier life. [NS] now has a strength coach for athletics, and pays to certify the wellness teacher in the Bigger, Faster, Stronger Program. The BFS program, a nationally recognized program, is used to individualize training for each and every student who uses it. Our goal has shown success through our athletic programs, and sending more athletes on to athletic opportunities in post-secondary programs. Membership continues to rise and the number of community members using the facility grows yearly. As we look forward to the future of our program, there are some challenges we will have to face. Our greatest is the decreasing budget of our school. Money is becoming tighter and equipment is changing and wearing out. Although new challenges arise, we feel strongly that the benefits far outweigh the obstacles and will continue to strive to provide this program for as many stakeholders as possible. This prestigious grant will assist us, tremendously, in our commitment to wellness and a healthier [C], IN."

3070 126. Goals of the Program/Initiative are to: •Develop Physical Fitness and Skills for
3071 sports and recreation •Use movement for self-expression, enjoyment, social interaction,
3072 and lifelong physical activity When you hear "Wheeeee, look at me!" from a
3073 kindergarten child sliding down the new slide on the [NS]school playground, you know
3074 that this is the school's most prized healthy school's initiative. You realize that it is
3075 worth the time, the effort, and the \$40,000 that the school, the School Board, and the
3076 Parent Teacher Organization raised to design and install the new playground equipment
3077 so that students could move their bodies and have fun in the process. Outdoor play and
3078 physical exercise are priorities at [NS]'s Primary building, and the school goals to
3079 develop physical fitness and movement for self-expression, enjoyment, social interaction
3080 are all realized when you observe the students using the swings, the climbing apparatus,
3081 the jungle gym, and the slides available for the 430 children in grades K-2. As the
3082 principal of the building, I realized three years ago, when the [NS] building of K-6
3083 students was converted to a primary building with K-2 students for the district that I
3084 needed to retrofit the playground for the many early elementary students who needed an
3085 appropriate outdoor play area. I started with the task of getting input for the staff,
3086 parents, and students about what they wanted. Then, I had to find a company
3087 specializing in primary playground equipment. My most challenging task was that of
3088 raising the money. But, I had fun overseeing the construction and installation of the
3089 new playground after the funds were raised and the contract was confirmed with the
3090 vendor. Now, [NS] is proud of the results while watching happy kids gaining self-
3091 confidence in their physical activity as they interact with other students in a safe, secure
3092 environment during the school day. I have also observed neighborhood children playing
3093 on the equipment after school and on weekends. It is a source of pride for the whole
3094 neighborhood now."

1 **Section J2: Student Descriptions**

2 [NS] = Name of School

3 [NP] = Name of Person

4 [C] = City/Community

5

6 1. I think [NS] should be a Healthy Hoosier School because a lot of healthy things we do
7 in school help us stay fit. These activities include keeping our students on a healthy diet
8 and letting the students get lots of exercise.

9 Every morning everyone in school gets up and exercises with our morning
10 announcement crew. We do four exercises every morning. Another healthy thing we do
11 is in May we walk around our school track and we have a friendly competition to see
12 which classroom can walk the most laps. A lot of times most classrooms walk so many
13 laps that they have to have another sheet of paper to put down how many laps they have
14 walked! At school we also have fundraisers to be able to take field trips and some of
15 those fundraisers are walkathons or even roller skating! Once a week every class has PE.
16 In PE right now we are playing volleyball. Volleyball is a good sport to help you stay in
17 shape; it involves running or jogging and helps you gain muscles.

18 At [NS] we do lots of fun and exciting things to help keep us in shape and another
19 example is our school dances! At school dances we dance and have fun but we also eat
20 healthy snacks! We eat strawberries and broccoli, we also drink water.

21 To help us stay on a healthy diet at school, our cafeteria ladies offer us fruits and
22 vegetables everyday at lunch. Also, on Fridays, we get to taste and try new fruits and
23 vegetables! We have tried a lot of fruits and vegetables that I've never had. Most of
24 them are really delicious.

25 I hope you pick our school to be a Healthy Hoosier School. It is important for all
26 students to try to eat healthier and exercise. The teachers and principals think so too and
27 that's why I think [NS] should be a Healthy Hoosier School.

28

29 2. [NS] has its kids' health in mind! The plentiful amount of in-school and extra-
30 curricular activities is mind boggling. Instead of boring school days where you sit in
31 your seat for hours in a row; [NS] promotes physical activity. Not only is it fun for the
32 students, but it keeps us focused and in our best thinking state.

33 With fun activities like the Greek Olympics and JAMmin' we are never bored. We also
34 have a fitness club and a Toe-Token Run during recess to stay in shape. The Dance team,
35 Cheerleading, and Basketball teams satisfy our interests in sports. Fun and active field
36 trips such as bowling, roller skating, and ice-skating are treats for all kids.

37 The classrooms are incorporating posters to help start healthy habits such as the food
38 pyramid and 5 - 2 - 1 - 0. The library has also acquired books about the food pyramid
39 and the teachers can sign their class up for more PE time. The "Wellness Council" is
40 helping our school make healthy decisions and changes. A grant has allowed our school
41 to have the wonderful opportunity to try new fruits and vegetables to expand the foods
42 we enjoy. In the morning the principal reads us healthy tips over the PA called Healthy
43 Nuggets.

44 [NS] encourages healthy practice outside of school too, such as the Mill Race Race;
45 where [NS] snatched victory. Many students also attended the Hope Bike Ride where we

46 racked up miles on our bikes! We all know by heart the best choices to make for our
47 body's health regardless of where we are.

48 In PE class we have monthly mile runs to see our progress and fitness tests in the fall
49 and spring to test us in all areas of fitness. Student BMI's are taken to monitor our health
50 and help give us advice on what we need to do to stay at our best.

51 [NS] has won the Healthy Hoosier School Award six years in a row! This year has
52 introduced many new opportunities for the students and staff to stay healthy. GO [NS]!

53

54 3. Let's get healthy and active. I think our school [NS] should be a Healthy Hoosier
55 School. I am a member of the Wellness Wolves Club at [NS] and I know that my school
56 loves getting active. Some of the activities we do to get healthy are the Ghost and Goblin
57 Run, fruit and vegetable tastings, the heart course, the [NS] Bowling event and we even
58 have a Pups' Running Club.

59 The Ghost and Goblins is an event where students, teachers and students' families can
60 come run. The vegetable and fruit tasting events persuaded kids to try new fruits as well
61 as eat the right amount of fruits and vegetables. The heart course teaches students about
62 the parts of the heart and lets you to experience how hard the heart works.

63 The [NS] bowling event invites students to come and be active by getting together to
64 bowl. The Pups Running Club is a group of fourth and fifth graders who race in a
65 competition against other schools.

66 Even the staff members are a part of getting healthy. Two events they have done are a
67 pedometer challenge and a staff boot camp.

68 I think that [NS] is qualified to be a Healthy Hoosier School.

69

70 4. I truly believe that my high school is a healthy school. Here at [NS], we have a lot of
71 healthy options available to us throughout the day. Our school cafeteria no longer uses a
72 deep-fryer, fresh vegetable and fruit are available every day, even our main course meal
73 options are low fat! But not only are our cafeteria options healthy, so are the vending
74 machines. We have all low fat and low sugar options. The drink machines no longer
75 contain regular soda, but instead of diet and sugar free options. The milk machine is just
76 another option within our school that gives students a healthy boost throughout the day.
77 A lot of our clubs also offer bake sales to raise money. At these bake sales half of what
78 they sell must be a healthy eating option.

79 [NS] is not just healthy food wise, but the environment in general is a healthy place for
80 students to learn and develop into civilized human beings. [NS] has many different
81 opportunities for students to come together without the barriers of a clique. The Best
82 Friends club pairs general students with a student in the special education classes which
83 fosters a friendship among students who would not normally get to interact. Also, we
84 have the annual All-Nighter where students are placed on teams with other students that
85 they do not normally hang out with. The planners of this event go to great lengths to
86 insure that students are not with friends or people that they know well so that the team-
87 building activities that take place that bring the students together and cause them to
88 interact on a more personal level. Students typically feel a sense of camaraderie.

89 [NS] truly does provide a healthy environment for its students. From the food in the
90 cafeteria to the food available at bake sales and in the vending machines; from school
91 wide events that bring students together to clubs that provide the opportunity to forge a

new friendship, Edgewood as a school is a healthy place for students of all ages and demographics.

5. Being healthy is something everybody strives for. [NS] makes being healthy easy and exciting. [NS] encourages students to eat healthy, with the help of a registered dietitian, and being active. Students are provided with planned healthy breakfasts and lunches daily. But eating healthy isn't the only ingredient to being healthy; keeping physically active also plays a major role. [NS] offers students numerous ways to get involved in spots and activities. Sports opportunities are available for both boys and girls in all grades year round. Sports are a fun way to keep students active and healthy. Along with the sports teams [NS] also provides several after school activities such as tug-of-war (15 year reigning champions), after school kickball games, fitness clubs, cardio clubs, bowling clubs, and intramural games just to name a few. [NS] works very hard to keep the students healthy with all of their activities and the healthy, yet tasty, meals that is why I believe we should receive the Hoosier Health Wise Award.

6. Indiana requires all students that are enrolled in public schools to achieve two credits in Physical Education. The [C]SC requires three semesters towards your Physical Education. When a student goes to [NS] they are given so many opportunities to improve their health.. In the morning, students can go to Fit Club where students can play basketball, lift or walk. [NS] also offers classes like yoga, aerobic walking, strength and conditioning, and lifetime sports. On Fridays students that have Physical Education classes have the opportunity to participate in many activities. Some of the activities are basketball, football, soccer, walking, jogging, volleyball, DDR, and the Wii.

When it comes to lunch fried foods are limited. Ala carte items are smaller and more fruits and vegetables are served. Also [NS]'s vending machines offer only healthy choices. We have a variety of food and drink that exceeds the wellness policy and acceptable nutritional standards.

[NS] puts on a health fair once a year for their student body. Many community partners come to the health fair to help students understand different things that affect wellness, not just food. This year we had booths ranging from different exercises to how drugs affect your body and why to stay away from them. Another booth this year that was new was the SWAT booth. The SWAT club is a new federally funded club that helps promote student wellness. SWAT stands for, Student Wellness Awareness Team. This team of students meets often and talks about how we can help our school become more aware of their health. The campaign that SWAT is doing now is called Reality Bites. This campaign consists of putting signs up in the cafeteria that tell students how many calories are in their food, putting stickers on the food to remind students what it takes to burn the calories in the item, and urge students to think before they eat by posting posters throughout the school.

[NS] makes an effort yearly to raise our health standards. We will continue to improve on our efforts my senior year at our new school.

7. Salad or french fries? Fruit or cake? Pretzels or potato chips? Water or soda? All of these choices are choices that our lunch ladies made for us so that our school

138 lunches would be healthier. Our school, [NS], should be a Healthy Hoosier
139 School because we have healthy food all the time.

140 The reason that we always have to eat healthy foods is because the obesity
141 rate these days is not very good. Therefore, our lunch ladies figured out a way so that
142 our
143 lunches can be healthy and tasty at the same time. When we first heard about the
144 schools going to healthier lunches, our lunch ladies got right on it and started feeding us
145 healthier foods. We only have french fries once a week, and most of the time, they are
146 sweet potato fries. Whenever anything could be fried, it is baked because that is the
147 healthier way to cook things.

148 Our school does not offer an al-la-carte because it is not very healthy.
149 Every one of our lines offers a healthy meal that includes a salad, fruit, and milk. We
150 also have
151 a snack shack for little snacks if we are still hungry, but most of the snacks in there are
152 granola bars, baked chips, or one-hundred calorie packs. As soon as the al-la-carte went
153 out, everyone started eating healthier because we had no other choice. It really made a
154 difference in how the students were eating.

155 My school should be a Healthy Hoosier School because of all the healthy food
156 that we are served. Most schools, (my mom is a lunch lady, so I know), have an al-la-
157 carte,
158 serve french fries every day, and have desserts almost every day, while my school barely
159 has
160 any of these. It deserves to be a Healthy Hoosier School because of how healthy they
161 have gotten the students to eat. The students enjoy the food, while they are still eating a
162 healthy lunch. That is why I think that my school should be a Healthy Hoosier School.

163
164 8. [NS] should be a Healthy Hoosier School because we have a 'Scooter 500'. This is
165 where 4-6 kids get together and choose a fruit or vegetable to be their team name. Then
166 after they choose their name, right before they go to the 'Scooter 500' they decorate their
167 scooter based on what their fruit or vegetable is. Once we are all finished racing, at the
168 end we get to eat fruit and vegetables of our choice.

169 Another thing that we have done this past fall was walk with the Ball States Women's
170 Volleyball team. All the middle school students got to walk around the track for one
171 class period with the volleyball team to make sure that we were exercising. The
172 volleyball team also talked to us as we were walking about how we should choose
173 healthy foods and that we should stay active. When our time was up we got to go back
174 inside and eat parfaits with them.

175 Every Friday, we go outside and walk the track. If it is too cold outside, we will go to the
176 high school gym and walk. When we walk we get to walk with our friends for about 30
177 which I think is a good thing because I think that more people will exercise if they have
178 someone to do it with.

179 Another thing that we have done recently is changed the food in the cafeteria. We have
180 gotten better and more healthier foods for us to eat. They have taken away junk foods,
181 but they have replaced them with healthier more nutritious foods.

182 [NS] also lets anyone who wants to go and workout in our workout room. After school
183 any student or staff member can go and work out if they choose to do so. Also in gym

184 class every Tuesday and Thursday we go down to the weight room and we lift weights or
 185 we go to the healthercise side and workout. When we lift weights we are encouraged
 186 each time to lift more.

187 [NS] is very health conscious and deserves this award.

188

189 9. [NS] should get the award of a Hoosier Health School because over the past year to
 190 two years, we have made great beneficial changes to our menu, school activities, and
 191 opportunities. For example, salads and a selection of fruit are options in our every day
 192 lunch menus. We connect physical activity with the nutritional awareness. This year we
 193 have had food taste testing at lunch, healthy snacks served during after school functions,
 194 and yogurt parfaits for breakfast during ISTEP week.

195 Four days out of the school week, we walk until the bell sounds to start the school
 196 day. On the first Friday of the month, we have an activity in the gym called Fun Friday
 197 and do activities such as volleyball or basketball. About two months ago, we opened our
 198 fitness room which consists of three treadmills, two ellipticals, two universal machines
 199 for leg press, arms, back, and total body workouts. Everyone on our wellness team can
 200 use this fitness center on the Fridays we don't have Fun Friday. After school the fitness
 201 center is open to the students to work out when there is supervision by the health and
 202 physical education teachers. We have had family nights where our parents could come to
 203 workout with us.

204 In conclusion our school definitely deserves the honor of being a Hoosier Health
 205 School. We not only strive for success in academics but also endeavor to live healthy
 206 lives. Our school has made healthy lifestyles a priority for their students and staff.

207

208 10. [NS] is the Perfect Choice for a Healthy Hoosier School because in September, we
 209 did Back to Football Friday where we danced to and sang a Colts song. Also in
 210 September we did Nickelodeon World Wide Day of Play. Almost all of the students went
 211 outside that day.

212 In October the 2nd grade students had a visit from [NP], the orthodontist for Dental
 213 Health Month. We had Red Ribbon week too, which tells us to stay away from
 214 drugs/alcohol.

215 In November we had the Flu Vaccination. In addition to that, we had blood donated to
 216 patients who needed blood. Later in November, we collected canned food for charity. The
 217 4th grade students had a fire safety program from the [C] Fire Department, to teach them
 218 about fire safety.

219 In December our school learned about the food pyramid. In February we did a hand
 220 washing lesson and Family Fitness Night.

221 March had another Fire Safety class, and March was also National Nutrition Month.
 222 We played basketball in gym to support March Madness.

223 In April we are going to learn about sun safety. Which includes how to protect your self
 224 against the sun's rays. Also in April, 5th grade students will have a fruit and vegetable
 225 tasting day.

226 In May, we will do Track and Fun Day, where all students exercise outside the whole
 227 day.

228 These are reasons why [NS] should be a Healthy Hoosier School!

229

230 11. Our school strives to have fitness programs for all of our students and staff members.
231 [NS] has also been adding additional programs in the recent years to help contribute to
232 the physical fitness and well-being of the members of the school. The different programs
233 range from classes, to clubs, to extracurricular activities.

234 The Wellness Committee has a Wellness Fair for the community during the [C]
235 Education Foundation 5k/2k run/walk. There were over 40 vendors with 1200+
236 community members attending.

237 [NS] is also in the process of developing a fitness club. The goal of this club is to help
238 keep students who would like to achieve higher goals in their fitness. The club is special
239 because it will offer many different ways to help kids be more active through the day.
240 After school they will lift weights, do cardiovascular activities, or simply have outside
241 activities in order to keep people motivated to be in better shape.

242 A 5k run for staff, students and the community is held during homecoming week. Also
243 the student parking is about approximately 1/2 of a mile away from the school so every
244 morning the students who drive to school usually have an inclined trail walk ahead of
245 them.

246 A multitude of sports are offered after school and most of them are non-cut sports. This
247 gives students an opportunity to be a part of a daily activity that is physically demanding.
248 The programs teach students how to play their sport and strive for them to excel in them
249 also. For the less serious people, who like to play sports, we have intramural sports that
250 anyone can sign up for. This gives the students a chance to get up and about after school
251 and an organized system to work by.

252 The next factor that makes our school healthy is the school lunch. It is very well
253 portioned and gives you the nutrients you need. Teaching the kids health in their fitness
254 guided classes will drive the students to make healthier choices.

255 [NS] strives to make all staff and students healthier throughout the year. It gives us a
256 great place to hold activities and events that lead to higher overall health standards
257 through the years. [NS] is changing the community and the students to be more health-
258 driven which is why we are a Healthy Hoosier School.

259
260 12. [NS] is a pinnacle of health and fitness. This is a fact apparent to any visitor entering
261 our school. From the nutrition posters on the walls to the sports facilities outside the
262 school, [NS] is, at first glance, the definition of a healthy school.

263 It's not just first glances; from surface to heart, [NS] is healthy. For example, take the
264 mandatory Wellness classes. Every student enrolls in this course, which occurs for one
265 hour every day. In our classes, we start out with warm-up stretches and then participate
266 in various games and exercises. Once every year, we run the [NS] Challenge, an hour-
267 long run. Annually, every student at [NS] also runs the 5K (3.1 miles).

268 Fitness, however, is not all about exercise. In Wellness, we also spend half the year
269 learning about being healthy in mind, body and spirit. We always start out by reviewing
270 the different aspects of health. We spend some time on understanding our body systems
271 and having a positive view of ourselves. Recently, our teachers made the DARE program
272 more interactive and interesting, so the eighth graders this year participated in a new
273 course called "Party Time", during which we learned the downsides and consequences of
274 using drugs. Eighth graders have also started a course with a counselor from the
275 company Prevail, who will be educating us on date abuse.

276 Of course, fitness also encompasses the vast world of consumption habits. [NS] builds
 277 healthy dietary habits by offering students a salad course. Water and two free sides are
 278 also available. These all encourage us to make healthier decisions in our diets.
 279 [NS] is not only fit during school hours; we also have many after-school sports clubs.
 280 The teams are well-loved and encourage students to exercise more outside of school. The
 281 scores and efforts of our diligent teams are broadcasted every morning during
 282 announcements. Many of these clubs are open to everybody, and numerous students
 283 cheer the teams on at every event.

284 All in all, from first glance to heart, [NS] is the perfect example of a healthy school.

285

286 13. [NS] is a great example of a Healthy Hoosier School and deserves to win the Healthy
 287 Hoosier School Award because it provides many healthy activities that help the students
 288 become stronger, healthier Hoosiers. People bloom everyday by being active. Many
 289 activities at [NS] are not only good for the body but are also fun.

290 One of the healthy activities the [NS] provides is Field Day. All grades participate in
 291 Field Day. It is a fun time when the students exercise and are active. The different
 292 events involve running, jumping, pulling, and pushing; really just about any kind of
 293 movement one can imagine. Field Day keeps the students exercising in a fun
 294 environment.

295 Another healthy activity that [NS] provides is its Cardinal Carnival. At the carnival,
 296 there are fun and active events like a bounce house, where the students get exercise by
 297 jumping, and games, which involve movement and skills to keep both the mind and body
 298 healthy. Plus, the carnival is a time when the students and their families get together with
 299 each other and with others, which helps everyone's social skills. The Cardinal Carnival
 300 helps the participants in several ways.

301 A third reason [NS] should win the Healthy Hoosier School Award is because it
 302 promotes Jump Rope and Hoops for Heart programs. These events help the students'
 303 hearts become stronger. Also, these activities are not only exercise, but also fun! My
 304 classmates and I exercise by shooting hoops or jumping rope, while providing money to
 305 help those who have heart problems. Therefore, everyone wins!

306 [NS] provides a variety of activities that helps its community to become healthier. Field
 307 Day, the Cardinal Carnival, and the school's involvement in the Jump Rope and Hoops
 308 for Hearts programs are only a few of the many healthy events [NS] provides. The
 309 students at [NS] exercise everyday doing a lot of things they do not even realize are
 310 exercises. They just know they are leaning and having fun. I think [NS] would be a great
 311 choice for the Healthy Hoosier School Award.

312

313 14. [NS] should be awarded the Healthy Hoosier award because it offers many different
 314 things that keep students healthy. To start off, let's look at what the cafeteria serves for
 315 lunch. The food in the cafeteria is super healthy. Every day, they serve some sort of
 316 meat, carbohydrate, fruit, and vegetable. And to drink there is a choice of water, milk, or
 317 juice. It's healthy and it's delicious. We even have International Week, where we have
 318 food from a different culture every day. Everyone looks forward to International Week.
 319 We have Physical Education or PE. In PE we do many things, like keep health journals,
 320 use heart rate monitors, and play sports. I like the heart rate monitors because our teacher
 321 gives us the amount of time that we have to get in the zone (ex. 20 minutes) and then we

run or use the equipment that we have in the fitness room (treadmills, weights, ellipticals, etc.) For the health journals, we record what we did that day in gym, how many minutes of activities we had, our resting heart rate, our working heart rate, and what we thought we did well, along with what we thought we could improve on. It's a good way to know how many more minutes we need to get to reach sixty minutes of exercise per day. Part of our health class is to learn about nutrition and what's good for your body. We also have Wildcats on Wellness, better known as W.O.W. This is where we go around to different booths set up by different healthy professionals from around the area. We participate in activities that show us how we should take care of our body, by teaching us how to read a nutrition label, and make better choices. This is one of the highlights of the year. [NS] should be given the Healthy Hoosier Award, because we not only eat healthy, but we are taught healthy ways to live life while having fun.

15. Why do I think [NS] should be considered a Healthy Hoosier School? We have so many great things to offer to students that it's hard to pick just a few. There is Pups Running, which allows kids to have fun while staying in shape. Things from each food group are available at lunch. Recess, which is fun & exercise, who wouldn't like that? Gym is fun & exercise too, which is an unbeatable combination (especially with the games we play). Pups running is exactly like it sounds. It is cross country for the 4th & 5th grade students. We have two practices a week, and three meets per season. It is really fun & it keeps kids healthy. One thing that I like about it is that unlike team sports, you can set goals for yourself. Every sport involves endurance and you practice that every day at Pups Running. Our school also offers great choices at lunch. There is always something from every food group. For dairy, we always have milk. Fruits & vegetables lie in our side dishes, and you can usually find grain and meat in our entrees. On special occasions we do have sweets, but that is what keeps everything balanced. Another thing that puts us over the top, is that we have recess & gym. I feel ours is special. No matter what we do, we have a great time doing it and we stay in shape too. Gym is kind of the same thing. We have so much fun playing the games: soccer, hockey, hideout, mat ball, basketball, and obstacle courses. We don't just do that though, we also run laps and stretch before we play any games. We also have something call Jump Rope for Heart. That is a program where kids get people to sponsor them, and then those kids see who can jump rope the longest time. It raises a lot of money and keeps kids in shape. The lessons at school make you think and let you have fun at the same time. These are just a few reasons [NS] is a Hoosier healthy school. "Fun and health are an unbeatable combination."

16. I am a fifth grade student at [NS]. I am here to express my feelings about its healthy and enjoyable environment for students.

[NS] is a wonderful environment for all students. One of my favortie healthy activities was the walk-a-thon. The walk-a-thon is a thrity minute walk around the school's running track. With that, the students enjoyed time with other students and motivating music.

The track also provides three exercise stations such as monkey bars, pull and push up bars, balance beams, climbing poles, and step up stones. Students enjoy a run around the track and visits to these fun and muscle enduring stations.

368 The students are also taken to Ruth Lilly, the center of health education. Teachers
 369 take students on field trips to learn all about how to keep their body healthy and aware of
 370 dangerous diseases. Ruth Lilly gives you fun and easy ways to remember how to keep
 371 healthy, and teachers and PTO members will remind you of these at school.

372 [NS] students, teachers, PTO members have received the H1N1 vaccine at school in
 373 order to fight off this dreadful disease if it would ever occur in anyone, to prevent
 374 spreading.

375 School lunches are nutritious and keeping the kids alert and ready to learn. [NS]
 376 always has students buy milk and a side of fruit or vegetables. The lunches are also very
 377 enjoyable for students, and a lot buy more lunch than bring from home.

378 As you may know, some students need to take daily medicine. Our school has their
 379 medicine locked away so only adults may get to it, and when the student comes to the
 380 nurse's office, they can receive their medicine and move on with the day.

381 [NS] is a wonderful and healthy school. I am very proud to be a student there.

382

383 17. [NS] is a healthy Hoosier school. Our teachers and staff members try to make our
 384 school as healthy as possible. Here are just a few examples.

385 In our cafeteria going through the lunch line, kids can make a lot of healthy
 386 choices. Kids can choose from a variety of milk, fruit, and veggies. They can order a
 387 salad, a whole wheat peanut butter and jelly, and some other healthy choices. Eating right
 388 is just one way the [NS] Hawks are healthy.

389 Germs, these are little creatures that lie everywhere. Our school prevents us from
 390 these crawling creatures. In every single classroom you walk in you will find hand
 391 sanitizer. Teachers around the school encourage us to wash our hands, or at least use
 392 hand sanitizer all throughout the day. People wonder why kids at our school don't get
 393 sick often.

394 Feeling the wind blow against your face feels good, doesn't it? People that are a
 395 part of Pups Running get to experience this feeling twice a week in the fall and spring. If
 396 you are a part of this program you get to exercise by running and playing running games.
 397 They normally run in a big field next to the school. This field is open to the community
 398 during non-school hours. If you like to play, the field is the place to be!

399 [NP] plays a big role in our healthy school. She teaches physical education at
 400 [NS]. Kids come and visit her once a week for 50 minutes at a time. There we do many
 401 activities such as, running miles, jump roping, obstacle courses, and other fun games. She
 402 also gives us serious talks about what it takes to be a healthy hawk.

403 As you can see, our school is a healthy school. Our staff helps us with our
 404 healthy habits a bunch. [NS] is one healthy school!

405

406 18. From Wellness Wednesdays, celebrating National Walk to School Day, to our student
 407 wellness committee, our school, [NS] should definitely be declared a Healthy Hoosier
 408 School. There are no limits to how healthy our school can be. Wellness Wednesdays on
 409 the announcements are a fun interactive way for students to move when they are in the
 410 classroom. Each exercise is 10 seconds long, just enough for students to get out of their
 411 seats and move in a fun way. One of the exercises that [NS] students love is jumping
 412 jacks and toe touches. We also get healthy tips on what to order in the lunch room like
 413 remembering to get colorful side dishes and even to add cinnamon to your apples for a

414 healthy choice. Our lunch room has made changes to the buns on hamburgers and the
 415 rolls to whole wheat bread instead of white bread. Even the afterschool program has
 416 added healthy choices to the snack menu and we always have one activity where you can
 417 exercise in a fun way.

418 Our student wellness committee has chosen poems to read over the announcements that
 419 talk about how getting outside and playing sports is better than watching TV. The
 420 student council has also had programs that have helped other kids that have health
 421 problems, for instance, we are supporting the make a wish foundation. Our gym class has
 422 just rented an obstacle course that shows how the blood enters and exits the heart, and we
 423 do physical fitness tests including a mile run, pull ups and sit-ups. Our teachers even
 424 have afterschool exercise classes two times a week so they can be healthy to teach us.
 425 [NS] stresses the importance of having our kids knowing how to be healthy, and healthy
 426 bodies leads to better grades. I think that [NS] should be a Healthy Hoosier School.

427

428 19. Health is the greatest wealth and an apple a day keeps the doctor away; you must
 429 have heard these sayings before. Well, we here at [NS] we take these sayings very
 430 seriously.

431 First of all we provide a healthy lunch each day with a choice of fruit, vegetables and
 432 milk. We also have salads and sandwiches.

433 We not only have P.E [physical education] once every week for fifty minutes, we also
 434 have after school activities such as cross-country. And don't forget about our boatloads of
 435 in-school activities like: Coyote Kickoff, ACES day [All Children Exercising
 436 Simultaneously], and my personal favorite, field day!

437 Furthermore, when the flu hits, we're a miss! We have an amazing school nurse
 438 who provides us with every thing we need to live a healthy life style plus, we always
 439 have a clean environment! Thanks to the custodians who are, in my opinion, the true
 440 heroes who keep us healthy by keeping the premises sparkling clean and spotless.

441 We are also mentally healthy. We have the freedom to go up to our teachers and
 442 discuss our problems with them. Plus, we also have a school counselor whom we can
 443 share our troubles with.

444 Washing hands and using hand sanitizer is strongly encouraged by our teachers in
 445 order to keep us healthy and germ free which helps to stop infections from spreading
 446 further.

447 In conclusion, everybody does their part to make sure [NS] is a happy and healthy
 448 environment. Now how's that for a healthy school!

449

450 20. [NS] Lions are Healthy Hoosiers. We have the best janitors, healthy lunch choices
 451 and many fit and healthy activities here for our Lions.

452 The janitors help keep the school healthy by cleaning the tables, floors, bathrooms and
 453 desks. Our lunches include an entrée, two sides (either fruits or vegetables) and a drink.
 454 We stay fit here at [NS] whether it's a rainy day or a sunny day. On our playground we
 455 have swings, blacktop, soccer field, an area to play football, basketball hoops, running
 456 track and a jungle gym complete with slides and a rock climbing wall.

457 We have activities such as Pups Running where you can run for fun after school for an
 458 hour and fifteen minutes. It includes a warm-up, running a mile and races on weekends.
 459 We also do Jammin' Minutes which is when the class gets out of their seats and exercises

460 for five minutes. We get fifty minutes for P.E. every week. We do five laps and stretch
461 so we don't pull any muscles.

462 We also have our nurse. She keeps us safe and healthy all year round. In our health
463 class at [NS], we learn about communicable diseases, non-communicable diseases and
464 heredity. It's important to know these things to keep our bodies healthy.

465 A big event is the Adventure Race, which is part of our annual Wellness Fair. This
466 amazing race is a running event in which a student and a parent do activities around a
467 neighborhood doing different activities in people's yards; including reciting bicycle
468 safety rules, digging for letter blocks through mud to form words, and our favorite,
469 blindfolding the student while the parent guides them down a field trying to kick a soccer
470 ball into a goal.

471 The most important thing is being drug free. We can assure [NS] is one hundred percent
472 drug free.

473 Every class has hand sanitizer, a sink and soap so we can wash our hands at any time.

474 Not only does [NS] stay fit, we have fun while doing it!

475

476 21. The definition of healthy is having or indicating good health in body or mind; free
477 from infirmity or disease. Here at [NS] we aim to keep a healthy and balanced school
478 and this year we've begun to take action on creating a fit community. We have
479 established a breakfast for the students here in the morning to get a better start to the day
480 and get our brains active and awake to be aware while participating in their classes.

481 These healthy options provide students an easy way to get a well-balanced meal that will
482 begin the process of building a healthy habit, along with a new healthy lifestyle. Our
483 school has also made improvements in the lunch line by making foods healthier by
484 getting baked chips, less sweets, no sugary drinks, and providing other fresh foods aside
485 from the main entrée. But health doesn't just include food. Our Wellness program is
486 excellent and allows kids to get the 60 minutes of activity they need a day along with the
487 bounteous number of extracurricular sports and programs offered in hopes of getting
488 students excited about getting active. Our [NS] Fitness Council consists of 7th and 8th
489 graders that work to represent the schools healthiest and active kids to work together to
490 make the school a better, healthier place. We plan activities and focus on a different part
491 of health each month to make the student body aware and involved at the same time. I
492 also would say that the Fuel Up to Play 60 program is great and our school has become
493 even healthier since we've gained this program. While most people consider health just
494 about the body, it also incorporates the mind. At our school we strive to keep students
495 minds actively learning and problem-solving while keeping them active and in high
496 spirits. [NS] is an excellent representation of the [C] community and our state. Every
497 day we work to improve our healthy lifestyle together to improve society on person,
498 school or state at a time.

499

500 22. My name is [NP] and I am a 4th grade student at [NS]. If there were a top-ten list of
501 the healthiest schools in Indiana, my school would be near the top. My school does a ton
502 of things to keep the staff and the students healthy. Every student washes their hands
503 after they go to the bathroom, before they go to lunch, and before technology. We also
504 have gym class which helps us stay fit. In gym we have "Tigerercises" which gets us
505 warmed up. These are stretches we do before our game. We even get to run laps while

506 [NP], our gym teacher, plays fun energetic music. My favorite part of gym is when we
 507 get to do the Heart Course. The heart course is an aerobic activity, which means it
 508 doesn't stop until it is time to go back to your classroom. We have extra healthy activities
 509 like Tiger Trek, a fun and physical event for all ages as well as, after school clubs like
 510 Girls on the Run and our Run for Fun Club. We have made other kids healthy too. We
 511 have helped kids in the hospital by raising \$2,000 dollars! I bet that would put a smile on
 512 those kids' faces!

513 One of the things I think is the best way to stay healthy is to eat healthy. My school
 514 allows each student to have a veggie and a fruit everyday at lunch. After you eat your
 515 main lunch they let you buy leftovers or snacks. All of the snacks they give us has 100
 516 calories or less.

517 After lunch we get to have a 20- minute recess. This also allows us to stay fit by
 518 running around outside. We get to make up our own games too! Outside we have a
 519 soccer field out in the grass. Every student who plays soccer is always running to get the
 520 soccer ball. This activity helps us burn calories and fat. [NS] promotes healthy habits to
 521 create a healthy lifestyle.

522
 523 23. [NS] leads students to live a healthy, active lifestyle. Not only does [NS] teach
 524 healthy living habits within the school lunch, the school also offers several fitness
 525 programs for both athletes and non-athletes.

526 Three years ago the school changed the lunches for the students. This included the
 527 removal of soda products, fattening snacks, and unhealthy lunches. They were substituted
 528 with milk machines, small Gatorades, vegetables and fruits, and healthy entrees. While
 529 the school can't control what a student eats outside of school, they can still provide the
 530 students with a healthy lunch during school hours.

531 [NS] offers several classes for athletes and non-athletes. Non-athletes can participate
 532 in the aerobics/Lifetime Fitness class. The students in these classes travel to the freshman
 533 campus to use the weight room and cardio machines. Along with this you will also learn
 534 step routines, abdominal routines, and overall life skills. After a year in these courses you
 535 can then join advanced aerobics or retake LTF. The advanced Aerobics focuses more on
 536 cardio, running, and weight lifting. As part of the curriculum, students enrolled in
 537 advanced aerobics frequently check their BMI and try to maintain or reach a healthy
 538 weight.

539 The class, athletic weights, is offered for in season athletes and year round athletes.
 540 You are given goals for bench, squat, clean, 40 yard dash, vertical, and body fat. Every
 541 nine weeks the athletes are tested to see if they have reached their goals. Our strength
 542 coach teaches correct technique necessary to improve strength. Along with this the
 543 athletes are also taught speed and agility skills. This keeps the athlete in shape and in
 544 better health.

545 Not only are all students offered these classes, before and after school programs are
 546 also offered. All students were recently given the option of Championship Monday and
 547 Wednesday. This program teaches speed development. This is offered to grades 8-12.
 548 After your workout, a healthy and nutritional breakfast is provided to the athletes to
 549 prepare them for a successful school day.

550

551 24. My name is [NP] and I go to [NS]. I believe my school is one of the best in the state.
 552 I believe there are many reasons why my school should be a Healthy Hoosier School but
 553 I will tell you three main reasons that make us great.

554 First, our school has a lot of space for physical education and after school activities. We
 555 have two full size gyms and a three lane track that we use every week. We also have a
 556 cardio room that has 40 pieces of cardiovascular equipment and a strength training room
 557 that has 25 pieces of equipment. Our P.E. teachers do a great job of using all this space
 558 everyday. Every time I go to P.E. class we have enough space to move a lot and we are
 559 all sweating!

560 Secondly, there is healthy food provided for us everyday. It starts off with a healthy
 561 breakfast for kids that cannot or do not eat at home. It is important for everyone to eat a
 562 good breakfast so you don't feel hungry at school. For lunch, we have a few choices to
 563 make. We can get a healthy hot lunch with milk or juice, or we can have a cold meal.
 564 With a cold meal we can have a salad or a yogurt and bagel meal. We do not have
 565 vending machines in our school that are filled with candy and pop. Since we do not have
 566 this available to us, we don't eat it and we don't drink pop!

567 My third and final reason that my school should be a Healthy Hoosier School is because
 568 of all our P.E. time and after school activities. We go to P.E. class every other day. I think
 569 this is important because it gives us a lot of exercise and time to move. Our teachers
 570 teach us fun games and activities we can use for the rest of our lives. The kids are not the
 571 only ones who get to use our space and equipment. I see our teachers going to fitness
 572 classes like boot camp, spin classes and weight training classes everyday. There is also a
 573 fit club for the students to participate in.

574 I believe there are many reasons why my school should be a Healthy Hoosier School
 575 and these are just a few reasons. I think everyone in my school works hard everyday to be
 576 healthy. They are always teaching us to make good choices with everything we do,
 577 including exercise and what we eat!

578
 579 25. Health cannot be defined by just being physically fit, and [NS] lets the students
 580 know that. In health classes you are taught the many aspects of health, the social side, the
 581 mental side, as well as the physical side. Learning how to balance those is an important
 582 thing to do in life. Not only does the school offer this knowledge to us, they allow us to
 583 carry out specific items to stay balanced in those areas. In Wellness we are introduced to
 584 new games and ways to stay physically fit. These games are always fun and gets us up
 585 and moving. They also teach us how to use exercise equipment for future knowledge of
 586 how to use weight machines, preparing us for life long fitness. Besides all of the physical
 587 fitness we do, Wellness is also a great place to meet people and socialize. As we take a
 588 four-minute jog, you can talk to those friends around you while getting your heart rate up.
 589 Lunch choices have been changed as well, so we can get a good nutritional lunch to keep
 590 us focused. They offer a variety of food for us to choose from. Instead of the regular
 591 greasy potato chips, they give us the healthy baked potato chips; also they offer many
 592 different fresh fruits and vegetables everyday. Lunch is always nutritional and filling.
 593 Another way to keep healthy is the multiple extra curricular activities offered. There are
 594 plenty of clubs as well as school sports you can join. This way kids can meet new friends
 595 and have something good to do after school, while sometimes even getting a good

596 exercise in. This school does a great job teaching and helping all kids get on the right
 597 path to being a healthy person.

598

599 26. [NS] is a very healthy school because we have healthy schools week where
 600 everyday of the week we get to do something related to fitness or being healthy. For
 601 example, one day we may skip in the hall. Another day we maybe able to jog.

602 We also have a special day called field day. That's when we get to go outside to a
 603 grassy area and play games. We also have relays, tug of war, and other activities. Each
 604 class has a team name that is a country. Last year, my class' team name was Chile.

605 All of the kids in our school obviously get recess, too. We have playground equipment,
 606 soccer fields, and baseball fields. We have swings, monkey bars, slides, funnel ball, and a
 607 tire swing. I love recess!

608 Physical Education class, or gym, is always fun. We usually do warm-ups, stations, and
 609 an activity. Some of the activities are fitness tag, pinball, or a game a made up game. It's
 610 one of my favorite classes

611 Mustang Stampede is also a healthy event at our school. It is a fundraiser our school
 612 does to raise money. The students go to the gym and walk/jog, relays, and a dance. We
 613 get prizes too. It's a fun day!

614 4th graders always get to bring or purchase a healthy snack at first recess. We get to
 615 bring snacks outside because we're the last grade to go to lunch. That way we're not
 616 starving by lunch.

617 Most grades take a walking field trip. For example, earlier this year the whole fourth
 618 grade walked from [NS], to Wal-Mart, to learn about money.

619 Some kids do an after school clubs. One club is Zumba. The student's dance. Another
 620 club that is offered is Mustang-N-Motion. It is a fitness club that does fitness activities
 621 with our P.E. teacher. Obviously this is healthy because it is all fitness.

622 Our school offers students healthy food choices at lunch. Students get to pick from 2
 623 choices of a vegetable a fruit and a main dish. There are healthy snacks offered also.

624 Our school is very healthy for many reasons as you can see! With the help of all these
 625 programs, teachers, and healthy snacks, our students are headed to a healthy future!

626

627 27. [NS] should be considered as Healthy Hoosier School because we work hard
 628 everyday to make good choices. We also have Mrs. Hewitt who was named a National
 629 All Star Teacher by Project Fit America!

630 First, our cafeteria provides great healthy food. Our lunches all have the food groups.
 631 They took junk food out of our a la-carte lines. Next, it is very important to exercise your
 632 heart for it to be healthy. Here at [NS] we have P.E. class one or twice a week. We use
 633 the gym and Project Fit America equipment to exercise our bodies and hearts. Then,
 634 each year in P.E. we do our fitness testing. We have to run 11 laps around the gym, do
 635 sit-ups and stretch. Finally, at [NS] we participate in Jump Rope for Heart. We jump
 636 rope in P.E. class to raise money for the American Heart Association.

637 These are all the reasons why [NS] deserves to be a Hoosier Healthy School. Who
 638 has the Project Fit America All Star Teacher of the Year? [NS] does!

639

640 28. Having a healthy heart and fit body is very important. At my school, [NS], students
 641 and staff all work together to be nutritious. The school lunches provide a variety of

642 fruits, vegetables, grains, dairy, protein, and every now and then, a cookie. Also, students
 643 have the choice of bringing their lunches from home. Just to be safe, every student that
 644 brings their lunch from home washes their hands after second helpings. The children
 645 with allergies sit at special tables, so allergic reactions are less likely.

646 Education is, well, sweaty. Our teachers really want us to get active and fit, so
 647 occasionally we play games where we learn and think. We also run around and just be
 648 kids. Recently in math class, we played the best game ever. The game we played
 649 involved physical education and everyone had a ball! Also, every year we have the
 650 Valentine's Day Carnival. The whole school took part in fun, active games. There's ring
 651 toss, corn hole, nerf-gun showdowns, basketball tossing games, and beanbag toss. The
 652 games are fun and there's no food involved at all.

653 In my class, on our birthdays we get the best surprise ever. First, the class sings Happy
 654 Birthday to the birthday girl/boy. Then, [NP] gives the birthday person a special birthday
 655 pencil and a card. I think a pencil is much better than a cupcake. My school offers after-
 656 school enrichments. This trimester, dodge ball, knitting, tai-bo, jewelry, movie makers,
 657 and much more were offered for students in grades 1-4th. Once again, these activities
 658 involve physical activity and brain-spinning fun.

659 Our school should be the Healthy Hoosier School because I can see how hard everyone
 660 is trying to stay fit. My school is a great healthy, nutritious school. I feel very blessed.

661

662 29. I think [NS] should be a Healthy Hoosier School because of all it does for its
 663 students' health. [NS] has just started a new fitness based wellness program that is taught
 664 year round. This helps kids stay active and learn more about making healthy choices for
 665 their physical and mental well being. Throughout the year our wellness classes
 666 incorporate fitness testing, such as the Shamrock Challenge, which assesses speed,
 667 flexibility and endurance of each student. This challenge is taken three times per year to
 668 record the progress of each student. This allows each person to see their strengths and
 669 weaknesses so they know the fitness areas they need to improve. Also, [NS] wellness
 670 classes have the students identify goals that they would like to achieve to become a
 671 healthier individual. Lastly, the wellness classes have students write their own action
 672 plans to focus on exercise at home.

673 Our school doesn't stop helping students become healthy in just the gym and
 674 classroom. There are also healthy options in our cafeteria every day. This includes a
 675 variety of fruits and vegetables for sides as well as salads for entrees. Also there are
 676 posters in the cafeteria, gym, and in various places around the building to promote
 677 physical activity and good nutrition. Lastly, there are after school physical activity
 678 options that all students are invited to attend. [NS] has a Fitness Club that meets
 679 regularly which encourages students to exercise. We also have a wide variety of sports
 680 which includes swimming, track, lacrosse, and football to name a few. These are all the
 681 reasons why [NS] should be a Healthy Hoosier School.

682

683 30. Does your school have what it takes to be a Healthy Hoosier School? [NS] does.
 684 During the 2010-2011 school year, [NS] has advanced tremendously. The school has
 685 made many changes that promote the importance of staying healthy. The commodities
 686 are not only provided to the student body, but are offered to the teachers as well. This
 687 year the school purchased a contract with a new food service provider for the cafeteria.

688 Annually, we have a Student Health Fair to open students' eyes to the reality of the
 689 importance of health. This has inspired teachers to develop a Walking Club for students.
 690 After school programs are also available for student. There is a weight lifting program
 691 held for several hours following school. Teachers enjoy being involved in this too. All of
 692 the programs we have at school have encouraged the faculty members to hold a weight
 693 loss competition between each other.

694 This year the cafeteria has many new choices for everyone. There are no longer fried
 695 foods. They have been replaced with grilled foods such as chicken. Also, for a healthier
 696 choice, sandwiches are placed on wheat bread instead of white. Daily fruits and
 697 vegetables are served as sides for every meal. The varieties of foods help students get the
 698 right amount of different food groups.

699 During the annual Student Health Fair, local health related businesses come to the
 700 school and st up booths for students. They talk to the students about the importance of
 701 health and what is happening to their bodies. The also give students pamphlets to further
 702 explain things. Further more, they give us demonstrations if they are necessary. This
 703 activity is intriguing because it gives another way to look at health other than just health
 704 textbook.

705 Teachers have taken the initiative to help students participate in healthy activities.
 706 Our loving teachers have organized a Walking Club, which is held every Monday. This
 707 club motivates students to be involved in an activity, as well as encourages students to be
 708 active.

709 Extra curricular activities such as volleyball, basketball, baseball, and track are
 710 offered to all students. This of course is a great way to get in shape! Another after
 711 school activity that is provided to students and teachers is weight lifting. Weighting is
 712 held for approximately two hours exceeding school.

713 Faculty members have really became involved in being healthy too. They have set up
 714 a weight loss competition amongst themselves. Weekly, they have a weigh in to see who
 715 has lost the most weight, and at the end of the month there is a final winner. Having a
 716 competition keeps faculty members motivated since they have long hours at school each
 717 day.

718 During the 2010-2011 school year, [NS] has expanded the horizon. All of the
 719 students and faculty members appreciate the changes to the school's environment. It has
 720 made everyone work harder and have positive attitudes.

721
 722 31. [NS] should be a Hoosier School because it has a wonderful principal who helps our
 723 whole school be safe and healthy. Many staff, including the recess ladies, lunchroom
 724 helpers, and aides help keep us safe and healthy. [NS] is very clean. Because the
 725 custodians do a good job cleaning the classrooms, rest rooms, and cafeteria we do not get
 726 sick a lot and have great attendance. Our teachers help us learn how to make healthful
 727 decisions. We do not have a lot of bullying at [NS] because we have a home school
 728 facilitator who says we are a big family. She teaches us not to bully and how to treat a
 729 bully if you are bullied. When we bring snacks to school, the teachers will only let us
 730 have healthy ones. The students at [NS] can have breakfast before school. It is a healthy
 731 breakfast and helps get our brains going. We also have great food, plus vegetables, fruits,
 732 and salads every day at lunch. We can always choose from two kinds of milk, white or
 733 chocolate. We use our agenda books everyday to keep us organized and there are healthy

tips, even nutrition, given in our agenda books. Our gym teacher teaches us new games to keep us moving all the time in gym. We have a great playground to run, get exercise, and fresh air at recess. One of the great parts of our playground is the walking path! If we walk around it 13 times we have walked a mile. This year our PTO sponsored a school wide walk-a-thon and we all participated! We had people from Omni fitness center come and give us tips on proper walking. We made over \$16,000 for our PTO to buy good things for us. Our nurse helps us when we are hurt and she has special programs for us like the "Mobile Dentist." She also tells us to wash our hands and use the hand sanitizer pumps in our school to keep away the germs. These are the reasons why [NS] should be a Healthy Hoosier School.

32. [NS] should be a Healthy Hoosier School because we know that 30% of the kids in the U.S. are obese and have set a goal to stop that. Obese people are not healthy and if people are obese their life span is shortened. [NS] wants their students healthy and encourages health in many ways.

One great thing [NS] does is offering a large selection of fruits and vegetables every day for those students taking hot lunch. Hot breakfast is also offered every day at [NS]. If we want healthy food, we just have to try it. We have several hand sanitizers around the building that we use before we go eat. Some teachers let the students bring a snack to school and the teachers tell us the snack has to be healthy or no snack at all!

[NS] provides activities to encourage kids to be active, exercise daily, and keep their hearts going. We have at least 30 minutes of recess each day where we play basketball, tag, run, hopscotch, foursquare and just play. We have big open patches of land to run and play, swings, slides, monkey bars, and even a tire swing! Recess is a time when we run, burn off any extra calories we may get from our foods eaten every day. We even go outside for recess when it is cold. Getting out in the fresh air is better than being cooped up inside. Also, if the teacher opens up the windows, the fresh air blows out all of the "cooties" from our classrooms.

In our physical education classes we have fun learning new games and warm-ups. It is gym class that we also have Jump Rope for Heart to raise money for the American Heart Association. This year we raised \$2,698! We have fun jumping rope and doing obstacles. Every day on our announcements that are seen school wide the nurse gives a health tip to be read and character education is read.

[NS] will achieve their goal to be a healthy school by continuing to do the things mentioned here.

33. I am a 3rd grade student at [NS]. We have a lot of things at our school to help us to be healthy. We get fresh fruit and vegetables after recess everyday. I like apples the best but try most everything. I also have fun at our before school program and the Boys and Girls after school Program. In our gym class we get to try and do a lot of things such as golf, video games, and the rock climbing wall. We have a lot of fun and Disney Radio Move It came to our school Friday I danced and got a bag of fitness stuff. We are a Healthy Hoosier School.

34. Over the past four years, students, faculty, parents, and administration have strived to create an environment that would yield a healthier high school. Health and fitness can

780 be seen in many ways at [NS]. When it comes to food, healthy options are seen all over
 781 the school. It all starts in the cafeteria. Healthy food choices are available on a daily
 782 basis and have replaced foods high in fat, sugar, and sodium, which often plagued the
 783 school's lunch menu. Whole grains, 100% juice slushies, frozen yogurt machines, and
 784 fresh varieties of fruits and vegetables are readily available. Also, nutrition facts of the
 785 meal being served in each lunch line are posted clearly for all to see. But the healthy
 786 options do not stop here. To end that growling stomach in study hall, students can treat
 787 themselves to the vending machines filled with fresh apple slices, yogurt cups, baked,
 788 chips, water, and juices.

789 Next is the fitness aspect of [NS]. Many groups and clubs had activities in which all
 790 students had the opportunity to partake. A club, "Schools for Schools," has a walkathon
 791 where students walk from the high school to the "Soldiers and Sailors Monument" which
 792 is located in the center of Indianapolis. The walk is to help raise money to help the
 793 movement to prevent children soldiers in Uganda. Another event was the "Jerk for
 794 Thirst" where students did a new type of dancing, jerking, to raise money for clean water
 795 in Africa. Lastly, the cross country team sponsored the festive "Foot Fest," a run/walk on
 796 Thanksgiving where students, faculty, parents, administration and the community can
 797 participate in a competitive and/or leisurely run/walk. A big addition of fitness to [NS] is
 798 Zumba. Offered for nine weeks, this Latin dancing provides a fun and inexpensive way
 799 for friends to learn some new moves and get a great work-out at the same time. Located
 800 in a study hall room, access is easy and traveling to this event is not difficult.

801 The final thing that keeps student s in tune with healthy options at school is the F.I.T.
 802 Club which stands for Falcons In Training. Responsible for sending monthly tips to
 803 members, providing workout gear sales to get ready to exercise, and putting on health
 804 fairs, Mrs. Judi Treat has successfully led an effective club that looks out for the health of
 805 all students. With the opportunities given at [NS], students can see first-hand how a
 806 healthy lifestyle can become part of their daily routine. It is hoped that students who
 807 invest in health and fitness as a teenager will be healthier adults and raise even a healthier
 808 generation in the future.

809
 810 35. Did you know that [NS] is one of the healthiest schools in Indiana? Well, it is
 811 because we care about living a healthy lifestyle and keeping our bodies full and focused
 812 for the rest of the school day.

813 We do Team Time every morning in school. Team Time is when kids in grades first
 814 through fifth go into the gym to get their bodies warmed up with exercise. We need
 815 exercise to wake us up in the morning because we are all tired and grouchy. During team
 816 time we dance, do jumping jacks, stretch, and other activities. We exercise for about 20
 817 minutes. Exercise keeps our blood flowing and keeps us focused so we can learn and
 818 grow in school.

819 For specials, we sometimes have gym. When we get to go to gym we play fun games
 820 like bowling, basketball, kick basketball, Hunters and Rabbits and a whole bunch of other
 821 fun games. We also use pedometers to keep track of how much we have walked, run or
 822 exercised in a week. In [NP]'s fifth grade class we have a job called Mileage Monitor.
 823 That person keeps track of every ones' mileage for the week; our goal is 3 miles per
 824 person each week. Then they add it to the students' total miles for the school year.

825 Recess! Every kid loves recess. Kids love to play football, tag, and other fun exercise
826 games. Our playground equipment is safe. Recess is a fun way to get exercise and stay
827 fit.

828 Exercise is only one part of being healthy. Eating healthy is just as important. At [NS]
829 we start each day with a healthy breakfast for all kids. We have blueberry muffins,
830 Goldfish graham crackers, cereal bars, fruit juice and milk. After recess, we go to the
831 cafeteria to eat a healthy lunch. The best part is the salad bar. It includes fruit and
832 vegetables. After eating, we clean our tables because we do not want trash or bacteria in
833 the cafeteria! [NS] is one healthy school!

834
835 36. [NS] is one of the healthiest schools in Indiana. Our school helps all of our students.
836 Our [NS] staff always makes sure all of the students are healthy. Our PTA has been
837 working with our students and staff to make a new playground for us so that we have
838 more equipment to play with and keep us healthy on a daily basis. [NS] is one of the
839 schools that knows how to use the lifeskill of self-control. Most of the students know not
840 to eat oil and food that will make them unhealthy. So all of the unhealthy products go out
841 of the window. We are not allowed to bring in cupcakes, cakes or treats for our
842 birthdays. When we have our holiday parties, we are given healthy treats like pretzels,
843 popcorn and water. People try keeping our school very healthy. A lot of staff and
844 students and staff like to go outside and play after they come from school and like to get
845 very active (this will be great with our new playground!). Most of our students play in
846 soccer or football leagues, which are very active and physical. Students can play on the
847 [NS] basketball team or on the [NS] track team. That is why we are all active and fit.
848 But one day that dream about [NS] being the healthy school of the year will come true.
849 Our gym teacher, [NP] sets up physical activity each year. There is a program called the
850 million mile walk. It is a program which the [C] districts sets up for people to get in
851 really good shape. So every elementary, middle and high school are to walk 10,000
852 miles. [NP] has each different grade levels and takes them outside and has all of the
853 grade levels run 4 miles for a day. Also our gym teacher takes our fifth grade to a field
854 during a day in May, this is called Field Day. This is when all elementary schools is
855 taken out to be active and play games outside.

856 [NS] should be awarded for being one of the healthiest schools in Indiana. I think our
857 school tries to keep the whole staff and students active as can be. So remember the [NS]
858 is a very healthy school. So come to [NS], the healthies school in Indiana.

859
860 37. The reason I think [NS] should win the fitness award because we do a lot of after
861 school activities that include fitness like Billy Blanks workouts(AKA Tae Bo). We also
862 do things like Run For the Arts and the Million Mile Walk. We eat healthy lunches, have
863 the opportunity to run and play outside during recess, and we have the walk in gym (walk
864 a mile). We have after school walks on Monday during the third trimester (Cardio Club).

865 Our after school workouts are open to all family members so everyone can get
866 involved.

867
868 38. [NS] should win the Healthy Hoosier Award because we stay active and healthy! At
869 [NS] we eat healthy food! During lunch we have a salad bar that has fruits and
870 vegetables like mini salads, carrots, pineapple, peaches, apples, and bananas. Every

871 morning we eat breakfast at school. This helps us to get through our days. Our choices
 872 for breakfast are yogurt, fish shaped crackers that go with every choice, apple or orange
 873 juice, and chocolate milk. 4th grade used to have Professor Popcorn every Wednesday.
 874 Professor Popcorn taught us about the food pyramid and how to keep ourselves healthy.
 875 That's one reason why we should win the Healthy Hoosier Award.

876 At [NS] we do activities to keep ourselves healthy! Red Ribbon Week is when the
 877 whole school wears a red ribbon on their wrist to show that you're drug free. Also, at P.E.
 878 we skate sometimes. The whole school does it for 1 or 2 weeks. Every year 3rd grade
 879 takes a field trip to the Lilly Health Center to learn how to be healthy. That's another way
 880 we are a healthy hoosier school and why we should win the Healthy Hoosier Award.

881 [NS] helps our community to be healthy too. The whole school collects money for
 882 Pennies for Patients to help fight Leukemia. Also, the teachers have formed a team to
 883 participate in Race for the Cure. They are raising money to help fight cancer. That's
 884 why [NS] should win the Healthy Hoosier Award!

885
 886 39. [NS] should win the Healthy Hoosier Award because we are always doing activities
 887 to stay healthy. We have many times to be active. In PE we do different sports like
 888 soccer, hockey, volleyball, and more. Sometimes we have special activities in PE like
 889 Challenge Courses, bowling, and roller skating. Fourth and fifth graders may join Fitness
 890 Explorers which is a group that meets weekly to do different sports. Before lunch
 891 students go outside for recess for 30 minutes. We can play on the playground, black top,
 892 or soccer fields.

893 On our news show we have Wednesday Wellness topics to keep us healthy and active.
 894 We talk about dental care, shots, food pyramid and lots more. We also do Brain Gym.
 895 Brain Gym is activities to keep us healthy. [NP], one of our teachers, does Brain Gym
 896 with us. All the people in our school do Brain Gym; even teachers! During Brain Gym
 897 we do a variety of exercising and stretching across the midline to get us ready for the day.
 898 Every October through May we do a Million Mile Walk. We are trying to help our
 899 district walk one million miles!

900 We have healthy food choices for breakfast, lunch, and cooking teams. Kids can go to
 901 breakfast for choices like whole grain pop tarts and yogurt. For lunch there are four main
 902 entrees and four milk choices. Our lunches have food from all food groups. We can also
 903 choose fresh fruits and vegetables from our salad bar. Our school menus and even our
 904 school newsletters have health tips on how you can stay healthy and facts about different
 905 foods. Our Cooking Teams are a way to have safe, healthy, fun cooking. We make
 906 recipes that are healthy and most of the ingredients are from the food groups. Cooking
 907 Team recipes are based on the themes we are learning about and parent volunteers help
 908 us.

909 [NS] has many activities that keep us healthy and they are why we think we should win
 910 the Healthy Hoosier Award!

911
 912 40. Some thoughts from some of the 200 6th, 7th, and 8th grade members of the boys'
 913 and girls' track and field teams about why [NS] is a Healthy Hoosier School:

- 914 - We have many sports that students can participate in
- 915 throughout the year.
- 916 - [NP] has open gyms all year long where we can play

- 917 basketball or work out in the fitness room.
- 918 - We are educated in health and fitness all year long.
- 919 - In Wellness classes, we are taught a variety of sports and
- 920 physical activities.
- 921 - Our cafeteria has a sub line each day, which allows us to eat
- 922 healthy.
- 923 - Our after-school activities, such as track, cross country, and
- 924 the Run Club, are healthy activities.

925

926 41. I, [NP], strongly believe that [NS] should be named a Healthy Hoosier School. I
 927 say this because our School promotes healthy living, nutrition and wellness. For
 928 example, our cafeteria offers a choice of vegetables, fruits or both with each meal.
 929 Instead of fried foods, they are now baked and wheat bread replaces white. [NS] has
 930 signs promoting healthy living all throughout the building. Currently, the school is
 931 participating in the Million Mile Walk which is a district wide fitness initiative. Overall,
 932 [NS] supports and encourages physical activities by way of JV & Varsity sports athletics,
 933 intramurals, powder puff football, student/faculty games, swing dancing, and ultimate
 934 frisbee to name a few—basically, [NS] offers something for everyone!

935 [NS] has a variety of Physical Education (PE) classes. Advanced Physical Conditioning
 936 (APC) is a strength and conditioning class for student athletes. APC class sizes are very
 937 manageable and aids athletes in becoming more active in a safe and well controlled
 938 environment. On a personal note, APC was instrumental in my ACL recuperation.
 939 Under the supervision of Coach [NP] and with my Physician's orders, I had the benefit of
 940 working out during school to continue my recovery. [NS]'s state of the art equipment
 941 combined with both personal effort and dedication along with [NP]'s commitment to
 942 excellence; put me in the best possible condition prior to surgery which ultimately aided
 943 in my speedy recovery. Additionally, APC students are taught about proper diets, rest
 944 and hydration. St. Vincent sponsored Athletic Trainers and Staff Physicians are on the
 945 premises to provide care and guidance for not only [NS] athletes, but athletes from
 946 visiting schools. This gives parents and athletes a real sense of comfort and confidence in
 947 [NS]'s Athletic Program.

948 [NS] has many youth programs throughout the District which speaks to the importance
 949 of starting young and maintaining these healthy habits throughout our lives. By and
 950 large, the aforementioned activities would suggest-- [NS] does well in promoting healthy
 951 lifestyles which helps to keep students and faculty healthy. Therefore, [NS] should
 952 continue to be considered a Healthy Hoosier School!

953

954 42. [NS] is a school full of things that help you stay healthy and things that helps you stay
 955 fit!

956 For example, at lunch we take 5 minutes out of our lunch and we devote that time to
 957 walking the track. The track helps us get our exercise because on the play ground some
 958 kids just sit down. But, the track makes sure that everyone participates!

959 Another example of our School's fine health condition is that in the Cafeteria, the food
 960 that has been served has been strongly improved (there is not as much fattening food in
 961 the cafeteria!))) The Cafeteria is now selling a well balanced meal, full of healthy foods,
 962 so you can learn without any distractions!

963 Our school also gets a good dose of physical education. Our Gym teacher [NP] makes
964 sure that everyone participates and that we all have fun!

965 In class, we have fun activities that we all do just to get our exercise in the classroom
966 and sometimes just for fun! For example, we had a Native American unit and we went
967 out into the woods and we played games that involved moving. (We did this to see how
968 hard it was being a Native American and living off of the land!) Some of the games also
969 involved looking at animal tracks. Our class had a lot of fun!!!

970 During I-STEP (when we are done with a long, but interesting test) we get up and we
971 stretch, or if we had a long day of testing we get up and move so we are not stiff and side
972 tracked when we are working on our school work!

973 Now, let's not forget about the teachers at [NS]. They need to get their exercise to! For
974 the teachers, [NS] allows them to move, too! Our School allows them to do Zumba and
975 Weight Watchers because, grading to many papers can do that to you!

976 And, now you see how our School can help you stay fit and how you can stay healthy!

977
978 43. At [NS] the 570 students are working together to be very healthy. In January, [NS]
979 had a special visitor. The Colts mascot came to [NS] to tell us about P.R.I.D.E. The two
980 letters we focused on were 'P' and 'D'. 'P' stands for physical education and 'D' stands
981 for diet. These are the two things that we will focus on to make our school be a healthier
982 and happier place for the next generation of students. During snack time, students have
983 chosen to eat healthy foods. Their teachers have helped them do this by showing students
984 how to eat well. Teachers also encourage students to keep water bottles handy to stay
985 hydrated throughout the day. At lunch, we eat healthy foods too. Some examples are
986 fruits, vegetables, and salads. To drink we also have a variety of milk choices including
987 strawberry, chocolate, vanilla and regular flavors. During lunch, recess, and bathroom
988 breaks, students also stay healthy by washing hands to stop the spread of germs. Physical
989 education is very fun for [NS] students. Two times a week, we go to gym. In gym, we
990 have an upcoming event called Jump Rope for Heart. The entire school will participate in
991 jump rope activities. The American Heart Association will accept donations to help
992 unhealthy hearts. We also have a great event called the Fun Run every year. Students run
993 around the [NS] track as many times as they can. Each time they run a lap, students get a
994 rubber band. At the end of the Fun Run, each class counts the amount of rubber bands
995 they have. The class who has the most rubber bands wins a surprise! The Fun Run is a
996 healthy way for students to have fun! While these are examples of how students exercise,
997 teachers also exercise too! After school, the teachers have an exercise program with
998 exciting exercise classes. Every student and every teacher works hard to be healthy every
999 day. All of these are reasons why [NS] students and teachers are the healthiest Hoosier
1000 school.

1001
1002 44. Students at [NS] are in kindergarten and first grades so quotes have been used here in
1003 place of an essay. Students were asked why they think their school should be considered
1004 for a healthy school award. Following are their comments:

1005 We can eat salad, cereal, PB&J, milk, orange juice and chicken nuggets - [NP], 6

1006 We get healthy food at breakfast like cereal and yogurt and it's fun to play outside -
1007 [NP], 6

1008 We eat veggies and they make you strong - [NP], 6

1009 We have raw vegetables every day at lunch - [NP], 7
 1010 We get to eat fruit and broccoli everyday - [NP], 6
 1011 Everyday we drink milk and get veggies and fruits - [NP], 5
 1012 We can eat a salad at lunch - [NP], 7

1013
 1014 45. [NS] is a healthy school in many ways. One of these ways is we only eat healthy food
 1015 groups. Everyday at lunch we have fruit. Another way is we only eat whole grain bread,
 1016 crackers, and much more. We also stay healthy by exercising on a daily basis. In P.E. we
 1017 stay active the whole time.

1018 I just mentioned someways we are a healthy school. Another way we stay healthy is by
 1019 only drinking milk, water, and juice. We are not allowed to bring pop, tea, and all of the
 1020 drinks that are made and have bad substances in them. We only bring healthy snacks for
 1021 parties. We don't bring Junk food. We only bring Healthy food.

1022 Those are some of the reasons our school, "Our School" is a healthy school. Our habits
 1023 at school inspire kids to do the same at home. Now all of the students are healthy. The
 1024 reasons I gave about our school aren't all the ways our school is a healthy school. There is
 1025 a lot more. Those are some very important reasons our school is a healthy school.

1026
 1027 46. [NS] should be a Healthy Hoosier school. We do many things to encourage students
 1028 to eat right and exercise. Recently, we had a healthy activity called Game On to eat some
 1029 new foods, get fit, stay active, and to just have fun. It was a way for students to get up
 1030 and move during the day.

1031 Some kids are just lazy at home and don't want to do much of anything. They just sit on
 1032 the couch with a snack. This activity got everyone up and moving. We played
 1033 volleyball, basketball, kickball, and several other games during homeroom time.

1034 We also were served healthy snacks during breakfast and lunch. Students tried fruit
 1035 smoothies, crackers and cheese, chips and homemade salsa, hazelnut spread, and lots of
 1036 different kinds of fresh fruit. Some people ate them to try new things and experience
 1037 food that they had never seen or eaten.

1038 We all had a very good time with Game On. Most of us wished it could go on all year
 1039 long. In fact, I think we should keep it going even when school is out. It would help to
 1040 get people outside and stay active while hanging out with friends. Even the
 1041 administrators love it. [NS] assistant principal [NP] says, "Any programs that encourage
 1042 a healthy lifestyle are beneficial to our students."

1043 Because of our participation in things like Game On, [NS] should be a Healthy Hoosier
 1044 school.

1045
 1046 47. Wellness has been a top priority at [NS] for several years. School administration,
 1047 faculty, and student body are provided every day with various options to sustain a healthy
 1048 lifestyle.

1049 PE is one of the mandatory courses that must be taken by seventh, eighth, and ninth
 1050 graders. At [NS], these students attend P.E. daily while participating in activities from
 1051 volleyball to soccer, obstacle fitness courses to weight room training. Written exams over
 1052 bodily health and functions are also given to educate the students further. Certain fitness
 1053 tests such as the pacer (running progressively within a timed limit), push-up and sit-up
 1054 tests, and flexibility capacity are required to be completed as well.

1055 The school's food services have also been modified to meet state standard nutrition
 1056 levels. Two properly portioned meals of all food groups are served with one milk carton
 1057 along with choices of fruits and vegetables. A salad bar is offered on Mondays and
 1058 Wednesdays, plus sub sandwiches on Tuesdays and Thursdays. New cooking practices
 1059 that have been put into affect this year have allowed the meals to contain less fattening
 1060 substances by baking our food instead deep-frying it.

1061 Alcohol and drug prevention programs such as S.T.A.N.D., Class Action, and Project
 1062 [NS], also contribute to [NS]'s Health and Wellness Program. Counselors direct and
 1063 provide help for students who are struggling with choosing a drug-free way of life.
 1064 Advising sessions are also an option with the counselors to offer family consultations,
 1065 student-to-student relationships, and future advice. These mental health services aid the
 1066 entire school to have well rounded mental and physical health.

1067 The 2010-2011 school year has already played host to numerous new health programs.
 1068 The faculty and staff now have a separate weight and exercise equipment room that they
 1069 are free to use to their convenience. High school athletes sponsor and work with
 1070 elementary students in clubs like Walkers Club and Winter Meltdown to keep them in
 1071 shape. The anti-bullying program C.A.T.C.H. has also been started and is already
 1072 showing positive effects on the student population. Upon receiving the Healthy Hoosier
 1073 School Award, [NS] will take even more pride in its Health and Wellness Programs and
 1074 will do to its utmost to continue and improve them for future students.

1075

1076 48. [NS] is a healthy school because we have Fitness Club, Volleyball, Basketball,
 1077 Football, Walk to School Day, Jump Rope for Heart, healthy lunches - salad, Walking
 1078 Club, rock wall, Walking Trail, P. E., swim party, Fitness Room, and a Family Health
 1079 Fair. That is why my school is healthy.

1080

1081 49. [NS] has adopted many healthy activities and options to ensure that our community
 1082 and school will have the tools available to make positive/healthy lifestyle changes. Some
 1083 of the healthy activities include the morning walking club, adding the fitness room,
 1084 Cougar Cross Country club, P90X, and new P.E. equipment. The fitness room was a
 1085 major addition to the school, since both faculty and students benefit from it. The fitness
 1086 room consists of two treadmills, two ellipticals, one exercise bike, and a weight machine
 1087 consisting of four stations. P90X can also be done in the fitness room, but is limited to
 1088 plyometrics, yoga, and kenpo. Some of the healthy options include additional fresh fruits
 1089 and vegetables in lunches and a healthy recipe placed in our monthly newsletter. On
 1090 Saturday, April 30th [NS] will host its second community wellness fair of which had 300
 1091 participants last year. The 8th grade lock-in this year was also different than normal. The
 1092 lock-in differs from the others since the 8th grade was always active. The activities
 1093 include human rubber bands, glow in the dark volleyball, Giants, Wizards, Elves, and the
 1094 Xbox 360 Kinect. We also had healthy snacks to eat whenever we decided on a snack.
 1095 During most of the other lock-ins, the participants just sat around and played basketball
 1096 the entire time, so this year we tried something new. [NS] has changed a lot since I first
 1097 attended it eight years ago. Many of the changes became possible with the wellness grant
 1098 and changed our school into a healthier and more positive place. That's my input on why
 1099 [NS] should be a Healthy Hoosier School.

1100

1101 50. Our school, [NS], is starting to become a healthier school. Our lunch choices are
 1102 becoming healthier, P.E. has more exercise, and we also have healthy snack breaks in the
 1103 classroom. There are just fewer than 400 students who attend, and that is the kindergarten
 1104 through the twelfth grades. Our P.E. teachers are [NP] for the elementary and [NP] for
 1105 the Jr. /Sr. High school P.E. [NP] is the coordinator of the cafeteria.

1106 In our P.E. class we do many different kinds of exercise. We begin by running
 1107 ramps runs. This activity involves running laps up and down the ramps in the commons
 1108 area outside of the elementary gym. Other activities include dodge ball, kickball, jump
 1109 roping drills, jumping the brook, and many more. We also have many other challenges
 1110 like climbing the rope and tumbling. What makes these challenging activities is that they
 1111 both require you to use your body strength, and this is sometimes difficult because you
 1112 are out of shape. Our lunches have become healthier also by providing salads as a choice,
 1113 as well as, more fruits and fresh vegetables. Extra fruits are available to buy also. We are
 1114 given a choice of one of two main dishes, and then we all get the same sides that are
 1115 always healthy fruits and vegetables. In the fourth, fifth, and sixth grades, we have a time
 1116 set aside for two nutritious snack breaks. There is one break in the morning and one in the
 1117 afternoon. We are allowed to bring healthy snacks from home, but they are not allowed if
 1118 they are sugary snacks or drinks. Our teachers say that this helps us concentrate better
 1119 during class time. Our principal also brings us snacks for or ISTEP testing breaks. We do
 1120 exercise also during our breaks to help us think more clearly while we are taking our
 1121 tests. I think that we are trying to become a healthier school in many ways. All of these
 1122 things that we are doing are helping us think more our health, and getting and staying
 1123 active. I am glad that we are trying to become a healthy school.

1124
 1125 51. Why is maintaining a healthy school significant? To some schools, health may be a
 1126 minor detail that is often overlooked, but at [NS] it holds importance. Numerous
 1127 components such as the cafeteria food, the athletic programs, and even the clean toilets
 1128 qualify [NS] as a Hoosier healthy school.

1129 [NS] has worked efficiently to dispose of all of the greasy, fattening and overall
 1130 unhealthy foods, replacing them with baked chips, low fat ranch and turning off the snack
 1131 machine. With the “no pop” state law, along with [NS]’s own health rules that have been
 1132 added, the students have but only one option, and that option is the healthy option. The
 1133 cafeteria food corresponds with [NS]’s “Wellness program” which does, in fact, exist.

1134 The most vivid aspect that makes [NS] a Hoosier healthy school is the athletic
 1135 programs. Due to the miniscule amount of students here at [NS], there is vast opportunity
 1136 open for multiple sports team involvement. An estimated three quarters of the students
 1137 enrolled here at [NS] are a part of an athletic team. The students here are extremely
 1138 active, even if it is merely just engaging in a game of basketball during the after-lunch
 1139 intramurals. [NS] also offers open gym on a weekly basis, as well as conditioning before
 1140 the sports season.

1141 Besides healthy food and athletic programs, there is also hygiene and cleanliness, which
 1142 [NS] successfully portrays. To reduce contact with germs, automatic toilets and sinks are
 1143 available, as well as hand dryers. This proves that even the minor details matter to our
 1144 school.

1145 [NS] falls directly under the definition of a “Hoosier Healthy School.” It would be time
 1146 consuming and strenuous to attempt to find one aspect to improve the health welfare of

1147 the students here that has not already been tackled. Here at [NS], the students, staff, and
 1148 faculty truly do matter, and it is insured that health will always remain the number one
 1149 factor.

1150

1151 52. [NS] strives to make healthy opportunities available for students, staff and the
 1152 community. [NS] has made multiple positive improvements over the past year.

1153 One of the biggest changes at [NS] is that gym classes are now a yearlong course. In
 1154 gym classes at [NS] high school the physical activity level is intense. First off students
 1155 have a vigorous stretching procedure, which stays the same everyday. Everyday, we
 1156 always do push ups and crunches. Students then run around the gym to work on
 1157 endurance and laps increase weekly. Students are expected to run all laps. After the laps
 1158 students either have sprints or agility training. After warm ups are over the two classes
 1159 spilt up, one class goes out to the weight room to lift while the other class stay in the gym
 1160 to play an organized sport, such as volleyball or basketball. On Monday, gym classes are
 1161 50 minutes which is nothing but conditioning. We do stretches, push-ups, crunches, laps,
 1162 ropes, obstacle courses, training stations, aerobic core work, and much, much more. If
 1163 the weather is nice, we are on the track doing our conditioning. In my opinion the gym
 1164 classes at [NS] has kept students healthier and more active, since not all students
 1165 participate in a school sport. For myself the gym classes have kept me active during my
 1166 off-season. Honestly I probably would not be active if it wasn't for my gym class. My
 1167 gym class has actual made me work out on the weekend and pay more attention to my
 1168 diet and physical activity. I am positive other students feel the same way.

1169 In addition to the gym class changes [NS] has made many other healthier adjustments
 1170 to our school. Students are given more options at lunch, like fresh fruits and vegetables. I
 1171 vouch for my fellow students when I say the change is welcomed.

1172 We are also taught about how to make healthy food choices when we are away from
 1173 school and the importance of these choices throughout our life.

1174 In conclusion, I feel [NS] actually cares about my health and well being, through
 1175 physical activity and nutrition at lunch. [NS] deserves to receive the Healthy Hoosier
 1176 School Award.

1177

1178 53. [NS] is a Healthy Hoosier School because everyone is healthy. We have healthy
 1179 activities every day. Most of the activities that we do are fun, like our options for recess.
 1180 Jump rope for heart is an activity we do for people. When we do jump rope for heart, we
 1181 basically have stations set up around the gym. The Stations are fun because you can have
 1182 races, or do other things, but always have to remember to have fun!

1183 President Physical fitness is a way you can get strong. When we do our president
 1184 physical fitness, we do the mile run, v-sit reach, pull-ups, flexed arm hang, and a couple
 1185 different tests. The pull - ups and the flexed arm hang have to do with strength and they
 1186 are hard. When you do the mile run, you need to keep a pace. In gym, we always do
 1187 about 5 minutes for warming up/stretching. Every morning, our school counselor leads
 1188 us in stretching.

1189 Before outdoor recess we have to walk the track. Some people think that walking the
 1190 track isn't necessary, but it is. After everyone walks the track we get to have a healthy,
 1191 exercising recess. Nobody really knows how much you should play or exercise a day,
 1192 but remember if you at least play outside for an hour, you'll be a pretty healthy person.

1193 We wash our hands every day before lunch. We have hand sanitizer machines in
 1194 every room. We have a salad bar at school, which has salad toppings, wheat noodles,
 1195 cheese sticks, raisins, cottage cheese, fruit, pickles, and other things. We have a fruit for
 1196 lunch everyday. We have fresh fruit Friday. You can bring in fresh fruit from home. At
 1197 breakfast, we have fruit and whole grain items.

1198 At the end of the year, we have a field day. We run around for about the whole day.
 1199 We do activities all day. We have relay races, softball throw, long jump, and so much
 1200 more! We get ribbons if we come in 1st through 6th place.

1201 This is why [NS] is a Healthy Hoosier School.

1202

1203 54. [NS] deserves to be recognized as a Healthy Hoosier School because of the emphasis
 1204 placed on the wellness of our staff and students. There are a plethora of activities infused
 1205 in the curriculum that promote healthy living. An important example is that physical
 1206 education is provided to students two times for sixth graders and three times a week for
 1207 seventh and eighth graders throughout the school year. This schedule models the
 1208 importance of maintaining a physically active lifestyle in everyday life.

1209 Presidential Physical Fitness testing is administered twice a year to all students. These
 1210 tests measure cardiovascular endurance, strength, flexibility, muscular endurance, and
 1211 agility. Additional components to the testing include measurements of height, weight, and
 1212 body mass index. All test results are communicated to parents. In addition, a variety of
 1213 units are presented in physical education. Our teachers encourage us to perform to the
 1214 best of our ability. Students are motivated to meet fitness goals and achieve “top ten”
 1215 status on physical fitness tests.

1216 Health class is two to three times a week during the school year. In health class, we
 1217 practice important hands-on life skills like refusal skills, CPR, rescue breathing, and the
 1218 Heimlich maneuver. Much emphasis is placed on being drug-free and making good
 1219 decisions at our school. We make and display posters in health class promoting a drug-
 1220 free and abstinent lifestyle. We are also given self-awareness lessons to heighten our
 1221 knowledge of both genders during puberty and through adulthood.

1222 In addition, blood pressure, scoliosis, hearing and vision screenings are performed
 1223 annually at our school. A registered nurse is available to us every day. A Student Health
 1224 Fair is conducted each spring with various stations offered by local health care
 1225 professionals. The staff participates in Active for Life, a 10-week exercise program
 1226 sponsored by the American Cancer Society. Our teachers have the highest participation
 1227 rate in our corporation proving they value their health. With my experiences here at [NS],
 1228 I agree that it’s definitely a Healthy Hoosier School. The students and staff embrace
 1229 opportunities to assess and improve our health and wellness.

1230

1231 55. I think [NS] deserves a Healthy Hoosier School award because our teachers try to
 1232 help us learn ways to be healthy. In the CATCH program, we have learned about “Go,
 1233 Slow, and Whoa” foods to help us make better choices about eating properly. We have
 1234 new foods to try in our cafeteria. Every Friday is Fresh Fruit Friday so we can eat fruit in
 1235 the classroom.

1236 [NP], our physical education teacher, makes class fun and interesting. We love all the
 1237 new games he taught us this year. We are so active and use all of our energy in class.
 1238 Some of my favorite games are Monster Trash, Sharks and Minnows, and Hula Hoop

1239 Tag. I sure get a good workout during gym class! My classmates and I love exercising so
 1240 much! In my homeroom class, we earn the right to be a hall walker when we master our
 1241 multiplication math facts. This is so fun and gives me a chance to get some extra exercise
 1242 during the day.

1243 Our school fundraiser is a walk-a-thon. We ask friends and family for donations. On
 1244 the day of the walk, we walk laps around our playground. For every lap we finish, we get
 1245 a ticket. These tickets are used to vote for a teacher to get a pie in her face or some other
 1246 funny things. We love to do this so we work hard to complete as many laps as we can. I
 1247 like that we are exercising and raising money for our school, too.

1248 In the spring we do a Hop for Leukemia. We hop as many times as we can in one
 1249 minute during class. We raise money so they can try to find a cure for this disease. My
 1250 grandma died from leukemia so this is very important to me. It feels good to help others.
 1251 I hope they can make things better for families who have someone they love with cancer.

1252 Please give [NS] the Healthy Hoosier School award because my school cares about
 1253 students and our health. We even have Family Fitness Nights so our parents can exercise
 1254 with us.

1255

1256 56. What would happen to kids if people didn't take steps to make them healthy? They
 1257 would be overweight and out of shape. Kids need to develop healthy eating, and physical
 1258 habits.

1259 [NS] is taking big steps to making kids healthy. Every month, we have fresh fruit and
 1260 vegetable Friday (FFF). On these days, students bring in big assortments of fruit and
 1261 vegetables. Some fruits include, strawberries, kiwi, star fruit, apples, grapes, bananas, and
 1262 oranges. Some vegetables are peppers, carrots, broccoli, cauliflower, and snap peas.

1263 [NS] also has many rigorous physical activities such as The Cardinal Crawl, a 5k run
 1264 and walk. In gym class, students are constantly moving the whole period. All of the
 1265 children love gym class.

1266 During class, students get up at different times to exercise. Every Wednesday and
 1267 Friday we have a program called Minds in Motion. We also do exercises everyday in our
 1268 homeroom like dancing, exercise videos, basketball, and just simple things like jumping
 1269 jacks, squats, pushups, sit-ups, lunges, and plies. This gets the Children moving and
 1270 keeps them healthy, and ready to learn!

1271 These are some of the many reasons why [NS] deserves to be a Healthy Hoosier
 1272 School. We are taking action to prevent childhood obesity!

1273

1274 57. Here are some of the many reasons why [NS] is a Healthy Hoosier School. We have
 1275 P.E. twice a week as well as home and school projects. Fifth graders study D.A.R.E. and
 1276 all the grade levels participate in the fitness drawing and monthly fitness calendars.

1277 Students are encouraged to exercise at home and bring a ticket back if they complete an
 1278 hour of physical activity the ticket is placed in a drawing for 30 minutes of activity in the
 1279 gym with friends and the student gets his/her name announced with what he/she did for
 1280 the hour of exercise. At recess, students are encouraged to run a mile to earn charms in
 1281 our program called "Energetic Eagles". Students earn charms after miles and top runners
 1282 get to go to a bounce house. We also have healthy recess equipment such as hula hoops,
 1283 jump ropes and sport equipment. At lunch, healthy meals are served and healthy snacks
 1284 are offered in our classrooms. We have an active organization named the "Jumpin'

1285 Eagles" that perform to promote fitness and jump rope. The Team consists of students in
 1286 1st through 7th grade. The team performs at other schools and events in the area. We
 1287 also have Jump Rope for Heart which is an annual event that includes jump contests and
 1288 we raise money for the American Heart Association. Every year we study the heart and
 1289 and travel through an imaginary heart while learning about how the heart functions.
 1290 Similar to this, we have a fire safety obstacle course in which students learn what to do in
 1291 emergencies. The course is available for families to use during our evening Health Fair
 1292 and Fun Run in the fall. During recess students are allowed to use our sledding hill for
 1293 fitness in the winter. During gym class we take part in the Presidential Fitness Testing.
 1294 We also have several after school activities that are offered such as running club, jump
 1295 rope club, 4th and 5th grade basketball and community education classes that stuents,
 1296 adults or families can participate in. I hope you can see why [NS] is a Healthy Hoosier
 1297 School.

1298

1299 58. [NS] deserves to be the next Healthy Hoosier School. Horizon helps students of all
 1300 ages attempt to live a healthier life. For example, the younger students take part in the
 1301 Minds in Motion Lab, a program that helps kids to develop brain power and physical
 1302 skills. DDR is used as a reward for Box Top competition and in PE class. Students are
 1303 also rewarded with extra recess. In PE we start our class by running and exercising to
 1304 empowering music. We bring in special guests such as a ZUMBA instructor who came
 1305 and taught our whole school energetic ways to move. The local firemen came and taught
 1306 us fire safety while moving through a very active obstacle course. Field Day is an entire
 1307 day centered around a year-long cross-curricular theme devoted to getting kids active and
 1308 doing a community service. This year's theme is "The Great Outdoors!"

1309 [NS] has been very successful with giving students inspirational thoughts on what
 1310 they would like to do with their lives. For instance, Drs. [NP] and [NP] told us their story
 1311 about riding their bikes from Tuscon, Arizona, all the way to [C], Indiana, a program
 1312 called Desert to Dome. Anyway, you'll notice the variety in our school and the after-
 1313 school activities such as Running Club, intramural basketball, and even school plays. We
 1314 just finished a musical called Shrek. It was full of entertaining songs and energetic dances
 1315 to go with them. Students grades 1 - 5 are allowed to participate in a school play.

1316 As you can see, [NS] encourages all of us to be healthy, and this award would
 1317 continue our steps to better health!

1318

1319 59. [NS] should be a Healthy School because they are trying to teach us more about
 1320 healthy, fitness, and nutrition. We need to learn more about these things because we
 1321 learn to take care of our bodies. Our bodies are very important.

1322 [NS] has very healthy lunches and after-school fintess program including one that I
 1323 am a part of, USI Smart Fitness. There is a long waiting list because so many kids want
 1324 to participate. As a 5th grade student at [NS] School, my friends and I want more fitness
 1325 program so we can grow healthy together.

1326

1327 60. Hello, my name is [NP] and I am a student that attends [NS]. I love my school and I
 1328 believe that our school is one of the healthiest schools in [C]SC. As for some examples,
 1329 our school is very healthy because, we switched to whole wheat buns and bread; we are

1330 always active at gym and recess, and at lunch they always give us a side of fruit and
1331 vegetables with our lunch.

1332 Now these are not all of the examples of our school being the healthiest school in the
1333 [C]SC. Eating and being active in the school have improved our academic scores by a
1334 lot. Physical fitness is very important when it comes to school; if you have homework it
1335 is important to stretch when you finish. Clear your mind when you are beginning to take
1336 a test. At [NS], when we take the ISTEP we always stretch at the half way points and
1337 after the test this makes us feel less stressed and less tense. Being less tense makes you
1338 more active later on that day.

1339 The school has cut back on sweets for the birthdays of students, school parties, and
1340 fundraisers put forth by the Student Council and National Elementary Honor Society.
1341 They encourage healthier snacks and meals instead of sugary and fatty ones.

1342 [NP], our gym teacher has a Wii to encourage us to exercise while having fun. The
1343 games that he includes are dancing games, games using the whole body, and games using
1344 running. Some students, instead of playing the Wii, would like to play basketball, jump
1345 rope, or hula-hoop. If participating in any of these activities, students have the right to
1346 walk around the gym with a lap counter, or run and walk on the treadmill. When student
1347 leave the gym the blood is pumping, heart is racing and they are ready for class.

1348 In conclusion, all of the above things make [NS] stand out as a healthy environment
1349 for students. Please consider rewarding all our hard work.

1350

1351 61. My name is [NP] and I am a senior at [NS]. Through out my four years at [NS] I
1352 have seen many changes in the wellness program. From changes in the cafeteria, to the
1353 vending machines, before and after school weight program, to better equipment in my
1354 Physical Educations classes.

1355 I really like the way we have healthier choices in the cafeteria. It's nice to be able to
1356 walk up and get a salad everyday. I really like that all soft drinks have been taken out of
1357 the school. It eliminates that temptation of drinking a pop during the day. But the best
1358 thinkg about the chnages in the cafeteria is "no fry Wednesday". This means no fried
1359 food in the cafteria that day.

1360 The before and after weigh program is a good idea. It gives us an opportunity to work
1361 out for free. I hope they continue with the program next year.

1362 Another program that I notice when I get to school is the before school basketball
1363 prgram. This ia a big attrtraction. The gym is full every morning with kids playing
1364 basketball.

1365 I am in Aerobic Walking this year and we have several new things that make our class
1366 better. We now have heart rate monitors, new work out videos, pedometers, and a new
1367 treadmill. This has really made this class a lot better.

1368 Finally, I really like the new SWAT team. (Student Wellness Awareness Team) I am a
1369 member of this and I feel this is going to be an awesome program. We are setting up
1370 programs dealing with bullying, obesity, suicide, etc. This is a great program and will
1371 help Reitz High School.

1372 In closing, I really like the changes at [NS]. Students are becoming more aware of living
1373 a healthier lifestyle by the many new programs. I can see this program getting stronger
1374 every year.

1375

1376 62. I feel that [NS] deserves to be recognized as a Hoosier Healthy School because they
 1377 encourage healthy eating and exercise. Exercise is very important to help keep you
 1378 healthy. [NS] has numerous activities to keep all the children and their families involved.
 1379 A few of the activities include Walking Club, Health and Fitness Night, Health Day, and
 1380 [NS] Hoppers. The Walking Club meets before school, Monday through Friday from
 1381 7:00am until 7:40am. The Walking Club is a group of kids and even teachers that walk
 1382 outside around the playground. And if it is below thirty two we have to walk in our
 1383 gymnasium. Our teachers would rather the kids wear tennis shoes, if you wear other
 1384 shoes it may cause your feet to be sore. On the first lap you can run if you want, but you
 1385 have to walk the rest of the time until the bell rings. Walking is great exercise it gets
 1386 your blood pumping faster than you can imagine. That means your brain will be ready
 1387 for some hard work. Walking is very relaxing, it is something you can do with your
 1388 friends and talk about things as you are walking. Just imagine how good you would feel
 1389 all day starting off with a good breakfast and some walking exercise before school.

1390 And Health and Fitness Night was very exciting, my family and I were introduced to
 1391 several different exercises like Zumba, Jazzercise, and Mini Bootcamp. My family and I
 1392 really enjoyed these activities, the whole night was very entertaining.

1393 I also love the idea that [NS] has a jump rope team called the Hebron Hoppers. They
 1394 work very hard to get all of the tricks perfected.

1395 I feel that everyone at [NS] goes out of their way to try to make our school a healthy
 1396 place to be. So I hope [NS] receives the Hoosier Healthy School Award.

1397

1398 63. [NS] is a Healthy Hoosier School. There are many things that are apart of each and
 1399 every day that help Highlanders stay healthy.

1400 Gym class is one way our school stays healthy. Students have the opportunity to do
 1401 exercises such as sit-ups, push-ups, and stretching. Walking, running, and playing lots of
 1402 sports are also ways students stay healthy and learn things to keep us healthy.

1403 Our school has a walking club at recess where all students can walk and count their laps
 1404 each day. We keep track of the number of laps we do each day and total them up at the
 1405 end of the year. The winning student gets to have lunch with our principal.

1406 We have after school programs too that help to keep us healthy and active. We have a
 1407 jump rope club where students learn new jumping rope styles and techniques. We have
 1408 an exercise club where students do exercises together to videos. We have another club
 1409 where games and exercises are done together. We have these clubs going on every day
 1410 of the week. We also had a volleyball team, and basketball team that kept students
 1411 active. We had a dance and cheer club too where students learned routines and stayed
 1412 active. These help to teach students to keep active as they get older. They teach us that
 1413 staying active doing things you like can be fun.

1414 Also, at our school we have time for recess. During recess many [NS]ers can be found
 1415 playing basketball, soccer, kickball or running on the playground. Recess gives students
 1416 the opportunity to exercise for 20 minutes.

1417 These are the reasons [NS] is a Healthy Hoosier School. Students take great pride in
 1418 being a part of this school.

1419

1420 64. Does your school have health issues? Of course it does, because nobody's perfect.
 1421 [NS] is a school with many unhealthy students which are fighting obesity. Last year we

1422 won the gold medal for Healthy Hoosier School Award and that's our goal for this year.
 1423 All of the after school programs and sports that we have are very impressive.

1424 Here are some facts about our after school programs and P.E. They provide activities
 1425 that promote healthy choices like swimming, MVP sports and YMCA activities. They
 1426 provide a healthy snack for those students that attend the programs. Our most populated
 1427 program is B.M.S. Everyone enjoys it. Our PE classes always do the simple push up, sit
 1428 ups and running. After 15 minutes of exercise we play games such as mat-ball and
 1429 baseball. Our teachers are involved in cross country, bowling and etc. These program
 1430 have inspired us as students to do more activities outside of what the school offers. Like
 1431 me, I play almost every sport. Our school has a walking club for students to do before
 1432 school begins. I started this club because I had it at my elementary school and loved it.

1433 We have decreased the amount of food in our cafeteria food. We are learning to eat
 1434 healthier We offer more fruit and vegetables for our students. Our vending machines have
 1435 healthy foods, but there are some flaws. The flaws are: cookies, hot cheetos and rice
 1436 krispie treats. This gives the students an opportunity to make the right decision to help
 1437 with obesity. Our school is taking the proper steps to help with the obesity rate.

1438 Our school is trying to stop obesity in children by providing the above programs and
 1439 food. The staff is encouraging all students to do their best in school and life. Most
 1440 teachers coach sports, and that inspires the students to want to participate. If we all work
 1441 together we can conquer this obesity problem. We need to care about each other by
 1442 trusting we can accomplish anything. This is why we are a Healthy Hoosier School!

1443
 1444 65. My idea of a Healthy Hoosier school is one in which promotes a healthy lifestyle for
 1445 their students and provides opportunities to live out a healthy, well-balanced life. I
 1446 strongly believe that [NS] greatly exceeds these criteria of a health school.

1447 Here at [NS] we strive to provide all kids with opportunities to make the right choices to
 1448 improve their well - being. Such as for lunch we are provided with numerous amounts of
 1449 healthful food to choose from. With all the fruits, vegetables, and entrees served we are
 1450 guaranteed to eat a well- balanced meal. We're not only given the chance to eat right, but
 1451 we are also encouraged to stay active and physically fit. Teachers are constantly
 1452 promoting us, students, to participate in after – school activities that involve getting
 1453 active. Track, cross country, cheer team, dance team, weight lifting, volleyball,
 1454 basketball, and exercise club are some of the many opportunities we are given to be
 1455 active.

1456 Now you are probably thinking, "Don't other schools also have some of these
 1457 activities?" but at [NS] we have gone above and beyond. In gym class we have the
 1458 privilege to exercise in a well-equipped fitness center with weights, treadmills, and stair
 1459 steppers. Although most kids enjoy using this equipment, some kids may not be the
 1460 "work out" type. Therefore we have activities for them like DDR, the Wii, Frisbee, and
 1461 the rock-climbing wall to ensure they are staying active. One thing that sets Plaza apart
 1462 from the other schools is our heart-rate monitors. We wear these during gym to help
 1463 keep our heart rates up at all times. These help out tremendously because they inform us
 1464 if we need to work harder to increase our heart rate. The monitors are extremely useful
 1465 because they empower us to exercise during class rather than stand around.

1466 Above all else [NS] best fits the criteria of a Healthy Hoosier School because our
 1467 school and staff not only set goals for us to be healthy but provide opportunities and
 1468 encourage us to reach them.

1469

1470 66. My school, [NS] is a healthy Hoosier school. They have implemented many
 1471 programs to help the students maintain a healthy lifestyle. Our school combines athletics,
 1472 diet, and personal hygiene, with a focus on health awareness to create a healthy
 1473 atmosphere.

1474 There are many athletic programs available, so that every student can choose an
 1475 activity that helps them stay fit. There are both boys and girls basketball teams. There is
 1476 a girls volleyball team and cheerleading which students can participate in. Everyone
 1477 participates in gym, and there are after-school activities such as kickball and basketball
 1478 plus various walking clubs. There is also an athletic day on which you can choose to
 1479 participate in track and field events.

1480 Our school's cafeteria has also joined in to help the students be healthier. A student
 1481 can get a healthy breakfast such as a whole grain cereal and juice. Our cafeteria serves
 1482 up healthy lunches which includes such items as whole wheat breads, green salads, mixed
 1483 fresh fruits. Baked foods are offered instead of fried foods. For dessert we can choose
 1484 healthy fruits or sherbert instead of unhealthy cakes or ice cream.

1485 The bathrooms are equipped with anti-bacterial foam soap. Hand sanitizer dispensers
 1486 are located throughout the school. There are also tissues available in every room, and
 1487 students are asked not to come to school sick. These things help cut down on the spread
 1488 of germs at our school and keep our students healthier.

1489 [NS] also has the D.A.R.E. program and health classes which help keep the students
 1490 informed about health issues. Our school combines health education, athletics, diet, and
 1491 germ prevention programs to create a healthy environment for our students. You can see
 1492 that all the things that [NS] in [C], IN does to promote Health and Fitness makes it a
 1493 Healthy Hoosier School.

1494

1495 67. At [NS], I play TILE basketball to be active and to help my skills. I also play frisbee
 1496 with my friend so it will help my catching ability and I play tag to help my running. I
 1497 play football at recess to help my running, throwing and blitzes. I run at recess around the
 1498 rocks so I could start to run faster and to help my leg strength rise. I also run so I can
 1499 outrun my friends. My friend and I always get a ball if possible so we can kick it back
 1500 and forth so we can help our kick be more powerful and stronger. We also play kickball
 1501 when the grass isn't muddy or wet with a lot of people to help our aiming, kicking, and
 1502 rolling skills to help kick farther and higher than ever before.

1503

1504 68. [NS] should be a Healthy Hoosier school because in today's society, people are
 1505 starting to get away from healthy foods and going towards the junk food. [NS] has so
 1506 many devoted students that are willing to help teach others why it is so important for
 1507 them, now and for their future, to stay healthy.

1508 At [NS], students and staff always encourage one another to stay active and be
 1509 involved. We support physical activity and proper nutrition. We eat healthier foods now
 1510 at lunch: not as many fried foods and also participate in more physically active games in
 1511 PE. We used to always have pizza and fries on Thursdays, but most of that has been

1512 replaced by healthier options including wraps and salads. [NS] also serves fruits and
 1513 vegetables with lunch every day. They also serve water or milk to drink. This promotes
 1514 proper nutrition.

1515 Exercising at home and in a gym has become more natural because of what we are
 1516 practicing in Physical Education. One of the things that we are doing is weight lifting.
 1517 Weight lifting makes us stronger and burns fat. We also roller-skate. Roller-skating uses
 1518 our leg muscles to keep moving and to keep our balance.

1519 On days when we do not have PE, we have Health. Health teaches us how we should
 1520 eat right, how many vitamins we should be taking, and serving sizes for all food. [NS]
 1521 teachers don't just tell you what's good or bad for you, but actually teach you about
 1522 everything you are putting into your body, what is found in it, and what it is doing to your
 1523 body. They explain how much of everything you need in a day and what to try not to
 1524 have too much of. I find this information very important for teens to know since their
 1525 parents will no longer be deciding what they eat.

1526 [NS] does a lot to promote physical activity and proper nutrition to its students. I hope
 1527 this paper has convinced you of this, and that you agree that [NS] should be a Healthy
 1528 Hoosier School.

1529
 1530 69. Thank you for the opportunity to nominate my school, [NS], to be a Healthy Hoosier
 1531 School.

1532 [NS] has a lot to offer to help keep us active. To begin with, every fall all the students
 1533 in each grade run in the [NS] Olympics. For the Olympics, each grade has to run a
 1534 specific distance at or under a certain time. If a person achieves this time they become a
 1535 [NS] Olympic team member. And the top 3 team members in each event receive a medal.
 1536 Staff, parents, P.E. specialists, and the superintendent of the [C]SC are participants.

1537 From the beginning to the end of the day, [NS] is active and healthy. For example,
 1538 every morning from 7:15 to 7:40a.m the Walking Club is taking action in the gym. This
 1539 is a great way to get up and get going in the morning. This is followed by a 2 minute
 1540 toner after announcements. Then during lunch there is always a fresh selection of foods
 1541 that are good for you such as salads, fruits, and plenty of vegetables. There are even
 1542 nutritious snacks available. In class our teachers encourage students to eat healthy and
 1543 stay active.

1544 The first semester is when [NS] has its annual family fun night, which includes
 1545 numerous blow ups to jump around and play on. Younger and older siblings are allowed
 1546 to come as well. During the last week of school, Field Day takes place. You can compete
 1547 with friends in your grade in 3 relays. If you enjoy the rush of running you can participate
 1548 in the 440, 180, 100, 75, or 50 yard dashes. If you like crazy fun, you can do the bouncy
 1549 ball races or the 3 legged races. Contests like shooting the basketball, the long jump, pull
 1550 ups, and softball throw are options as well. You might get the opportunity to win a 1st,
 1551 2nd, or 3rd place ribbon. Parents, grandparents, neighbors, and friends can have the
 1552 pleasure of attending this entertaining event! At the end of field day each grade and all
 1553 the parents witness the relay races and tug-a-war, which are strictly for 3rd, 4th, and 5th,
 1554 grade students only!

1555 [NS] also has an intramural basketball program in which all 5th grade students can
 1556 participate. [NP] and [NP] generously spent their time after school to coach our teams.

1557 These are some of the reasons that [NS] should be considered to be a Healthy Hoosier
 1558 School. "Physical fitness is not only one of the most important keys to a healthy body; it
 1559 is the basis of dynamic and creative intellectual activity." John F. Kennedy

1560

1561 70. Health issues, especially obesity and diabetes continue to be a growing problem in
 1562 schools across America today. Young people continue to act as if they do not need to
 1563 worry about their health. Many students do not get the proper information from home
 1564 about nutrition and wellness. This is where [NS] and the [C] School Corporation have
 1565 taken the lead in offering students a wealth of information and services for our students.

1566 Our school lunch program has multiple options for students who wish to choose
 1567 alternatives during their lunch period. The Reality Bites Program keeps us on our toes as
 1568 we stand in line with posters about calories and how much exercise it takes to burn off
 1569 certain foods. Every student at [NS] has a net book. On the student homepage is a
 1570 different Reality Bite of information for all of us to see each day. This has created good
 1571 conversation between faculty and students on a different topic during school.

1572 [NS] has removed many temptations from us with the introduction of only juice,
 1573 water and Gatorade to drink during the day. Changes in fund raising sales have also
 1574 helped students to eat better during the school day. Let's face it, when we eat better, we
 1575 feel better about everything.

1576 We have multiple Nutrition and Physical Education classes for students to pick from.
 1577 Our Nutrition classes stress positive food choices and healthy cooking. Most students
 1578 have had one or more of these courses during their four years. Each student is required
 1579 three semesters of Physical Education during their stay at [NS], many choose to take
 1580 classes all four years to stay in shape and work off stress.

1581

1582 71. Hello, my name is [NP] and I go to [NS]. I'm in 5th Grade and I think our school is a
 1583 Healthy Hoosier School. Our school does jump rope for Heart and we get to go to gym
 1584 five times a week for an hour. We do stretches, run and get energy. All the kids love to
 1585 go to gym class cause its fun. We have a lot of sports like basketball, cheerleading, track
 1586 and cross country. Our school helps out with pennies for patients for kids with leukemia.
 1587 So far we raised more than \$900. Our school food has changed also. Now we have a
 1588 salad bar. In the salad bar we have grapes, oranges, watermelon, lettuce, cucumbers with
 1589 ranch. We have grape juice out of recycling bottles, and have water fountains
 1590 everywhere in the school. The whole school goes outside when its warm and walks
 1591 around the whole track for an hour. I think our school is a healthy hoosier school.

1592

1593 72. [NS] is the healthiest school in [C] Schools! We eat vegetables and fruit every day
 1594 from our veggie bar at lunch time. We even get to eat as much as we want, they let us go
 1595 back and get 2nds and 3rds ... it is so cool. Kids at [NS] also learn nutrition to stay
 1596 healthy. One of the nutritious rules we learned is to not eat too much candy. Candy is
 1597 bad for your body and candy can rot your teeth too you know.

1598 We can get a lot of energy if we stay healthy. It is mostly important to eat and drink
 1599 good foods. If you do not eat or drink good choices you can lose energy. You don't
 1600 want to lose energy because you can lose power. We need power to be great students.

1601 [NS] kids are physically active because we do dance, cheer, basket and cross country
 1602 too. In gym class we are working up to running 2 miles. We also just had Jump Rope

1603 for Heart at our school to raise money for people with heart diseases. Jumping rope is a
1604 great exercise for our heart.

1605 Like I already said, [NS] is the most healthiest school in [C] Schools and I bet it is the
1606 healthiest in the entire United States of America.

1607

1608 73. With so many overweight kids in the U.S., [NS] in [C], Indiana has gone above and
1609 beyond to show the importance of healthy lifestyles to me and others at my school.
1610 Twice a week, when the weather is nice, we walk, jog or run laps around our two football
1611 fields. We are given a "toe token" for every 15 laps we do which we put on a necklace
1612 and collect during the school year.

1613 Our school was the first of the [C] Schools to have a Cool * Cafe. This new program
1614 gives us fun, new healthy food choices in our cafeteria and a fruit and vegetable bar. The
1615 healthy food helps us eat better and have a better day in class because we're not crashing
1616 from sugary and fatty foods. It also allows us to try new food choices which we will
1617 carry with us as we grow older.

1618 Our gym teacher, [NP], applied for and was awarded a Game On grant from Department
1619 of Agriculture and the Department of Education. With the grant, [NP] and [NS] has held
1620 a Family Fitness Fair and Walk with other organizations from our community for
1621 students, their families and friends and a Sports Extravaganza which was a two hour
1622 evening where students, our families and friends could come to [NS] and join up to four
1623 30 minute classes like Turbo Kick, Zumba, Dance Aerobics, Yoga, Karate, and sports
1624 enhancement classes and more. We learned that exercising and being fit is very fun and
1625 can be something we do together as a family. I can't wait until I'm old enough to take
1626 these classes at our local YMCA and think there should be more things like this available
1627 for kids my age.

1628 Our teachers set good examples for us too. Our principal, [NP], decided to get healthy to
1629 set an example for us and lost a lot of weight! [NS] cares about its students and does
1630 more than any school is required to show its students how to be healthy Hoosiers. Go
1631 Tigers!

1632

1633 74. Vegetables, fruit, basketball, chicken, turkey, track, milk, golf, jump rope-yes, these
1634 are all examples of healthy things, and I know a place that has all of these and more.

1635 [NS] is full of healthy foods, exercises, and sport activities. This is why our school
1636 should be a Healthy Hoosier School.

1637 To be more specific, I'll discuss what kind of things would make us a Healthy Hoosier
1638 School. One reason is because we have healthy breakfasts and lunches. [NS] has
1639 changed a little over the years, and now we have a free fresh fruit and vegetable bar. In
1640 this bar, we have grapes, oranges, apples, broccoli, bananas, carrots and much more.

1641 Another reason is because all students participate in gym class at least once a week.
1642 Gym class is a class or special area as some people call it, where we can get enough
1643 exercise by doing push ups, sit ups, running and sometimes at the end we will add a little
1644 fun and play an active game. I think that gym class is important for the students to stay
1645 healthy and have fun.

1646 Sports are a fun and entertaining way to stay healthy. [NS] has eight different team sports
1647 such as basketball, or cheerleading, four intramural activities, and there will be a walking

1648 club added in the Spring 2011. There are plenty of options although the students are not
1649 forced to do these activities.

1650 Jump rope for heart is a great idea where, in gym, we learn about your heart, we learn
1651 how to check your pulse, we learn about heart rates, and of course we jump rope. Jump
1652 rope for heart is a donation to the patients who have heart problems.

1653 [NS] deserves to be a Healthy Hoosier School because of these reasons. Please agree
1654 with me and know that being healthy is the best thing that could ever happen to you.

1655

1656 75. [NS] students feel they should be a Healthy Hoosier School because of all the various
1657 healthy school programs and initiatives they are exposed to on a daily basis. Students are
1658 able to exercise daily through recess and they are exposed to various rigorous activities
1659 while participating in physical education. They were recently able to learn about
1660 pedometers and participation in the GCCS Mileage Club.

1661 I am on the basketball team and we train everyday to get ready for the games. It is hard
1662 work but we are good. [NP].

1663 I did not know how many steps I took in gym, especially on those days we really
1664 moved. I like being able to have the pedometer count my steps for me. [NP].

1665 I run at recess. It is healthy. I like to do healthy things like run and play. [NP]

1666 Special areas are fun. I like singing and dancing with Mrs. Zurlage (fine arts) We come
1667 in early to practice our performances so we are ready to perform. [NP].

1668 I am no good at playing basketball, but intramurals give me a chance to get better so I
1669 can try out for the team. [NP].

1670 Other healthy school programs would include the types of food offered in the cafeteria.
1671 Students are given healthy choices during lunch to pick from fresh fruit and vegetables.

1672 I've got to eat healthy. It is important to my grandpa. [NP].

1673 Lunch is so much better than it use to be. I can go to the cart and pick from fresh apples,
1674 pineapples, bananas, oranges, cucumbers, peppers and so much more. [NP]

1675 Students at [NS] love to attend Carnival or participate in the Health Fair put on at the
1676 beginning of the year to promote healthy choices. [NS] was able to invite many health
1677 conscious vendors to participate as well. The teachers walked a mile with students and
1678 families to promote health.

1679 I know I am too old to keep coming back to [NS] for the Carnivals. I just have so much
1680 fun playing the games and earning prizes and talking to my old teachers and friends.

1681 [NP].

1682 The Health Fair was cool. We got to walk a mile around the school. The greatest part of
1683 it was mom was able to walk with me and my friends. [NP].

1684

1685 76. We think [NS] should be a Healthy Hoosier School because we have fruits and
1686 vegetables everyday at lunch. The cafeteria serves more healthy food than it used to. We
1687 get to do gym and walking club.

1688

1689 77. Schools are meant to be establishments of learning. They install ideas and life
1690 lessons in the minds of their pupils. These concepts always consist of things like math,
1691 science, problem-solving, right from wrong, and other obvious subjects. What about
1692 health? Health is the overall condition of a person's life and body. Mental health,
1693 physical health, and emotional health habits formed during adolescence stick with

1694 someone for the rest of their life unless they take a huge step to change them. Schools
 1695 like [NS] are working hard to ensure that their students continue through their life with
 1696 healthy habits and a good understanding of just what health is.

1697 [NS] is a paradigm of what a healthy school should be. To help physical health, each
 1698 student is required to take one period of P.E., a health class, or a drug prevention program
 1699 all year round. P.E. teaches our kids about sports and keeps them active for forty-five
 1700 minutes each day. Health class teaches the students about the human body and mind, how
 1701 it functions, and how to keep it in tip-top shape. Our drug prevention program helps to
 1702 inform kids about some of the decisions they will be faced with in the future, how to
 1703 handle them well, and how those decisions will affect the rest of their life. Our school
 1704 lunches require one fruit and recommend two. We don't offer any sodas, only juice, milk,
 1705 and water. To keep mental and emotional health balanced, we strongly discourage and
 1706 censor any bullying or negative behavior, and counselors and the school nurse are
 1707 available all day to students. Our students have a good understanding of their health and
 1708 how to keep it pristine.

1709 It's a shame that American schools have drifted so far from healthy living. Many
 1710 schools are selling out to food corporations and fast-food companies to make extra
 1711 money. Those unhealthy companies shove their advertisements and products in our
 1712 students' faces during lunch and in hallways, but at our school, we keep our kids healthy
 1713 and active for as long as we can.

1714
 1715 78. Let's tell you about our lunch. When we pick up our food, we get at least one food
 1716 from each category of the food pyramid. There are variety of fresh fruits and vegetables
 1717 to choose from. All of our milk is low-fat. We have 1%, low-fat, and skim. The fourth
 1718 grade can have ice cream that is low-fat and follows the guidelines of the USDA (United
 1719 States Department of Agriculture). [NP] works with every grade, switching grades daily.
 1720 She teaches us about nutrition. Sometimes if you're tired, the food really wakes you up
 1721 and gives you energy.

1722 One last thing we'll say about lunch is that we have different choices. If you're a
 1723 vegetarian, you can get a PBJ or a yogurt lunch. You can also choose to get a turkey
 1724 sandwich instead of the main hot lunch.

1725 Now that we are done talking about lunch, let's tell you about the exercise we get.
 1726 Every Friday, 4th grade gets 15 minutes of extra recess. Each grade level gets 25 minutes
 1727 of recess a day. This gives our school's students a chance to walk, run, skip, jump, and
 1728 climb. Every grade, besides Kindergarten, has P.E. two times a week for a total of 70
 1729 minutes. You can also join before and after school activities such as track, cross-country,
 1730 clogging and dance club, and Circle of Friends. Recess, P.E., and these clubs keep the
 1731 students at [NS] moving!

1732
 1733 79. At [NS] healthy habits and making them part of daily life are something we take
 1734 seriously. We have tons of healthy food choices in the cafeteria including fruit cups,
 1735 salad cups, and vegetables cups. We also have salad entrées and we have milk and water
 1736 to drink at lunch, which help build strong bones. We have extracurricular events after
 1737 school that help kids get in to shape and build a life long love for staying fit. [NS] offers
 1738 things like track, football, basketball, cross country, Healthy Hawks(a running club),
 1739 Soccer club, and Tennis club. We have a superior level of exercises that we do in gym to

1740 keep healthy they include warm-up jogs, the mile, warm-up stretches, and other fitness
 1741 tests like the pull-up bar, sit-ups, and the shuttle run(a sprinting run). At [NS] we wash
 1742 our hands before and after we enjoy our lunch making sure to keep the germs away.
 1743 [NS], as you can see, has tons of healthy habits, it encourages its students to be healthy
 1744 and enjoy school.

1745

1746 80. These days, when the country is struggling with childhood obesity, it's hard to find a
 1747 school that's healthy, active, and fit. Many schools say they're against obesity, but they
 1748 rarely ever put a plan to stop it into action. It isn't often that you find people partaking in
 1749 fitness programs, either. But here at [NS], exercise is just as important as education.

1750 The first step to improve students' health is by giving them options. We have many
 1751 extracurricular physical activities to select from. Girls can bump, set, and spike on the
 1752 volleyball team, or try their hands at shooting and scoring on the basketball team.
 1753 Choices for boys are football, basketball, and wrestling. Cross country and Healthy
 1754 Hawks, a team that runs for fun, are programs both boys and girls can participate in.

1755 Those aren't for everyone, though. Aside from that, we have wellness class every day,
 1756 all year. Students set goals for the fitness tests, and work hard to achieve them 3 days a
 1757 week. In the other 2 days, we have health class. We learn about anything from drugs, to
 1758 healthy eating habits, to human muscles and bones. In fall we had an exciting Play 60
 1759 punt, pass, and kick competition. Everyone got to test their football skills, and winners
 1760 got special recognition. To really push for excellence, students were recently offered
 1761 extra credit to come in at 7 AM and work out in a fitness club.

1762 But fitness goes beyond exercise. A healthy diet is just as important, and we're aware
 1763 of that. There are many nutritious items on the menu to choose from. Beverages include
 1764 various juices, purified water, or any type of milk. The wholesome entrees can be things
 1765 like grilled cheese and tomato soup or whole grain rice with eggrolls. If that doesn't suit
 1766 someone, they can have fresh salads and sandwiches, and bagels. There's always a fruit
 1767 or vegetable side to choose from. Plus, all hamburger buns and bread rolls are whole
 1768 wheat. Posters are set up by the serving lines that support healthy eating habits. They
 1769 show things like food pyramids and serving sizes.

1770 As everyone knows, keeping fit takes work. But we don't mind the work. In the end,
 1771 it all pays off. No matter the age or gender, [NS] is one of the healthiest schools in
 1772 Indiana.

1773

1774 81. This year we had to say goodbye to old [NS] and welcome a brand new school! In 4th
 1775 grade, you learn about how great being a Hoosier is. Our goal is to be the best school in
 1776 Indiana, and to do that we are going to have to be healthy. To help us meet our goal we
 1777 have automatic faucets and warm water to keep our hands clean and germ-free! Also, to
 1778 make it even better we have automatic flush systems and automatic hand driers.

1779 In P.E., if we get lucky we'll play dodge ball! It's everyone's favorite. Anyway we got
 1780 so much new equipment! [NP], our gym teacher loves the new gym. P.E. helps keep our
 1781 hearts pumping and healthy!

1782 The menu for lunch is spectacular! We serve plenty of fruits and vegetables. There is a
 1783 water jug so kids can get water or milk. We get to choose if we want a salad, a sandwich,
 1784 or the main course.

1785 During recess we have so many things to play on! It's very hard to decide. I love recess!

1786 At the beginning of the year we had an asthma clinic. Kids who had asthma got to eat
 1787 their lunch together. They also got some pretty cool stuff. Most importantly, they learned
 1788 how to manage their asthma!

1789 Our Nurse, [NP], helps keep us healthy. She tells us to keep our hands to ourselves in
 1790 case we have a bug. She takes care of us when we're sick. She gives us monthly health
 1791 tips. Most of all, she leads a healthy life, so we are listening to a pro! Without [NP] our
 1792 school wouldn't be a healthy school!

1793 [NS] is a healthy school because we work together to keep our school clean, and boy are
 1794 we proud of it!

1795

1796 82. I am a fourth grade student at [NS]. Our school deserves to be a Healthy Hoosier
 1797 School because we are active in many ways. We not only have a Physical Education
 1798 every fourth day, but we also are active in Hawk-a-Walk-a-thon, Hawk Relays, and Jump
 1799 Rope for Heart which involves the entire school for all three events and more.

1800 We should also be a Healthy Hoosier School because we are encouraged to bring healthy
 1801 snacks and our cafeteria provides healthy lunches. We get to choose from many
 1802 vegetables and fruits instead of cookies and pie.

1803 This is why I think [NS] should be a Healthy Hoosier School!

1804

1805 83. [NS] should be a Healthy Hoosier School for many reasons. The most important
 1806 reason is we have alot of programs that keep us active, fit and healthy. Another reason is
 1807 we have fun P.E. classes and a fun P.E. teacher ([NP]) that encourages us to be active!

1808 The fitness programs offered at [NS] are: Game Day Tuesdays, Fitness Fiesta, Run for
 1809 Fun, Tae Kwon Do and Running Club. During Game Day Tuesdays, students meet
 1810 before school and play games for about 30 minutes. During Fitness Fiesta, classes go
 1811 outside during a special school day and do balloon tosses, obstacle courses, jump rope,
 1812 amd other fitness activities. During Run for Fun, students stay after school and get in
 1813 shape for the Run for Fun race at [NS]. During Tae Kwon Do, students stay after school
 1814 and practice kicking and punching with Master Yoo. The last program is Running Club.
 1815 During this club, students stay after school and see how many miles they can run around
 1816 the school. (My personal best is 3.5 miles).

1817 In P.E. we are very active, too! We play alot of fun games, like "Battleship" where 4
 1818 people stand on a mat with pins on each corner and try to knock down the other team's
 1819 pins with balls. Another game we play is called "Blast Off". this is when [NP] counts
 1820 down from 10 and everybody has to be back to back with someone else or they are out.
 1821 Another fun activity is the Decathlon. During the Decathlon, every fourth grader
 1822 competes at 10 different fitness activities to see which boy and girl get the trophy at the
 1823 end of the year. Besides games, we also spend time playing different sports and talking
 1824 about good nutrition and exercse during P.E. class.

1825 [NS] is a very healthy, active and fun place to be! As you can see, [NP] dedicates a lot
 1826 of his time to keep us active and fit during school hours and outside of school hours.
 1827 Please pick our school to be a Healthy Hoosier School.

1828

1829 84. Hi! My name is [NP]. I go to [NS]. I've been here since Kindergarten and have
 1830 loved it. The main reason I like it is because the teachers make you feel like family.
 1831 Everybody feels welcome here.

1832 I think our school should be a Healthy Hoosier School. One of the main reasons is our
 1833 café. Every day the café has fresh fruit and vegetables. Every other day they serve juice.
 1834 Our café doesn't give out a lot of unhealthy food. We have no vending machines. The
 1835 basic food they serve is a hot lunch with 2 sides. The sides are mostly a kind of fruit. I
 1836 think this is a good idea.

1837 Another reason we should be a Healthy Hoosier School is we do lots of things in gym.
 1838 We start out with either stations or a jog. We always do the jog though. My favorite
 1839 units that we do are bowling and a soccer unit. I like the bowling unit because we don't
 1840 have to wait in a line, we do stations in between our turns. I also like the soccer because
 1841 if the weather is nice we get to go outside.

1842 The teachers are healthy too. Every once in awhile I see mine snacking on an apple or
 1843 another kind of fruit. The teachers also eat healthy stuff like the kids. Sometimes I think
 1844 it is a good influence on the little kids.

1845 In class we are doing a health unit. One thing we did was read and do a readers
 1846 theatre. It was all about the food groups. We also learned how much servings we need a
 1847 day.

1848 I think we should be a Healthy Hoosier School because of our café options, gym
 1849 class, how are teachers are eating, and learning about health in class. That's why I think
 1850 we should be a Healthy Hoosier School.

1851

1852 85. [NS] encourages students to be healthy by providing nutritious foods at breakfast
 1853 and lunch, placing posters around the school (especially in the cafeteria), and persuading
 1854 children to exercise and eat healthily. [NS] also supplies time to get fit at recess and
 1855 physical education, and hosts after school activities.

1856 In the lunchroom, kids are promoted to choose healthy meals. The school offers fruits
 1857 and vegetables as wholesome side dishes to the entrees. In addition, numerous signs are
 1858 placed in the cafeteria to persuade students to make wise eating choices and exercise
 1859 daily. The posters illustrate the beneficial effects of healthy eating and exercise such as
 1860 increased energy, looking better, feeling better, and being healthier.

1861 Recess and Physical Education are great opportunities to release excess energy in
 1862 beneficial and healthy ways. In Physical Education class, the students run two laps
 1863 around the gym, stretch, and then perform a variety of exercises, including mountain
 1864 climbers, jumping jacks, and push ups. After warm ups, classes play fun and energetic
 1865 games. Before leaving, the gym teacher lectures students on the importance of physical
 1866 activity and healthy eating. Playgrounds for second and under have swings, teeter-totters,
 1867 monkey bars, and slides. Playgrounds for third grade and up have soccer fields, swings,
 1868 basketball goals, bars for flips, climbing materials, and other equipment for entertainment
 1869 and exercise.

1870 Students also have opportunities to exercise before and after school with clubs such as
 1871 Intramurals (before) and Health and Fitness Club (after). Intramurals and Health and
 1872 Fitness Club focus on good sportsmanship and healthy lifestyles while enjoying the
 1873 competition of sports. Intramurals offer games and activities change frequently ranging
 1874 from dodge ball to basketball to obstacle course; whereas Health and Fitness Club
 1875 involves jogging and games focused on running.

1876 Because of [NS]'s efforts, I now understand the importance of eating healthy and
 1877 exercising. Since my arrival at [NS], I have been leading a healthier lifestyle by eating

1878 healthy snacks instead of junk food, playing outside with my friends, and playing sports
1879 in leagues, because I am convinced that being healthy is essential for the future.
1880

1881 86. [NS] is a healthy, physical school that should be considered a Healthy Hoosier School
1882 Award winner. One of my favorite things that [NS] does food-wise is that in the lunch
1883 line, students have choices of tasty healthy food. The students are not forced to eat what
1884 they don't like; therefore food will not be wasted. Even if a student doesn't like the
1885 choices, the lunch ladies are very encouraging to students to try new, healthy delicious
1886 food. Other schools do not have a choice, so if a student does like what's on the menu,
1887 they won't eat it and they will throw it away, then the food would be wasted.

1888 What [NS] does physical-wise that is a factor to being awarded the Healthy Hoosier
1889 School, is that we have Spartan Shuffle, no other school in Warsaw does this! The
1890 Spartan Shuffle is [NS]'s main fundraiser where everyone (including the teachers) at
1891 [NS] stop what they're doing and run around the soccer field for thirty minutes, instead of
1892 selling candy. [NS] students go around to friends and families to ask if they would
1893 sponsor them, this is a lot of fun for students to get sponsors, because if a student gets a
1894 certain amount of money, they will be able to get prizes, so it's a real competition and
1895 everyone enjoys it.

1896 Also, every year, [NS] has their annual family bike night, where everyone is invited.
1897 What happens is that families with kids that attend [NS], ride their bikes in a closed road
1898 right next to Winona Lake. This encourages kids to get up and to get active with their
1899 friends, and have a ton of fun! This costs no money at all, you just bring your own bike
1900 and helmet.

1901 These are only a few things and events out of a handful that [NS] does, but if I were to
1902 list more, it would go onto three pages. So, if you were to pick a Healthy Hoosier School,
1903 just a SINGLE one, [NS] is definitely the one.
1904

1905 87. [NS] is a proud health-supporting school. We have tons of programs to encourage
1906 kids to eat healthier, try new foods, get lots of exercise, and stay active every day.

1907 Throughout the school year, we have had several different fitness programs designed
1908 to help kids get more exercise. We all have physical education class twice a week, and
1909 play lots of sports and calorie-burning games in the gym or outside. For one special
1910 program that the school did, Think Your Drink, some of the high school's varsity football
1911 players came to [NS] and led us through an outside obstacle course, where we chose and
1912 drank the healthiest drinks along the way.

1913 We also have nutritious health programs throughout the year in the cafeteria. Every so
1914 often, we have the opportunity to try new things during a food tasting. During the
1915 morning announcements, the lunch ladies tell us what the new food will be and describe
1916 the different ways you might eat it, and some of the health benefits. At lunch, we get to
1917 try what are usually things that most kids probably have never tried before, such as kiwi,
1918 papaya, V8 juice, hummus and more. Not everybody likes all the new foods we try, but
1919 sometimes we like them so much we ask our parents to buy more at the store.

1920 Another program called Taste Your Colors labels the foods that are served at lunch,
1921 showing the nutritious values of grains, vegetables, fruits, etc. The idea of this program
1922 is to teach kids that it is good to have a variety of colors on your plate. The Taste Your

1923 Colors program explains to us how all the different colors (and types) of foods have
 1924 different kinds of nutritional values that our bodies need for a well-balanced diet.

1925 Through these various programs, [NS] students have become more conscious of the
 1926 foods they eat, and are more aware of how much exercise their bodies need every day.
 1927 More programs that are similar to what we've already been doing would help our
 1928 students live even healthier lives.

1929

1930 88. [NS] has many ways to promote wellness, whether it is physical, spiritual, or mental
 1931 wellness. Physical health is vitally important for children, and by having CYO athletics,
 1932 recess for middle school, Courtney Cup, Presidential Fitness, and Field Day, Saint Luke
 1933 helps keep its students fit and healthy. Students who receive the Presidential Fitness
 1934 award achieve the highest level of fitness. The students are tested in speed and distance
 1935 for running, flexibility in the sit and reach, and upper strength in push-ups. For Field day,
 1936 the physical education teachers organize a series of events to test the abilities of students
 1937 and give them a chance to compete with their peers. Competitions such as long jump, 50
 1938 and 100 yard dash, and tug-of-war challenge students and encourage them to engage in
 1939 physical activities.

1940 Spiritual wellness is encouraged, by providing opportunities for prayer and reflection.
 1941 Students participate in a number of retreats. As eighth graders, they go on a retreat to
 1942 Camp Rancho Framasa where they grow as individuals and in their relationship with
 1943 God. Prayer, reflection, group bonding, and strength building activities enrich the retreat
 1944 experience. The Passion Play, presented by the eighth graders, reenacts the passion,
 1945 suffering, and dying of Christ on the cross. This play provides a spiritual growth
 1946 opportunity for both the cast members and the student body audience. Weekly all-school
 1947 masses give the students a chance to worship as a community and praise God in a loving
 1948 environment where people share a common belief.

1949 Mental wellness can be divided into two subcategories: intellectual and emotional.
 1950 [NS] provides numerous academic opportunities for intellectual wellness including
 1951 speech competitions, spell bowls, science fair, and the Academic Olympic teams. The
 1952 requirement for foreign language study in the form of Spanish from fourth through eighth
 1953 grade further stretches and develops intellectual wellness. To address emotional
 1954 wellness, [NS] employs a counselor. Eighth graders also contribute to the emotional
 1955 stability of their first grader buddies by mentoring them. Prayer is always encouraged.
 1956 [NS] offers a judgment-free environment where students can openly discuss problems or
 1957 intention during class.

1958

1959 89. Hello, I am a student of [NP]'s 4th grade class at [NS]. I along with the rest of my
 1960 classmates have written a brief summary of why our school should be a Healthy Hoosier
 1961 School. Our number one reason why our school should be selected as a Healthy Hoosier
 1962 School is [NP]'s enthusiasm to make us healthier students. He gives us a lot of
 1963 information about nutrition and our bodies. He brings us new games, equipment that he
 1964 borrows from other schools, and knowledge of fruits, vegetables, and reading food labels.
 1965 [NP] talks about initiatives all the time and bringing new things to our schools wellness
 1966 program. Our school is involved with the Alliance for Healthier Generations, Peyton
 1967 Manning's Project 18, NFL'S Play 60, Fresh Fruits and Vegetables Program (FFVP), and
 1968 an after school Wellness Club "PE4ME." Our class has helped with hanging banners and

1969 posters around the school to show our support for the schools "Wellness Initiatives." My
 1970 classmates want to make our school a healthier school. We enjoy playing four square,
 1971 jump rope, basketball, and kickball during recess.

1972 As for the food we eat here at school is too small of servings. We want more for lunch,
 1973 more vegetables, fruits, and milk. I personally think we should have more options in
 1974 elementary. We have learned about the Food Guide Pyramid in Gym class. [NP] tells us
 1975 all the time that you have to eat enough of each food group to maintain optimum body
 1976 weight and health. We all understand that being healthy is up to us. We have to be
 1977 responsible for our own bodies. Eating healthy foods, eating healthy snacks, and being
 1978 active are topics stressed in our gym class. Our class learned about how the heart works
 1979 and was active on the heart course in gym. Overall, our school should be selected as a
 1980 Healthy Hoosier School due primarily to what my class has learned about the topics of
 1981 health, nutrition, physical activity, and Action Based Learning (ABL).

1982
 1983 90. At [NS], [NP], our physical education teacher, teaches us many things about staying
 1984 healthy. She stresses how important it is to stay in shape and eat healthy foods. [NP]
 1985 tells us that we should not be spending too much time in front of a computer or video
 1986 game. We should be outside playing and having fun.

1987 One of my favorite things we did this year was the Heart Adventure Obstacle Course.
 1988 The course was set up as heart chambers and we were blood traveling through the
 1989 circulatory system. It was so cool. We talked about the circulatory system and how
 1990 blood travels through our arteries and veins.

1991 Recently, our school, collected over \$2700 for the American Heart Association.
 1992 Through our Jump Rope for Heart Program we learned how to keep our hearts strong and
 1993 the importance of cardio vascular endurance activities.

1994 I can't wait until our fifth grade field day. We get to go to the high school and
 1995 participate at fitness and activity stations. I've never been on the high school track before
 1996 and I'm looking forward to that.

1997
 1998 91. In this response we hope to persuade you in to why our school is a great
 1999 environment for healthy habits. [NS] provides a healthy atmosphere for students to get
 2000 educated, fit, and healthy. Our school provides an opportunity for us to mature and stay
 2001 healthy. Wellness is an important topic at [NS].

2002 In Physical Education, we do a variety of different activities and sports. We have Mile
 2003 Mondays, Fitness Fridays and fitness stations. Fitness Stations are different exercises
 2004 that include sit-ups, jumping jacks, push-ups, forward lunges, etc. On Fitness Fridays we
 2005 do Personal Best Day which we see how many push-ups and sit-ups we can do in a
 2006 minute. We keep track of our progress to see how much we have improved throughout
 2007 the course of the PE class. When we're done we play basketball or other sports.

2008 Table tennis is another wellness activity we do. Basically, we set up tables and get
 2009 partners and compete to see who can get 11 points first. Then the last two winners
 2010 compete in a tournament. The presidential fitness test is a test we take every year.
 2011 Students do a variety of exercises to see how healthy and fit they are.

2012 Health is a class work subject. Instead of going in the gym we stay in a class and read
 2013 about how bad foods can harm your body. We also learn about how drugs can affect
 2014 your organs. We complete worksheets about what we've read. Sometimes we have

2015 speakers called “Peers Project” that come from the high school and speak to us about
 2016 making positive choices. They tell us stories that we can relate to so we won’t make the
 2017 same mistakes they did that damaged their life.

2018 6th, 7th, and 8th grade participate in basketball intramurals. In basketball intramurals it
 2019 includes only the students that go to [NS]. In intramurals 6th grade plays alone and 7th
 2020 and 8th play together. We also do a “Million Mile Walk” our school goal is to walk
 2021 86,000 miles. Students get dismissed from related arts classes to go outside on the track
 2022 listen to music and walk. We do it three-four times a year for health.

2023 In our cafeteria our food has improved a lot. We now have a variety of healthy choices to
 2024 eat. We have a salad bar where we can make healthy salads of our choice. Instead of
 2025 regular pasta they changed it to wheat pasta which is healthier for our bodies, we also
 2026 have wheat wraps. We have more fruit choices so we don’t have to settle for one fruit.

2027 In conclusion, [NS] hopes to continue to make this school a healthier learning
 2028 environment. We are improving healthier habits by having healthier food choices and a
 2029 lot of exercise. We hope to have persuaded you into noticing our improvement. [NS] is
 2030 a great choice for students to get educated while living a healthy life.

2031
 2032 92. Shouts and laughter fill the air as elementary students play outside in the warm spring
 2033 air. They run and jump, gleefully playing tag around the play sets and monkey bars. They
 2034 are full of healthy foods – fruits, vegetables and grains, and full of life and energy. The
 2035 healthy food choices available at [NS] spur students on toward living a balanced healthy
 2036 lifestyle. The healthy food choices at [NS] are helps rather than hindrances for student
 2037 who wish to live a healthy life. In the elementary school, students who order lunch from
 2038 the school receive a full, healthy meal deal. This plan helps develop healthy eating habits
 2039 for the future: because the students are given a balanced meal from the school, they are
 2040 more likely to make those same healthy eating choices in life. Through middle and high
 2041 school students can pick their own meals. Healthy food options such as yogurts, fruits,
 2042 soups and salads are available on a daily basis. In addition to healthy choices [NS] has
 2043 one thing that other schools do not have: a purpose for healthy living beyond sporting
 2044 accomplishments or even a healthy body. [NS] views healthy living as a way to glorify
 2045 the Creator. God has given each person a physical body; one needs to be a good steward
 2046 of that body by keeping it healthy. Healthy living also gives the Christian parallel to his
 2047 spiritual life. I Cor. 9:24 (NIV) says this, “Do you not know that in a race all the runner
 2048 run, but only one get the prize? Run in such a way as to get the prize”. [NS] does not
 2049 promote healthy living for earthly purposes; the school promotes healthy living to
 2050 provide a model for the perseverance the Christian should maintain in pursuing God. In
 2051 conclusion, [NS] is taking daily action to stress the importance of a healthy lifestyle to its
 2052 students. Every student has the opportunity to live well; all the student has to do is take
 2053 the first step.

2054
 2055 93. [NS], to me, has a motto of “healthy makes it happen.” This means being healthy gets
 2056 you through the day happier and easier. Being healthy is very important to our school.
 2057 We have Physical Education class at least four times a week. The lunches give kids a nice
 2058 variety of healthy choices to pick from. Health class, in middle school, teaches young
 2059 adults how important being healthy is and ways to be healthy. [NS] believes strongly that
 2060 being healthy makes you happy.

Physical Education class is my favorite class of the day. We usually start by doing an active warm-up to make sure we are stretched out and getting our heart rates up. Then we sometimes go in the Wellness Center. This is a nice resource to our school. It is filled with cardio equipment like treadmills, cross trainers, and two different kinds of bikes. There are also machines to work out your muscles like the bicep or triceps curl, the leg press, and the abs cruncher are just a few to name. Then we spend the rest of class in the gym playing fun games. Volleyball is my favorite to play. P.E is a great way to get an hour of my daily activity in. It is a fun class and helps my class to work hard on our appearance.

Lunchtime is a favorite to most kids. We have three main choices to our lunch bar. There is a salad bar, a sandwich bar, or the main meal of the day. These are three great choices that are healthy and delicious at the same time. If you like bringing your lunch, which is what I do, [NS] likes to remind us that bringing healthy meals is important to how our brain will act the rest of the day. Sodas are forbidden at lunch. This is good because soda is a very sugary drink. There are also extras, which are like side items. These items are pretzels, fruit snacks, and cookies. They mostly are healthy, Lunch is important for kids. It is important too that we eat a balanced diet.

Health class, in middle school, is important to our education. This year, we have learned about fast food and how unhealthy it can be. We did a project on picking a fast food restaurant and seeing what their meal's health contents are. It was interesting to see just how bad fast food is for your body. We also learn about drugs and what they do to you. We are now starting to learn about some mental health disorders and how to handle stress. Health class makes me aware of my wellbeing. In class, I think about how I am doing health wise. Health class is good for all kids to learn about the importance of health.

[NS] supports kids and teaches them on how to take good care of their body. They also teach us on how, outside of school, to watch what you eat or to set aside two hours of physical activity each day. Every teacher cares about the wellness of every student. They try to teach the importance of being healthy. Kids at [NS] are healthy because of the information we learn in health class, the activities we do in P.E, and the lunches we eat. We all are healthy and happy!

94. I am a fourth grade student at [NS] in [NP]'s class. We are doing a lot of things to be a healthy school. We are growing vegetables and flowers in our class. We have planted tomatoes, beans, lettuce, peppers, and sunflowers. At the end of the year we get to take them home to continue growing and eat them with our families. I would like to share the food that I grow with the homeless. Our class also gets weekly visits from the YMCA staff. They help us learn about healthy foods and exercise with us. They teach us about the food pyramid and what kinds of things are good for us to eat. Our class and the other fourth graders have started an anti-bullying campaign. We all get together before recess and sing a song about not laughing at others. It also comes with a book that teaches us that we all deserve respect and to not be laughed at for being different. We have recently signed up for certain areas that we want to tell the other kids at our school about anti-bullying. We have already started making posters, developing our own anti-bullying website, and talking about going into classes to teach about keeping all of us safe from bullying. We think we are a healthy school in many ways.

2107

2108 95. When the students at [NS] walk out the doors at the end of their eighth grade year,
 2109 the staff's goal is that they make that big step to High School with not only academic
 2110 readiness, but the attitude and potential for a healthy lifestyle. Physical well-being is
 2111 promoted throughout the school in several ways.

2112 All around the school there are several posters promoting personal health. The posters
 2113 aren't just about exercising but also promote eating healthy and staying away from drugs
 2114 and alcohol and are pretty much all around the school, especially in the cafeteria, the
 2115 gym, the health room, and the nurse's office. We also have occasional convocations in
 2116 the gym with guest speakers talking about how important it is to have a healthy mind, as
 2117 well as a healthy body.

2118 Along with verbal promotion, physical activity is obviously a big part of keeping the
 2119 population at [NS] healthy and fit. We offer a lot of after-school sports including
 2120 swimming, wrestling, basketball, football, and probably a lot more. This year our
 2121 seventh grade girls basketball team and our eighth grade football team had a perfect
 2122 undefeated streak this year, which is a major feat. As well as after-school activities,
 2123 physical education class is very active. Last year, a few kids in sixth grade (including
 2124 myself) received the Presidential Physical Fitness Award, and probably more in the
 2125 seventh and eighth grades.

2126 We also provide healthy and nutritious food in our school cafeteria. We rarely have junk
 2127 food, and if we do, it's usually for a special occasion, like a holiday. We also have a
 2128 wide variety of foods, and we always have side salads available and various fruits as
 2129 sides. I believe the majority of people eat school lunch, but I'm not sure.

2130 So in conclusion, I think our school is a very healthy school, and we all try very hard to
 2131 keep it that way. In a world where obesity is the number one cause of death in the world,
 2132 it'll take the effort of all of us to turn it around.

2133

2134 96. [NS] is a Hoosier Healthy School because we have an educational program called
 2135 Kid's Choice, we have healthy choices in our lunch line, and our school has a very good
 2136 Physical Education Program. The details supporting this are true.

2137 To start with, we have an educational program called Kid's Choice. Kid's Choice
 2138 teaches kids how eating healthy foods can promote a healthy lifestyle. It tells how many
 2139 calories or salt we should eat every day. We learn that we can help pick out groceries
 2140 with our mom or dad, and help the whole family be healthy.

2141 Another reason is, we have healthy choices in our lunch line. Every day our school's
 2142 lunch line has at least four vegetables. The kids always have a choice between the main
 2143 dish, a ham and cheese sandwich, etc. The lunch ladies always have yummy, but yet
 2144 healthy meals picked out.

2145 Third, our school has a very good Physical Education program. The students get a lot
 2146 of exercise, and also have a lot of fun. Our school's Physical Education is strict and the
 2147 students here get a lot of exercise. P.E. teaches us how to stay fit. [NP], [NS]'s P.E.
 2148 teacher, does a great job at that.

2149 To summarize, [NS] is a Hoosier Healthy School because we have an educational
 2150 program called Kid's Choice, we have healthy choices in our lunch line, and our school
 2151 has a very good Physical Education program. We always strive for perfection at [NS],
 2152 and being a Hoosier Healthy School puts us one step ahead.

2153

2154 97. I believe that [NS] should receive the "Healthy Hoosier School Award" for several
 2155 reasons. First of all, our school has healthy menu choice everyday. Every student always
 2156 has a choice of vegetables and fruit. We also get to make our own salads or sub
 2157 sandwiches. Every week, each classroom is involved in a PE class where we participate
 2158 in healthy activities and games. This year we had an NFL Fuel Up to Play 60 day to
 2159 promote healthy living. At recess, students in the elementary have access to a walking
 2160 track that stretches around the soccer field. Here, you can walk, jog or run around the
 2161 field during your recess anytime you would like. Even our before and after-school
 2162 programs are filled with fitness activities. We have a Walker's Club, where students get
 2163 to walk laps inside the school every morning before class starts. Their names are then
 2164 entered into a drawing for a prize, such as a healthy drink. At our after school Lights On
 2165 program, we participate in Fun and Fitness. We also have a Winter Meltdown program
 2166 where students run and participate in community running events. As you can see, our
 2167 school is very active. We are encouraged to be active and make smart food choices by
 2168 our teachers, and I believe that has made a huge impact on how healthy our school is.

2169

2170 98. In 1945, [NS] was a small, but charismatic school for students of every grade.
 2171 Farming was a way of life for most, a hobby for some. Today, not much has changed. It
 2172 is only an elementary school now, but has many of the same characteristics as before.

2173 [NS] has great PE classes that help us develop lifelong skills, such as shooting a
 2174 basketball or dribbling a soccer ball. We also participate in activities that are great for the
 2175 mind and body, such as "Minds in Motion" and "It's in the Cards". I also participate in
 2176 dance, tumbling and 4H Club. These enjoyable clubs keep me in fit and active.

2177 Circle the State with Song, Spell Bowl, Running Club, volleyball and basketball are the
 2178 few after school activities offered at [NS]. I joined these activities because I love the
 2179 opportunity that comes with them. For example, Running Club inspired me to try
 2180 something bigger, The Silver Mile. I was able to challenge myself and support charity.

2181 "Fun in the Sun" at [NS] is a field day to celebrate the end of the school year. We get to
 2182 play fun games that get our hearts pumping. We also get to sign yearbooks and T-shirt as
 2183 we bond with fellow students.

2184 Recess at [NS] is fantastic! From kickball field to a jungle gym, we have a safe, clean
 2185 environment to play in everyday. When I go outside, I like to build snow forts with my
 2186 friends.

2187 Lunchtime is always a favorite time for me. What I love about our cafeteria is that there
 2188 are always healthy made by our lunch workers themselves. My favorite dish is the green
 2189 bean casserole. Our cafeteria also provides a safe area for those with food allergies.

2190 In conclusion, [NS] is a safe and healthy school to attend. As I move on to middle
 2191 school, I will miss the amazing teachers that care for every individual student. I will also
 2192 miss the walks taken on [NS]'s beautiful Nature Trail. [NS] has motivated me to put my
 2193 best foot forward in school and in life.

2194

2195 99. Many problems with schools is getting the students to eat healthy and exercise. I'm an
 2196 eighth grader, and I currently attend [NS]. I believe [NS] does a great job of encouraging
 2197 students to eat healthy and be a part of school activities.

2198 [NS] offers many sports to be a part of such as wrestling, football, track, cross country,
 2199 volleyball, cheerleading, and basketball. Even if you are not the most athletic person,
 2200 they help you to improve on your skills and get better. We also have programs to
 2201 participate in such as intramurals, Five Star, and music activities.

2202 Mandatory activities in school in our Physical Education classes exist to help us get
 2203 better in our fitness. We have a five minute jog every day in class before we get into our
 2204 activity for the day. We also have Silver Mile training for five weeks in which we train to
 2205 run a 5k race that is held at [NS] High School every spring. This event includes not only
 2206 the race but also a health fair and many booths that give tips for healthy eating and
 2207 maintaining physical activity. We also go to the several times per month and track our
 2208 gains in fitness by biking and taking our heart rate, and we keep track of the weights that
 2209 we lift.

2210 Another way [NS] is a great example of a healthy school is that our staff supports a
 2211 healthy diet. For breakfast, we offer many great choices for students to get healthy items
 2212 for breakfast. We also have vegetables and fruit available every day for lunch, and our
 2213 school does not offer any soda or candy. The only beverages we give out as a choice are
 2214 white or chocolate milk, juices, and water. By limiting our choices on junk food or
 2215 unhealthy drinks, I think more kids are starting to eat better. I know I am!

2216 [NS] Health teachers also teach us about portions and calories with our healthy eating.
 2217 We made posters to put up in the school to remind kids about the Food Guide Pyramid
 2218 and what we should be eating every day. We also were allowed to choose the Physical
 2219 Education units that we would be participating in for the year so that we would enjoy
 2220 them and choose to do them even when we are not in school.

2221 [NS] does not only have healthy food and good activities, but we also have a clean and
 2222 sanitary environment for learning. All teachers have Kleenex and hand sanitizer in their
 2223 classrooms, and they remind us the importance of washing our hands to keep germs
 2224 away. Our custodians always do a great job of cleaning up and making sure we have a
 2225 clean place to learn.

2226 I am very proud to attend [NS]. I know each day I'm learning ways to be healthy and
 2227 stay healthy. [NS] has done a great job of encouraging healthy lifestyles, and they are
 2228 going to keep improving.

2229

2230 100. This year our school had a skating program in gym. It was healthy, good exercise,
 2231 and loads of fun. The seventh and eighth graders didn't get to participate. We only had
 2232 enough money for the fifth and sixth graders to do it, and we had a reduced fee due to a
 2233 fundraiser. Unfortunately the fundraiser only covered some of the cost. Our school
 2234 counselor told us hopefully next year we might be able to do it for everyone. We would
 2235 need lots of money for it, so that's why we are asking for this grant.

2236 At [NS], we have lots of creative ways to incorporate movement and physical activity.
 2237 We play fun, unique, and healthy games in gym class.

2238 Almost everywhere you look, there is some sort of encouragement to exercise and eat
 2239 right at [NS]. There are posters in the cafeteria and above the drinking fountains that
 2240 show how important it is to be healthy. Also in health class, teachers show us how to
 2241 make good life choices. We've had units on making healthy food choices and getting the
 2242 right amount of exercise. In the future, our school will do more similar activities.

2243 Our school has lots of programs that promote good health. For example, our recent
 2244 skating activity. Everyone who participated got a good workout. We also have
 2245 Sensational Salad days, and our school encourages Play 60, a program that encourages
 2246 being active for at least sixty minutes a day. In our gym classes, we play lots of fun
 2247 games that keep us active while having a good time, and we have lots of after school
 2248 activities that help students get active, for example track, , baseball, soccer, basketball,
 2249 cross country, and others.

2250 So to sum it up, [NS] should get the grant due to all the things it is doing to encourage
 2251 and incorporate physical activity. We have showed you what we are doing now, and
 2252 some things we'll do in the future. We would put this money to good use: to make kids
 2253 healthy and have a good time while they're exercising.

2254
 2255 101. Hi, we are fourth grade students at [NS] in [C], Indiana. We believe our school
 2256 should earn a Healthy Hoosier Award because we think we have a healthy school.

2257 We are encouraged to exercise from our teacher and principal. [NP], our principal got
 2258 a great program for us. It's called Zumba. Some of the students go to Zumba after school
 2259 every Monday. If you do not know what zumba is, it is a dance fitness class. It is very,
 2260 very fun! We learn about eating healthy snacks, too.

2261 We practice the Presidential Fitness Challenge in gym. It is very fun. We do push up,
 2262 sit-ups, and shuttle run every Tuesday.

2263 In the winter, we had a garden party. We tasted healthy foods like honeydew,
 2264 strawberries, green onions, and spinach. We are going to grow these fruits and vegetables
 2265 in our new garden. [NS] will be having a Garden Groundbreaking Ceremony on April 15,
 2266 2011 to kick off the start of our garden and greenhouse. Yesterday our class wrote letters
 2267 to Mrs. Obama inviting her to attend the ceremony because we know she wants healthy
 2268 kids.

2269 In the winter we did Jump Rope for Heart. We watched a video called "It Takes
 2270 Heart To Be A Hero." All week we jumped rope. This is why we think we should get the
 2271 Healthy Hoosier Award

2272
 2273 102. I think that the Academy of Innovative Studies is a Healthy Hoosier School because
 2274 we have many activities and different opportunities than other schools. Some people
 2275 think if we go to this school we are bad kids but what they don't know is that we are in
 2276 this school because we chose to come here ourselves.

2277 I think that this school is good because the teachers and staff at this school let us
 2278 talk to them and tell them what we want to do and if it is school appropriate and if we
 2279 don't abuse what they let us do we can do those things. For example, during lunch we are
 2280 allowed to go to the gym and play basketball or shoot around when we are done eating
 2281 because we talk to the teachers and they know we need to do something active while on
 2282 our lunch break.

2283 We have a good selection of after school programs that our after school director,
 2284 [NP], lets the kids pick themselves. We have activities for those that need help on their
 2285 school work, tutors, then we have the fun filled activities: basketball, rock climbing,
 2286 swimming at the Y.M.C.A, hip hop dance ect.

2287 We have things at this school that other schools would like to have, and us students
 2288 can go to anyone in the office to talk about our problems. We have all different grade

2289 levels in this school but the students that are in high school find ways to communicate
 2290 and help the younger ones around us, I personally think the best class in this school for
 2291 high school is Leadership. I love that class because it is a good way to help out in the
 2292 community and it makes you want to reach out to the younger ones around you that need
 2293 help or that want to talk to you about anything bothering them in school or even if they
 2294 need help on their school work. The mentoring program part of Leadership class also
 2295 helps [NS] be a Healthy Hoosier School.

2296

2297 103. At [NS] ways we show and practice health is we have afterschool programs that
 2298 help us exercise like Cheerleading, Dance Dance Revolution, Work It Out Club, Fit N
 2299 Fun Club, Field Day and Nintendo Wii with workout games that make you work out
 2300 while having fun. In gym we have heart rate monitors for fifth grade only. This allows us
 2301 to check our heart beat during exercise.

2302 When we have birthday parties we eat healthy snacks like apples, fruit snacks, pretzels,
 2303 animal crackers, and juice boxes. We also have to eat healthy snacks during afterschool
 2304 programs like Goldfish, Baked Cheetos, Breakfast Bars, Pretzels, Granola Bars and Juicy
 2305 Juice. We do not have vending machines at school because they do not have healthy
 2306 snacks in them.

2307 In our cafeteria we have healthy lunches and snacks. We do not allow pop at school or
 2308 parents to bring in fast food when they come to eat lunch with us. [NS] has a rule that we
 2309 are not to have those items here so that we may choose healthier foods. In the cafeteria
 2310 there are posters that show healthy foods. We also do not eat the buttery or sugary
 2311 popcorn on Fridays. We eat plain popcorn so it is good for our health.

2312 We have social silent reading for us to cool down from a hard day. We have Red Ribbon
 2313 week to stay and show were drug free. We stay healthy so we don't have to go to the
 2314 doctor for sickness of sugar or the dentist because of sugar we eat. We have sugar free
 2315 signs in classes, and we learn how to be healthy. Our school is healthy because we eat
 2316 apples as fractions in 3rd grade. We have good health because we get enough sleep so we
 2317 don't come to school hungry or tired. We try to stay healthy by not spreading germs. We
 2318 wash our hands with soap and water for 30 seconds and use a paper towel to turn off the
 2319 water.

2320

2321 104. I think every one should have a healthy school!

2322 [NS] is perfect example! Here, all students take care of themselves. Every time we use
 2323 the restroom, we wash our hands. In our Bearcat Cafe we eat food that helps our mind be
 2324 on track, like whole grains and fruit. When we sneeze or cough we use a tissue or the
 2325 inside corner of our elbow. I can tell everybody gets enough sleep for the night.

2326 Most people I know here is in school sports, team sports, or our middle school walking
 2327 club. Everyday we exercise our body and minds. One other thing we do here is we
 2328 recycle! We have about six recycling bins. Each bin has room for mixed paper,
 2329 aluminum, and bottles. I am so happy we have a clean, healthy enviroment here at school
 2330 so I can live a clean, healthy, and happy life out of school, too! So, do you think every
 2331 schol in Indiana shoulb be healthy just like here at [NS]?

2332

2333 105. I'm [NP], a 4th grader at [NS]. I'm writing to you so I can tell you why [NS] should
 2334 be a Healthy Hoosier School.

2335 First, [NS] is a very sanitary school. Every night the janitors clean the restrooms to
 2336 make sure there are no messes left behind. Plus, every time there is a mess, a janitor is
 2337 there immediately. Also, the janitors can clean almost anything. Seriously, they could
 2338 probably clean garbage.

2339 Second, we are very healthy. Our nurse is the greatest! She can cure everything a child
 2340 can get. Plus, she can make you immune to any type of bacteria...well maybe I'm
 2341 exaggerating. Our nurse knows all the remedies.

2342 Third, we even eat healthy! Here at [NS], we encourage parents to bring in healthy
 2343 snacks for special occasions. Plus, the lunch ladies make the most delicious and healthy
 2344 lunches. We can also buy small, healthy snacks in the cafeteria. On Wednesdays, we can
 2345 buy popcorn for twenty-five cents.

2346 Last, we get tons of physical activity. Our gym teacher, [NP], teaches us so many
 2347 exercises like push-ups, crunches, and shoulder rolls. We also play games like Builders
 2348 and Bulldozers. That's why we're so fit. Did I mention we have a Walking Club here?
 2349 Well, we do! Plus, we are having our 2nd [NS] 5K in May.

2350 I really hope you consider giving [NS] the award of being a Healthy Hoosier School.

2351

2352 106. Attending a school fortunate enough to be a participant in the healthy schools
 2353 initiative has been extremely beneficial. As a result of the various wellness policies in
 2354 place at our school I have learned to make better food choices. I now consume a variety
 2355 of foods such as salads and my diet includes more fruit.

2356 I've also started to exercise. Swimming is a great way to exercise and have fun at the
 2357 same time. Statics show that over 60% of children do not know how to swim. What a
 2358 shame! Hopefully next year our school will offer an after school swimming program and
 2359 perhaps gymnastics as well.

2360 Our school has a variety of after school programs with an emphasis on physical
 2361 activity. The gymnastics and cheer leading programs are great because a lot of the time
 2362 the girls' sports get over looked. Some don't believe cheer leading is an actual sport. As
 2363 a cheer team it is important for us to be healthy and well trained. I'm thankful that we
 2364 have a coach who has helped us become a healthier and safer cheer team.

2365 I believe we should have an after school program where students and teachers could
 2366 exercise and do aerobic activities together. I think it would be a great way for teachers
 2367 and students to become closer and build a relationship with each other.

2368 In conclusion, the resources provided by the Healthy Schools Program have enabled
 2369 our school to do much more than we have done in the past. It has not only affected us but
 2370 our community as well.

2371

2372 107. [NS] should win the Healthy Hoosier Award for many reasons. In the mornings,
 2373 three fourths of the whole school, or more, are burning calories at Walking Club. At
 2374 recess you get to run around outside and have fun. Next, when you go to lunch, you walk
 2375 in and see the food pyramid and the Organ Wise Guys on posters. Plus, the cafeteria
 2376 serves really healthy foods like apples.

2377 After school, our gym teacher, [NP], provides us with after school sports. You can
 2378 shoot a 3-pointer in basketball, throw a ball at your friend in dodge ball, and serve a
 2379 tennis ball at tennis. All those activities burn calories and are super fun!

2380 [NP] is in charge of an afterschool activity called R.O.C.K. ROCK is where [NP]
 2381 teaches the kids about drugs and gambling. So, when they are older they won't smoke or
 2382 gamble. Some days you get to go to the gym and play different games. That's why we
 2383 should win the Healthy Hoosier School Award.

2384
 2385 108. [NS] is a health school. It should receive the healthy school award because... Well
 2386 let me tell you some reasons why. Here they are.

2387 [NS] does morning exercises. Some are really silly, but everyone is in motion.
 2388 Plus, it is a marvelous way to start off your school morning. After a lazy lumpy morning,
 2389 then you're doing the twist! How much healthier can that be?!

2390 We eat nutritious fruit and vegetable cups which is part of the entrée. We also drink
 2391 flavorful chocolate milk and milk. Yummy right! We always have fruit or vegetables
 2392 and let me give you a tip: Take the corn! Anyway, the fruit is great too. TIP: Go for the
 2393 brown hairy kiwi. All of the appetizers are splendid.

2394 We kids worship water, so our school has fountains everywhere. Everywhere you
 2395 turn there is H2O. When we drink water it's like a small waterfall transporting down
 2396 your throat. Which is why water is healthy for you. So our water tanks are pretty full.

2397 [NS] is a school of healthy bright stars. We are the school that is healthier than any
 2398 galaxy. If we receive this award, we will shine brighter to receive another. [NS] Stars
 2399 are healthy!

2400
 2401 109. I think [NS] should be the Healthy Hoosier School because they encourage a healthy
 2402 overall school environment. One example of this is we take part in daily morning
 2403 exercise where the secretary plays a fun song and everyone marches in place and moves
 2404 around for about 2 minutes to get their blood flowing. Another example of our schools
 2405 healthy environment is the playground; there is not only the usual playground equipment,
 2406 but also a track that circles the playground and we are encouraged to walk around it
 2407 before we play. Something else we do at our school is having Fitness Fridays and Kid Fit
 2408 Wednesdays. This is where kids can come have fun and be active. Another thing we do at
 2409 our school is actively participate in the Jump Rope for Heart program. The purpose of
 2410 this program is to collect donations for the American Heart Association and take part in
 2411 the jump-a-thon. The last example of why I think our school should be the Healthy
 2412 Hoosier School is because of our school lunch. The cafeteria ladies always make sure that
 2413 we have fruits and vegetables every day and sometimes we even get fresh fruits such as
 2414 bananas or strawberries. There is even a choice of chef salad available if we do not like
 2415 what is on the menu that day. These are just a few examples of why I think [NS] should
 2416 be the Healthy Hoosier School.

2417
 2418 110. [NS] should be a Healthy Hoosier School because of the facilities it offers to the
 2419 students and the community as well as the nutritional food offered daily to the students
 2420 and staff. Our school has spent approximately \$1,000,000 on our Wellness Center and
 2421 updates the equipment regularly. This Wellness Center is available for the students,
 2422 mainly high school, who take advanced physical education classes, such as weight-lifting
 2423 and team sports. These students have access to all of the cardio machines and free weight
 2424 machines during these times to workout and keep in shape. It is great to have these
 2425 classes available, especially to athletes who like to stay in shape, both in and out of

2426 season and it encourages non-athletic students to utilize the facility. After school hours,
 2427 the Wellness Center is open to the public to come in and workout. This is a great asset to
 2428 have in our small community because there is no other facility in [NS] where one can
 2429 workout and exercise to stay in shape. It is convenient, close, and very affordable. It
 2430 benefits everyone in the community.

2431 Our school provides the students and staff with a healthy, nutritional lunch every
 2432 day that has many different options. Students can have a choice of what they want to eat
 2433 and everyday offers something new for us to try. This award would allow our school to
 2434 keep up with our healthy lunches and possibly add even more variety to our choices. As a
 2435 student, I believe we would love to have more fruits and other healthy side items to try. It
 2436 makes us feel great knowing our school cares about our health and wants us to eat right
 2437 and get into shape.

2438 The Healthy Hoosier School Award would help [NS] keep up its efforts to maintain
 2439 a healthy and fit community. From our students to our fellow residents, this would benefit
 2440 all. It would allow us to keep our Wellness Center up-to-date and our school lunches
 2441 nutritious and delicious. Please consider [NS] for this grant.

2442
 2443 111. Our school, [NS], is a Healthy Hoosier School. You will think so too when we tell
 2444 you these reasons!

2445 We get lots of exercise at school. On the 100th day of school, we did 10 exercises
 2446 10 times and they added up to 100. We did sit-ups, push-ups, and lots more. We also did
 2447 100 math facts on the 100 day. It exercises our minds.

2448 Also during the Jump-A-Thon we got great exercise. Jumping rope is good for your
 2449 heart. That why they call it Jump Rope For Heart. Every week we go to the gym for PE
 2450 class and that is great fun and great exercise. At recess we get exercise by running,
 2451 galloping, walking, jogging, stretching, and lots more. Sometimes we ride our bikes to
 2452 the school playground after school. That's good exercise.

2453 We love to get exercise by walking around the playground at recess. Sometimes we
 2454 walk around the school. Our school building is big with lots of hallways, so we get good
 2455 exercise walking to our other classes. We can walk almost anywhere. Walking gives us
 2456 great exercise and we like that!

2457 In our lunches that are packed we could have fruit, cereal bars, and more. When we
 2458 buy our lunch at the cafeteria we get a choice of fruit and also vegetables. There is
 2459 usually a choice of fruit and vegetables every day. [NS]'s dental hygienists came to our
 2460 classrooms and told us all about how important it is to brush our teeth and how to do it
 2461 the right way. Kids hate cavities and especially the shot! So this was good to have the
 2462 dentist send his nurses to teach us about flossing.

2463 We also learn a lot about blood. A lady from the blood donating place came and
 2464 taught us all about our blood and how to stay healthy. We love to get nutrition and
 2465 exercise and learn about keeping our bodies healthy! We really are a great Healthy
 2466 Hoosier School!

2467
 2468 112. I'm writing this for one very important reason, to tell you that [NS] is healthy.
 2469 Students are getting healthier every day at [NS]. Here are some reasons why. [NS]
 2470 recently got a new fruit and veggie bar; this allows us to choose from a variety of
 2471 different healthy foods. This includes oranges, apples, carrots, grapes and so much more.

2472 We also have a choice of eating a salad everyday. Our menu includes a daily choice of
2473 milk, water, or juice.

2474 [NS] offers a wide selection of after school sports. This includes basketball, track, cross-
2475 country, dance team, cheerleading and volleyball. We also get recess on a regular basis.

2476 Every class at [NS] has PE anywhere from 2 to 3 times per week. Thats 2 times more
2477 than most other schools. We also have program going on called the Brain Domain. In
2478 the Brain Domain you get a healthier mind and body. You get to do various activities
2479 that help your muscles in many ways.

2480 I hope that you agree with me that [NS] is truly a Hoosier Healthy School.

2481

2482 113. Here at [NS], [NP], our PE teacher sees us two times every week for 45 minutes of
2483 activity time. Our class starts with stretches, sit-ups and push ups. Then we walk/jog for
2484 10 minutes. After our warm up we participate in the class. Thus far we have played
2485 volleyball, basketball, done a variety of activities in stations, VBB, and now are playing
2486 soccer. In the stations we did fitness testing. In September, we took an 800 meter time
2487 test, we retested in October and many of us improved our times. Some of us even were
2488 capable of taking a mile time test.

2489

2490 114. [NS] should be a healthy school so kids wouldn't be obese, they would be healthy,
2491 and so all students could be happy and energetic. [NS] shouldn't be the kind of school
2492 who makes students sit down all day long and only get 10 minutes of exercise. [NS]
2493 should be the school who has 30 minutes of recess and 50 minutes of gym. If we had
2494 those things we could be a super healthy school.

2495 There are many ways to become a healthy school. We could encourage the whole school
2496 to walk more by giving everyone a pedometer. That would let the students have a reason
2497 to have a little more fun walking.

2498 Another way [NS] can become a healthy school is by eating more and more vegetables
2499 and fruit in the cafeteria. Also the students have more choices for lunch so they won't be
2500 hungry when they get back to their classroom.

2501 My last reason that [NS] can become a healthy school is by having a bigger playground.
2502 If we had a bigger playground the students could climb and run greater distances and get
2503 more exercise.

2504 Now you know why [NS] should become a healthy school and how.

2505

2506 115. [NS] should be a Healthy Hoosier School because we do many healthy things. Such
2507 as Jump Rope for Heart. Another thing we do is a walk-a-thon. At our walk-a-thon our
2508 gym teacher, [NP], encourages us to run as much as we can. She cares about our health
2509 and wants us to stay healthy. Soon [NP] will be starting a pedometer walk for all the
2510 students. She will help us to keep walking then see how many steps we have taken.

2511 Our cafeteria workers also want us to stay healthy. They don't only serve fruits and
2512 vegetables they encourage us to eat them. They have opened up a fruit var in the
2513 cafeteria. Many students have been eating many fruits over that time.

2514 Many teachers hold after school sports programs. Such as cheerleadig, basketball, track,
2515 soccer and much more. We travel to other schools and work together as a team to make
2516 each other healthier.

2517 The gym teacher has us work on cardio. We run up and down steps, and we've even
2518 done a 800 meter run!

2519 We also do field day close to the end of the year. We run, jump, and do many fun but
2520 healthy things. Once again, we should be a Healthy Hoosier School.

2521

2522 116. Vegetables! Fruits! Flavor! Yum! healthy food is great. [NS] has many more
2523 healthy items to eat at lunch now! Some kids or faculty at [NS] might not be happy with
2524 our recent changes at school, but you should e happy our school is a healthy place. [NS]
2525 also known as [NS] should always be a healthy school because eating right keeps you in
2526 shape, and puts a smile on your face. Too much junk food makes you gain weight, so
2527 you get a little bigger than you need to be. I be many kids love playing on the
2528 playground at school and may even swinging on the big white rope in gym we have.
2529 Well, healthy foods help make and build muscles in you so you can do fun things in life.
2530 The foods at [NS] are also good because you might not like veggies and fruit but in it
2531 there is excellent vitamins and nutrients that you need, such as, oranges have citrus in
2532 them that gets you up and running maybe for a test or even getting up and ready for
2533 school. Broccoli has vitamin C in in it and helps keep your bones strong. Another reason
2534 [NS] should be a healthy school is because its a way to try foods you never knew you
2535 liked, because if you judge foods by what they look like, you'll never know if you love it
2536 or not if you don't try it. You don't always have to eat healthy foods, you can have a
2537 junky food every once in a while, just don't eat unhealthy foods all the time. Its your
2538 choice, so make a good one. That is why [NS] should be a healthy school. What would
2539 you decide if this was your own decision?

2540

2541 117. Our school should be Healthy Hoosier School because we are always striving to do
2542 our best and will do anything it takes to get there.

2543 We always exercise in gym class and on the playground. We like to run, jump and play
2544 hard.

2545 Also, we love to eat healthy. Recently our cafeteria got healthier by adding a fruit and
2546 veggie bar. They are also making sure that we got vital vitamins by switching to whole
2547 wheat buns and bread and substituting pizza crust with pitas. (Yum)

2548 This year on our playground we have generously gotten some dodge balls, basketballs,
2549 soccer balls, and jump ropes.

2550 These help us to be active by simply giving us something to do!

2551 Along with the great equipment we have received playing areas. Now we no longer
2552 have to imagine 4 squares or hop-scotch.

2553 This is why I think our school should be a Healthy Hoosier School.

2554

2555 118. Hello, my name is [NP]. I'm in the 5th grade. I am here to tell you about why [NS]
2556 is a Healthy Hoosier School.

2557 First, I am going to tell you about PE classes and exercises. Every grade goes to PE.
2558 We do exercises to get ready and build muscles. We do all kinds of cool, fun and good
2559 exercises like push-ups, jumping jacks, sit ups and more cool exercises.

2560 We also do activities like Minds in Motion. Minds in Motion is like something that will
2561 help your brain. It helps a lot. We have to do obstacles, like skipping, rolling on a board,

2562 counting beads, and balancing. Physical things like that. Kids that are in grades k-5 do it
2563 every morning. 3-5 do it before breakfast. K-1 do it after breakfast.

2564 We have healthy selections for lunch. We have salad, fruit platter, and wraps. They
2565 have healthy things in it. We also have healthy sides like broccoli, carrots, cauliflower,
2566 celery and green beans too. We have a fruit bar with healthy selection of oranges and
2567 apples. We also have water bottles for 50 cents.

2568 Next I am goig to talk about Jump Rope and Hoops for Heart. We go to neighbors that
2569 we know, family and friends. We jump rope for people and gain money. We give the
2570 money to the kids and adults that have problems with their hearts and can't afford to get
2571 surgery. So we give them the money to help the kids.

2572 Last I am going to tell you about recess. We go outside almost everyday to get some
2573 fresh air and some exercise. If we don't go outside we still go to the gym to get some
2574 exercise and play.

2575 And that's why I think [NS] should be a Healthy Hoosier School.

2576

2577 119. Our school is [NS]. Our school is a healthy school. We eat something healthy every
2578 day at lunch like salad, fruits, veggies and more! A couple times a month we get to try
2579 healthy foods like cherries and apples at a tasting table in the cafeteria. Our school is also
2580 a healthy school because we exercise during gym. Every day teachers and kids walk and
2581 do exercises around the school. The teachers walk after school to stay healthy. Every
2582 Monday and Wednesday second and third grade students have a walking club during
2583 recess on the track on the playground. They try to reach one or more laps during recess!
2584 Walking is a good way to exercise. On our announcements every day we hear ideas for
2585 healthy things to eat from our nurse. She encourages us to try new things. After school
2586 on Tuesdays and Thursdays a teacher named [NP] has a jump rope team. On Tuesdays
2587 it's beginners and on Thursdays it's the advanced jump rope teams turn. Jump roping is a
2588 great way to stay healthy. All of those things make our school a healthy place to be.

2589

2590 120. [NS] should be a Healthy Hoosier School because being healthy is good for your
2591 body and it is just fun to go outside and do a mile or play soccer, etc. You will be proud
2592 of yourself if you challenge yourself to do something and you succeed at it. We have this
2593 thing in our school called the Walking Club and what it is, is every Monday, Wednesday
2594 and Friday, we go outside at 2nd recess and try to get as many miles as we can. We also
2595 had a lot of cool programs during the year. One of them was Health Works. They told us
2596 how to eat good foods and that you need to drink a lot of water. You can tell if you are
2597 drinking enough when you go to the bathroom and your pee is clear. That means that you
2598 have been drinking enough water but if it is darker then that ameanas that you have to start
2599 drinking lots and lots of water.

2600 If your going to go running the number one things is to make sure you are safe or
2601 have an inhayler with you if you start breathing hard. One time my friend just finished
2602 walking and all of a sudden he starts crying. I ask him what's wrong. He said "I can't
2603 breathe". I tell him to relax and take deep breaths. That is why it's important to always to
2604 be safe and why our school is fighting to be a Healthy Hoosier.

2605 121. I am [NP]. I'm from [NS] and I'm in the forth grade. I think our school is healthy
2606 because 1. we have healthy food in the Cafeteria fresh apple. 2. We stay Active at school,
2607 YMA [YMCA] after school program and home. 3. We use hand sanitizer to keep our

2608 hands clean and by washing hands. 4. We watch a video on how to sneeze and cough
 2609 without spreading germs. 5. In gym class we are Active by doing exercise like Jumping
 2610 Rope. My favorite special is gym. 6. We have sign that has healthy foods on them in the
 2611 cafeteria. 7. We go out to recess everyday we drink water and milk to stay Healthy. 8.
 2612 The people that came to our school that talk about smokeing said it's bad because you can
 2613 get cancer. And that the things that is healthy in Sugar grove.

2614

2615 122. At [NS] we are all about health! In the cafeteria the food we have is baked - not
 2616 fried, we used to have a few fruits and vegetables to choose from, but now we have a fruit
 2617 and vegetable bar for any student that gets a tray. They are allowed as much fruits and
 2618 vegetables as they want. We have one hour of recess each day. We have gym class once
 2619 a week for fifty minutes. We have lots of activities around the school year to influence
 2620 kids to get active like: The Jump-Ropers, Good Samaritan - No More Couch Potatoes,
 2621 D.A.R.E., and other activities. If we have inside recess the younger children go into the
 2622 gym and run 2 laps to get their exercise, and that is the health of [NS]!

2623

2624 123. Our teachers teach us different ways to be healthy like physically, mentally, morally,
 2625 and emotionally. Many schools have regular gym class but not us. We have unique
 2626 activities that students do in gym class. We have a rare Ballroom dancing class. Our
 2627 principal hires a dance instructor that is apart of a school and they come in and teach us
 2628 how to dance. We also have many other activity options like extra curricular sports and
 2629 Expo. Expo is an extra class we have on Friday. There are many different options you
 2630 can choose from such as Walking for fun and fitness, Basketball, and Yoga. Every so
 2631 often the teachers plan tournaments for each home room team to participate in. The sport
 2632 is usually basketball or volleyball. At the championships the top four home room teams
 2633 compete at the pep-rally. It's very exciting for everyone. Our school offers a club called
 2634 Youth Network that can really help a person mentally and emotionally. Youth Network
 2635 got a grant to help teach students how to stay healthy in many ways. The club teaches
 2636 teenage kids how to be drug and alcohol free. Many kids our age want to or get
 2637 pressured into trying drugs or drinking. Being into drugs can really tear a young adult
 2638 apart so joining this group really helps you learn ways to be a positive kid and one that
 2639 can say no. Our school lunches have healthy side and main choices each day. You can
 2640 get bigger salads which would count as a main dish or a smaller salad which would count
 2641 as a side. They also have healthy sandwiches and fresh peppers. For drinks they have all
 2642 sorts of choices, such as water, juices, milk, etc. These are our reasons why we are a
 2643 Healthy Hoosier School.

2644

2645 124. We are 4th graders and have lots of healthy activities at [NS]. Our school does a
 2646 school walk for Diabetes for one. We also have ball chairs in two of our classrooms. We
 2647 have active recesses and our school lunches are better. All of these things make us
 2648 healthy.

2649 The school walk for Diabetes is when everyone walks around the school to prevent
 2650 Diabetes. Then everyone collects money for medicine for people with Diabetes. We
 2651 show them that it is going to be ok, and we will support them along the way to try to
 2652 make them healthier. Ball chairs help keep kids with a lot of stuff. It helps kids get the
 2653 back alignment that they should have. It helps kids who can't think or concentrate. Kids

2654 who need to fidget can bounce on the ball. It allows you to stretch your arms and legs.
 2655 People who love and play sports can train on these stability balls.

2656 These ball chairs can help you strengthen your core muscles. It puts 30% less
 2657 pressure on the discs rather than standing. This stability ball has been helping people
 2658 since 1963. It allows you to sit up straight without hurting or straining yourself. It
 2659 improves balance, coordination, and flexibility. It also helps with blood flow and keeps
 2660 you alert and focused.

2661 Exercise is included in the activity called recess. We get moving twice a day with
 2662 recess. It helps us to relax our brains from all the math, science, etc. The kids are able to
 2663 use built up energy from working on subjects for long periods of time.

2664 At lunch we have healthy new choices that are better for your brain and body. Kids
 2665 are getting healthier all the time with our new school lunches. The lunches are not only
 2666 healthy but good too.

2667 Our school is healthy and happy, and that's what makes us want to come to school.
 2668 What do you think?

2669
 2670 125. I am a 7th grade student at [NS]. A new program was started this year that involves
 2671 the entire middle school. The after lunch walking program was started to add to the
 2672 physical activity a person receives, and it's fun. All students go to the gym after lunch
 2673 and if they choose to walk they can and when they do this is how it works. Every time
 2674 you walk one lap you collect a popsicle stick. After reaching certain mile markers (ie
 2675 number of popsicle sticks) you receive charms. You have a bracelet to put the charms on
 2676 and it is cool. Then you get to choose items from the prize cabinet that are fitness related.
 2677 The prizes are donated and there is no cost for the program. When you reach a mile your
 2678 name also goes in the daily announcements and there is a competition between the 3
 2679 grade levles.

2680
 2681 126. We feel [NS] should be a Healthy Hoosier School because of the great things we are
 2682 taught concerning being healthy and the great progams we have going on. In our
 2683 physical education classes we are using pedometeres daily and have to go a certain
 2684 distance each day. We are learning the importance of knowing what your body needs,
 2685 activity wise, to stay healthy. At lunch time we are encouraged to make healthy choices
 2686 for ourselves. Each category of the food groups has two or more choices. There are two
 2687 mains to choose from, two vegetables, of which we can have both, and two fruits, of
 2688 which we can have both. Fresh fruit is offerd daily and whole grains are offered most of
 2689 the time. You can leave the cafeteria with a full tray that is so good and mainly good for
 2690 you. We also have opportunities to be in different clubs as well as intramural sports
 2691 during school hours. [NS] tries to have something for everyone.

2692

Appendix K: Nebraska Codes

What programs are being implemented?

Nutrition

5-4-3-2-1 GO!

backpack program
Breakfast Week
Cooking Club
encourage fruits and veggies
food education
Food Group Dragon
food tasting
free breakfast item
fruit and vegetable program
Fruits and veggies more available
healthier beverages
healthier food choices
healthier snack choices
healthy eating challenge
healthy food rewards
healthy or non-food sales
Healthy Snack Week
implementing breakfast program
improving school meals
improving vending machines
increased food variety
increased fresh fruits and vegetables
increased fruits and vegetables
increased lunch time
increased nutrition education
increased water accessibility
Junk food drive
nationwide school recipe contest
non-food rewards
nutrition education
nutrition poster contest
recipe contest
Refuel with Milk
Tasting Adventures
The Two Bite Club

Physical Activity

After School Obstacles
All Recreate on Fridays Program
all school assembly
Before school gym
bootcamp for staff and students
daily physical activity
Community event participation
Community walk/run
Feet First Fridays
focus on physical education
Fun walk for Neuroblastoma
Get up and Move week
Hoops for Heart program
increased PE time
increased physical activity
increased recess time
indoor recess activities
intra-mural sports
jammin' minute
Jump Rope for Heart
lunchtime activities
Move-It Challenge
Moving Mondays
new physical activities
NO CHILD LEFT ON THEIR BEHIND
open gym
physical activity breaks
physical activity celebration
physical activity challenge
physical activity clubs
physical activity electives
physical activity fundraiser
Running Club
SPARK PE curriculum
video dance contest
walk to school days
walking challenge
Walking Club
walking program
wednesday warm-ups

Combined

bicycle smoothie machine
health education
Healthy after school club
Contests
creating healthy message videos
Family Wellness Night
Fuel Up To Play 60
health activities at assemblies
health and wellness day
Educational skits
recess before lunch
staff wellness program
Weekly wellness day
Wellness club
Wellness Carnival
Wellness Day activities
wellness education
Whatcha Doin? program

Other – Creating Culture

Alliance for a Healthier Gener..
Annual Health screening
Collaborating with other schools
Handwashing/Sneezing
older students mentoring
Staff training
Student involvement
emotional health program
encouraging lifelong health
formed a wellness committee
incentive prizes
including all students
informational booths
kick-off at school-wide event
kids are actively involved
making learning fun
new equipment/space
positive attention rewards
positive role models
promotional activities
Random Acts of Kindness
Reinforcing messages
Safe Routes to School
school/community garden
Using community resources
Wellness as part of school culture

How were they received?***Positive***

desire to continue
 Excited about physical activity
 Excited to drink milk
 excited to participate
 Excited to try new foods having fun
 kids are actively involved making learning fun
 most students still participating
 parent support
 positive feedback
 Positive response to national programs
 Student involvement
 Students express happiness

Students participation increased
 well-received program

Negative

Challenge bad habits at home
 Challenge Dislike change
 Challenge encouraging parent participation
 Challenge fear of trying new foods
 Challenge keeping activities fresh
 challenge lack of funds
 Challenge lack of time
 Challenge limited space
 Challenge limited staff
 Challenge maintaining garden all year
 Challenge negative attitude
 Challenge scheduling

Challenge staff scheduling
 Challenge teacher buy-in
 Challenge technical difficulties
 challenge to include everyone
 Challenge with documentation
 Challenge: finding safe routes
 Challenge: getting students to take charge
 Challenge: Training teachers
 Challenge: weather
 Change is hard

Other

Mixed feelings about program
 Wellness as part of school culture

What impact to these programs have on school wellness?***Physical***

Better recovery after exercise
 fewer stomach aches
 increased energy
 increased fresh fruits and vegetables
 increased fruits and vegetables
 Reduced obesity rate as a school
 plate waste reduction

increased desire to exercise
 increased food variety
 increased knowledge
 making positive changes
 positive environment
 positive role models

Mental

increased awareness
 increased focus

Behavioral

better food consumption
 healthier food choices
 healthier snack choices
 increased activity
 participation

increased breakfast consumption
 increasing healthy choices
 increased meal participation
 increased milk consumption
 increased vegetable consumption
 less discipline problems more activity before, during and after school

Other

encouraging lifelong health
 Wellness as part of school culture
 More cost effective

Emotional

desire to continue
 feeling of unity
 happier and more attentive
 having fun
 improved attitude

Appendix L: Indiana Codes

What programs are being implemented?

Nutrition

all school breakfast
backpack program
bowling night
Breakfast Club
breakfast provided
canned food drive
cooking education/contest
displaying nutritional
information
encouraging students to try
new foods
Expanded Breakfast Program
Family dinner night
Fear Food Factor Challenge
food education
food journals
food tasting
Fresh Fruit Fridays
Fresh Produce Initiative
Fruit and vegetable contest
fruit and vegetable program
healthier beverages
healthier food choices
healthier snack choices
healthy or non-food
fundraisers
healthy or non-food rewards
implemented breakfast
program
improving school meals
improving vending
increased fruits and
vegetables
increased variety of fruits and
vegetables
no unhealthy outside food
policy
nutrition books
nutrition education
posted nutrition facts
Professor Popcorn
promoting school breakfast
Reality Bites Program
reduced plate waste
Refuel After School
self-serving entree
Taste Your Colors
Think Your Drink
variety of food choices

Physical Activity

Active for Life
activity-based field trips
Activity backpacks program
after school physical activity
all-school physical activity
ball chairs
Bike for Life
C'Motion
circuit training program
community races
creative physical activity
dancing in music
Disney Radio Move It
exercising with friends
FAST Track
Fitness 4 Life
fitness clinic
Fitness Extravaganza
Fitness Fridays
fitness testing
Game Day Tuesdays
Greek Olympics
Happy Dance for birthdays
health journals
improved physical education
increased access to
equipment
Increased PE time
increased physical activity
increased recess time
indoor recess activities
intense activity level
intramural sports
JAM School Program
Jump Kids Jump Movement
Jump Rope for Heart
Kids On the Mooooooove
lock-in activities
lunchtime physical activities
morning basketball
Morning exercise program
open gym/access
physical activity breaks
physical activity celebration
physical activity challenges
physical activity clubs
physical activity competition

physical activity days
physical activity fundraiser
physical activity rewards
Race for the Cure
Riding to school program
roller-skating program
running club
running program in PE
S.H.A.P.E. standards
school-wide kickball
tournaments..
school boot camp
school dances
school musical
school triathlon
school walk/run
schoolwide basketball
tournament
scooter race
structured recess activities
student parking far away
variety of equipment
variety of exercises
walk to school day
walking club
walking program
weight training program
YMCA Play 60
Zone training
Zumba class

Combined

CATCH program
Celebrity/mascot promoted
messages
Colts PRIDE
community health fair
community kick-off
Family wellness night
Family wellness program
healthy pledge card
Fuel Up to Play 60
Game On program
health tip of the day/week
healthy school week
Healthy Student of the Month
heart rate monitors
HEROES Program
Kid's Choice Program
Minds in Motion
monthly wellness activities
OrganWise Guys

Project 18
 Project Fit America program
 promotion posters
 recess before lunch
 school/community garden
 Shamrock Challenge
 song about being healthy
 staff health fair
 staff wellness program
 student health fair
 Valentine's Day Carnival
 weekend wellness challenge
 wellness club
 Wellness Day
 wellness education
 wellness program for
 overweight children
 wellness resources for
 community
 Wellness Wednesdays
 weight loss competition

Other- Overall Health

blood drive competition
 BMI/ blood pressure
 screening
 Charitable fundraisers
 coordinated school health
 program
 Developing wellness
 committee
 distributing policy
 early intervention
 educational service project
 emergency preparedness
 encouraging healthy lifestyle
 encouraging overall health
 free health screenings
 health-related field trips
 health information for parents
 health information/tips
 healthy environment
 incentive prizes
 lunchtime health clinics

making exercise fun
 motivating music
 new equipment/space
 older student mentoring
 only healthy option
 positive recognition rewards
 positive reinforcement
 positive role models
 promotion posters
 re-evaluating policy
 regular health screening
 Safe Routes to School
 school blood drive
 sharing new ideas
 something for everyone
 staff health fair
 staff training
 staff wellness program
 student health fair
 student goal setting
 student initiative
 student wellness council
 Variety of PE classes
 variety of sports

How were they received?

Positive

100% compliance
 all-around support
 changed perspective
 confidence in ability
 continue despite challenges
 enjoy eating with friends
 enjoy new foods
 everyone participated
 excited for fruits and
 vegetables
 excited for physical activity
 excited to learn
 excited to participate
 excited to try new foods
 feeling of pride for good
 health
 feeling of pride for school
 good to help others
 grateful for good health
 having fun
 increased involvement
 increased motivation
 increased participation
 increased sale of nutritious
 food

increased school meal
 participation
 media support
 parent support
 positive attitude."
 positive feedback
 positive student response
 proud of accomplishment
 strengthened relationships in
 community
 student initiative
 students appreciate staff
 students are motivated
 students encourage each other
 to exercise
 students enjoy changes
 students enjoy healthy foods
 students feel safe
 students grateful
 students motivated to meet
 goals
 students understand and
 appreciate exercise
 students understand and
 appreciate nutrition
 well-attended

Negative

apprehension
 Challenge first
 implementation
 Challenge fragility of fresh
 produce
 challenge including everyone
 Challenge increasing
 awareness
 Challenge lack of funds
 Challenge lack of space
 Challenge limited staff
 challenge limited time
 Challenge motivation
 Challenge parent
 participation
 challenge student training
 challenge students taking
 ownership
 Challenge weather
 dislike of healthier choices
 healthy because staff cares
 lot of time for preparations

Other

mixed feelings about changes

What impact to these programs have on school wellness?

Physical

athletes aided in recovery
below national obesity rate
collective weight loss
decreased injuries
improved BMI
improved body composition
improved fitness level
improved fitness test scores
improved oral health
improved skills
increased energy
increased energy expenditure
increased flexibility
increased strength
lower blood pressure
meeting nutritional needs

Mental

improved grades
increased awareness
increased focus
increased knowledge
increased mental fitness
students understand and
appreciate exercise
students understand and
appreciate nutrition

understanding that fitness
=diet and exercise

Emotional

being healthy is easy and
exciting
confidence in ability
desire to make healthy
choices
happier students
improved attitudes
improved relationship
between students and staff
increased morale
increased motivation
instilling love of fitness
students understand and
appreciate exercise
students understand and
appreciate nutrition

Other

Achieving goal
building/growing the whole
student
encouraging healthy lifestyle
encouraging overall health
learning sportmanship

making new friends
positive role models
something for everyone
strengthened relationships in
community
student initiative
team work/comradery

Behavioral

daily milk consumption
decreased discipline
problems
decreased tardiness
healthier food choices
healthier snack choices
healthy choices outside
school
healthy lifestyle choices
improved attendance rates
increased accountability
increased fruit and vegetable
consumption
increased involvement
increased participation
increased physical activity

Appendix M: Validation Codes

"Be Well" books	Encourage healthy eating & exercise	Guest speakers/instructors
"Girls on the Run"	Encourage healthy eating/exercise	Gym helps with fitness
5 minute walk at lunch	Encouraging healthy choices	Handwashing/Sneezing
5K Dash/Fun run	Encouraging strength training	Have fun playing/getting healthy
Active student wellness group	Enjoyed with minimal complaint..	Health and fitness classes offered
Activity days to meet goals	Every elementary student is pr..	Health announcements
Add selected foods to menus	Excited about effects	Health class
addition of a gymnasium	Excited for future progress	Health committee created
Additional activity opportunities offered	Exciting for everyone	Health education
Additional fitness staff	Exercise and eat right	Health fair
After-school fitness programs	Exercise has academic impact	Health fairs
After-school intramural programs	Exercise in cheerleading class	Health is important to students
After-school running club	Exercise in gym	Health messages
Before/After-school fitness programs	Exercise is encouraged	Health nurse
Behavioral crisis hot line	Exercise more with friends	Health screenings/fairs
Benefits of physical activity	Exercising in gym class	Healthier beverage options
Better attitudes	Exercising in P.E.	healthier eating environment
Better health equals better attendance	Extremely proud	Healthier foods offered
Breakfast program	Facilities/resources to encourage activity	Healthier options at breakfast/lunch
cardio room	family fitness nights	Healthier options available
Chart for tracking miles	Family health classes	Healthier staff snacks
Classroom physical activity	Family involvement in meal selection	Healthy after-school snack
Classroom stretching	first health fair	Healthy beverage options
Counseling services	Fitness activity	Healthy beverages offered
CPR training for staff	Fitness Council	Healthy birthday celebrations
Creating healthy habits	Fitness education	Healthy eating
Crisis hot line well accepted	Fitness equipment purchased	Healthy eating is important
Daily health messages	Fitness testing	Healthy eating/choices
Daily recess	Fitness testing each quarter	Healthy eating/options
Daily recess guaranteed	Fitness/healthy snack stations	Healthy eating/physical activity encouraged
Dance CDs	Food tasting group	Healthy food/beverage choices
Decreased overweight/obesity rates	four milk options daily	Healthy lifestyles & improved fitness goals
Diet education	Fuel Up to Play 60	Healthy lunch choices
Different fitness activities/programs	Fun activities	Healthy lunch option
Drug education/awareness	Fun activities to increase activity	Healthy lunch options
Eat and play healthier	Fun fitness activities	healthy lunches
Eat new foods & stay active	Fun warm up activities	Healthy snack advertisements
eat parfaits	Good exercise facilities	Healthy snack options
Eating breakfast is encouraged	Good school lunches	Healthy snack/drink fundraiser
elective food and fitness offe..	Good student participation	Healthy snacking
Eliminated pop machines	Good support	Healthy students
Elimination of unhealthy rewards	Great times for mile run	Heart maze yearly
Emphasis on walking	guarantees daily recess	Heart rate monitors to maximize workout
	activi..	Hoops for Heart

Huge Success	Nutrition education program	PSA & public speaker
Impact on wellness	Nutrition information posted	Physical activity classes offered
Improved overall school health	Nutrition messages displayed	Random Acts of Kindness
Improved physical fitness	Nutrition messages displayed monthly	Re-writing wellness policy
Incentives for participation	Offer regular dental checkups	Recess allows for additional activity
Incentives for walking/riding bike	Offer student physical activity opportunities	Run the track when outside
Increased classroom focus	Offer variety of fruits/vegetables	safety patrol program
Increased classroom physical activity	Offering better choices	Sandwich bar
Increased energy/effort	Offers fitness/nutritional classes/clubs	Sanitation & safety practices
Increased fitness levels	Once we are all finished racin..	Saying no to drugs/alcohol
Increased fitness opportunities Students more alert	Open gym	School fitness facilities open
Increased fruits and vegetables	Open workout room	Scooter 500
Increased nutrition knowledge	Organized running club	Scooter 500 racing
Increased physical activity	Parents educated on healthy snacks	Screening tools
Increased safety & sanitation	PE increases physical activity	Setting examples for other schools
Increasing family physical activity	Pedometer tracking, fitness program	Several wellness activities/programs offered
Jump Rope for Heart	Perception of impact	Several wellness related changes made
Kids enjoy the food	Physical activity	Significant changes in lives
Kids try new healthy foods	Physical activity breaks daily	SPARK fitness program
Knowledge of food pyramid	Physical activity challenges	Sponsor blood drives
Learn how to stay fit	Physical activity opportunities	Staff are health role models
Less high fat foods	Physical education class	Staff health fairs/health screenings
Lots of exercise	physical education program	Staff health programs/classes
Lots of interest	Play games during homeroom	Staff health screenings/activities
Lunch blue print	Pop/Tea not allowed	Staff role model wellness
Maintain resources for health curriculum	Presidential Physical Fitness Program: Healthy Eating	Staff screenings
Many health improvements made	Program: Healthy eating and nutrition education	Staff weight loss competition
Many sports/clubs offered	Program: Mental/Emotional Health	Staff wellness needs assessment done
Many staff/students affected	Program: Physical Activity	Staff wellness opportunities
Menus posted	Program: Physical Activity and Healthy Foods	Staff wellness programs
Milk coupons for academic success	Project 18	Staff wellness programs/opportunities
Milk machine	Promote exercise/healthy eating	Staff/student run/walking competiiton
Minds in Motion	Promote healthy lifestyles	Staying fit/healthy is important
Morning stretches	Promote healthy snacking	Strength training
Motivated inactive students	Promotes physical activity/health	Student health screenings
Motivates inactive kids	Promotion of healthy foods/staying active	Student incentives
Nutrition & physical activity surveys	Promotion of lifelong fitness	Student physical activity clubs
Nutrition and Exercise Education	Protecting lives!	Student running club
Nutrition and physical activity awareness	Proud of medals	students are healthy
Encourage good lifestyle choices	Proud of program/effects	Students develop activities
nutrition education		Students enjoy recess
		Students excited to share
		Students had fun
		Students have fun

Students have fun in gym	Well received/liked
Students have fun in PE	Well recieved/liked.
Students identify healthy snacks	Wellness awareness
Students know importance	Wellness committee
Students know importance of PE	Wellness display
Students learn about health	Wellness Policy
Students like field day activities	Wellness programs
Students like learning about health	Youth Network
Students like PE	Yummy, healthy meals
Students love tasting table	
Students making healthier choices	
Students more active in PE	
Students more educated	
Students relay meal concerns	
Students rewarded for positive behavior	
Students think PE is fun	
Students try to meet goals	
Students want clubs to continue	
Students work hard	
Students/staff loved "Game On" Students want program to continue	
Successful program	
Suicide Prevention	
Summary of health level	
Sustain School Wellness Program	
Swimming lessons at YMCA	
taken away junk foods	
Tasting table	
Teacher health/exercise programs	
Teachers encourage being healthy	
The staff members compete in a..	
Trying new foods	
Unhealthy classroom snacks discouraged	
Variety of healthy options	
Vending machine restrictions	
very exciting for everyone	
Very good PE program	
Walking activities	
Walking between class	
Walking club	
Walking with friends	
Walking with role models	
Weekly physical education	