

## School Year Kick-Off Events





# Taste Testing and Physical Activities at School Registration

West Central Elementary School  
West Central School Corporation  
Francesville  
[www.wcsc.k12.in.us](http://www.wcsc.k12.in.us)  
219.567.9741

Location



School Year  
Kick-Off Events

Icons Present:



## What we did:

A table placed just inside the main school entrance featured a display of fresh fruits and vegetables. Samples were available for all to taste. While parents were registering their children, the students learned more about the foods. After the parents completed registration they were able to stop by the display and pick up nutrition information handouts and a parent letter explaining what wellness activities would be offered throughout the upcoming year. A magnetic clip held the information together with a slogan on the clip that read “Be Healthy To Learn, Learn To Be Healthy!” Two banners made with this slogan were posted in the entry way to the school. High school students dressed up in fruit and vegetable costumes and directed families to the display.

The students were also able to go into the gym and participate in activities such as, relay races, jump rope, shooting hoops, and playing with a giant ball.

## Best practice tip:

School registration is a great time to announce to parents and students your upcoming wellness activities for the year. By participating in school registration, West Central Elementary successfully communicated to parents about the nutrition and physical activities they would be implementing throughout the year. In addition, the physical activities kept the students busy while the parents were filling out paperwork and getting students registered.

Rockville Elementary (Rockville) held a *Game On!* kick off event during their school registration as well. Items available for taste testing included whole grain vegetable wraps with hummus dip, various fruits and vegetables, whole grain crackers with cucumber dip and hummus dip. Families received the recipes for the foods sampled and the bulletin boards in the school were decorated with *Game On!* information. Students could go to the gym and participate in activities while parents completed school registration.



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# Back-to-School Night

Location

Shelbyville Middle School  
Shelbyville Central Schools  
Shelbyville  
www.shelbycs.org  
317.392.2551



School Year  
Kick-Off Events

Icons Present:



## What we did:

Shelbyville Middle School incorporated nutrition and physical activity into their annual back to school night activities. For the nutrition portion they focused on fresh fruits and vegetables. The food service director partnered with the administrators of a local farmers' market and bought locally grown produce for attendees to sample. The fruits and vegetables were prepped and set out as samples for the students and their families. Some of the produce was left in its whole form so families could identify the produce in the store or farmers' market. In front of each produce sample was a nutrition card with information about the produce. The food service director then provided discussion and a Q & A session. An administrator from the Shelby County Farmers' Market was present and spoke about locally grown produce and the farmers' market. The highlight of the evening was jicama! Many families had never heard of this vegetable before, and loved the taste. Many taste testers came up to try it due to the buzz from the other families.

The physical activity part of this event focused on "moving more". Students were encouraged to participate in the "Minute to Win It" competition. Students and/or parents could run/jog/walk or any type of movement to accumulate as many steps as possible in one minute. Participants wore a pedometer. Results were tallied. One parent said, "I didn't realize how long one minute was when I was trying to get the most steps."

## Best practice tip:

Back to school nights provide face-to-face opportunities for school nutrition professionals to meet the families and students they serve. It is an opportunity of parents and students to ask questions and address any concerns they may have early on in the school year.

## Variations or other helpful tips for an open house:

At the school open house at Wood Memorial Jr. High School (Oakland City), families were treated to a heart-healthy trail mix. Recipes and their nutrient analysis were available for families to take home. Ingredient packages were also available to show participants what foods were used in the trail mix.



Riverside Jr. High School (in Fishers) held a fresh fruit and vegetable tasting on the café serving line during their school's open house. Parents, students, and staff were encouraged to try a variety of fruits and vegetables and vote for their favorite and least favorite items. Vegetable samples included carrots, celery, cucumber, zucchini, red pepper, radishes and dill dip. Fruits offered were mango, kiwi, cantaloupe, pineapple and red/green grapes. Approximately 1,800 parents, students, and staff attended the open house. About half participated in the taste testing.



# Introduction to 5th Grade Nutrition Class During the School Open House

Location

Bellmont Middle School  
North Adams Community Schools  
Decatur  
[www.nadams.k12.in.us](http://www.nadams.k12.in.us)  
260.724.3137



School Year  
Kick-Off Events

Icons Present:



## What we did:

All fifth grade students at Belmont Middle School must enroll in a nutrition class. One goal of the class is to evaluate how the school lunch offers healthy options that may not be obvious. Students may not be aware they are making healthy choices, but during class it is revealed to them that the pizza is made with a whole grain and low fat cheese, chicken entrees are baked, vegetables offered are low in sodium, and at least two fresh fruits and vegetables options are offered each day.

During the open house parents and students listened to a presentation on the importance of fueling the body for success each morning. Healthy breakfast/snack ideas including yogurt parfait and smoothies were shared. Parents were informed of the “build your own combo” option available. Parents and students then made their own yogurt parfait. Future programs to be featured during the year were also highlighted for parents as well as an invitation to be involved in any of our activities.

## Best practice tip:

Involving parents in the actual demonstration of a recipe may increase their willingness to try the recipe at home.



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