



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Hoosier Champions

School Nutrition and Activity Success Stories



Indiana

2009 Team Nutrition Grant

GameOn! The Ultimate Wellness Challenge

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Game On! The Ultimate Wellness Challenge (GameOn!) <http://actionforhealthykids.org/game-on/access/> is a national initiative developed to engage students, teachers, families and the community in fun, all-inclusive activities aimed to help kids make better food choices and move more. *Game On!* was developed by Action for Healthy Kids as part of a continuing initiative in cooperation with the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

Indiana's 2009 Team Nutrition Training grant offered training and mini-grants to 30 Indiana elementary and middle schools to implement *GameOn!*, and to assist schools in implementing and evaluating their school wellness policies. The Indiana Department of Education (IDOE) partnered with Indiana Action for Healthy Kids, Indiana State Department of Health, Purdue University Cooperative Extension Service, Indiana University, and the Dairy and Nutrition Council of Indiana in this endeavor.

Schools were required to conduct theme-based challenges emphasizing healthy eating and physical activity. Their collective stories, featured in *Hoosier Champions: School Nutrition and Activity Success Stories*, describe over 60 promising practices. In *Hoosier Champions: School Nutrition and Activity Success Stories*, the variety of challenges have been grouped into the following activity categories: Food Tasting; Nutrition Education Activities; School Year Kick Off Events; Outdoor Physical Activity/Fitness Events; Family Events; Community Events; School Clubs; Indoor Physical Activity/Fitness Events; and Engaging Celebrities/Professional Sports Teams. In some cases, multiple schools held similar events or variations of the featured activity and their descriptions are included.

Within the 9 activity categories, each featured story is accompanied by icons reflecting various characteristics, or factors for consideration when planning that activity/event. All events had a focus either on nutrition, physical activity, or both. Activity descriptors (represented by icons) include: if the activity included food tasting; whether the event was held during, before, or after school; the intended audience grade level; cost; amount of time needed for planning the event; and if additional staff/family/partners were involved.

These practices are shared with hopes that other schools in Indiana will be inspired and adapt some of these creative projects in their own schools.



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— Dr. Tony Bennett, State Superintendent of Public Instruction

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Team Nutrition statement

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<u>School Name</u>	<u>City</u>
Franklin Community Middle School	Franklin
North Vernon Elementary School	North Vernon
Clark Middle School	St. John
Fishers Elementary School	Fishers
Benjamin Franklin Middle School	Valparaiso
Waterloo Elementary School	Waterloo
Riverside Jr. High School	Fishers
Wes-Del Middle School	Gaston
James B. Eads Elementary School	Munster
Wakarusa Elementary School	Wakarusa
Covington Elementary School	Covington
Crestview Elementary School	Indianapolis
Shelbyville Middle School	Shelbyville
Indian Trail Elementary School	LaPorte
Custer Baker Intermediate School	Franklin
Yorktown Middle School	Yorktown
William Tell Elementary School	Tell City
Bloomfield Elementary School	Bloomfield
Rockville Elementary School	Rockville
Rockville Jr. High School	Rockville
Attica Elementary School	Attica
Orchard Park Elementary School	Indianapolis
Shoals Elementary School	Shoals
Thomas Jefferson Elementary School	Jeffersonville
West Central Elementary School	Francesville
Jefferson Intermediate Traditional School	South Bend
Henryville Elementary School	Henryville
Wood Memorial Jr. High School	Oakland City
Monrovia Middle School	Monrovia
Bellmont Middle School	Decatur

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Promoting Your Events

The *Game On!* schools promoted their events in a variety of way using multiple methods to share event information with parents, community members, teachers/staff, and students.

School Communication to Parents	School Communication to Community	Communication to Students and Staff
<ul style="list-style-type: none"> • School newsletter • School menus • Parent letter • Recipes from foodservice • Website (and Twitter) • Email • School calendar 	<ul style="list-style-type: none"> • Local newspaper • Local radio 	<ul style="list-style-type: none"> • Classroom flyers and posters • Daily announcements • Café breakfast and lunch line • Student created signage • Post event information on school Facebook page • Tweet about the event using Twitter or other social media

Best practice tip:

Identify your target audience and use a variety of advertising to promote the event.

Icon Legend



Food Tasting



Parent/PTO



Community Involvement



Teacher/ Staff



During School



Elementary School



Middle School



\$-\$\$ (Cost)



Time Level



Before School



After School



Physical Activity



Food Tastings



Icons Present:



What we did:

During the month of October, Rockville Elementary School held tastings on Mondays, Wednesdays, and Fridays. Table tents were set up on the cafeteria tables to promote the tastings. The food samples were placed on a table in the cafeteria with a bulletin board behind it featuring information about the corresponding food group.

Each week was dedicated to a different food group to encourage. The tastings included:

1st week- Milk and other dairy: samplings of cheeses (Monday), yogurt parfaits (with granola) and fresh blueberries and strawberries (Wednesday), cottage cheese with tomatoes or pineapple as toppings (Friday)

2nd week- Grains (specifically whole): whole grain crackers with cheese (Monday), whole grain cereals (Wednesday), and salsa with whole grain chips (Friday)

3rd week- Fruits and vegetables: apple slices, grapes, and orange wedges (Monday), carrots and celery sticks, fresh fruit salad, and fruit smoothies (Wednesday)*

*Because of fall break, there was no event Friday

4th week- Protein: two different kinds of hummus dip with whole grain crackers (Monday), light tuna and crackers (Wednesday), sunflower seeds (Friday)

Eight students from the elementary were appointed as Wellness Ambassadors. Each week they would do a morning announcement with the lunch menu for the week and featured food group. The Wellness Ambassadors also created weekly bulletin board displays of the dedicated food group for the week. Decorating the cafeteria was another function of the Wellness Ambassadors. They hung Team Nutrition posters and displayed health information. Educational materials about the food groups were placed in the teachers' mailboxes to utilize in the classrooms.

Best practice tip:

Posters, bulletin boards, table tents, and daily announcements added to the overall atmosphere of the taste tests. Students were excited to try the foods because they had heard or read information about the importance of making healthy choices.



Smoothies

Location

Clark Middle School
Lake Central School Corporation
St. John
www.lcsc.us
219.365.9203



Food Tasting

Icons Present:



What we did:

This activity was designed to feature several food groups from MyPyramid (MyPlate). It provided students in grades 5 and 8 the opportunity to try a smoothie recipe and also to see how convenient, fast, and easy it is to create. Nine blenders full of ingredients were made prior to the start of the school day. Classes were served during SRT (Silent Reading Time) which was 25 minutes long. During this period the ingredients were blended quickly so students would not see the green spinach leaves inside the blender. Each student received a sample. The Dairy and Nutrition Council of Indiana (DNCI) provided information about the nutritional benefits of dairy foods and distributed posters and cheese erasers. Students also received recipes to take home.

The PTO and the DNCI worked to promote the event. The PTO sent out information about the event to the newspaper, parents, and community. This event was successful because of the practicality, ease, and excitement the students had about smoothies. A smoothie business recently opened up near the Lake Central School Corporation that is a hit with the kids, so the students bought into the idea of smoothies immediately. Students were amazed when they were told about the secret ingredient in the smoothie which was spinach.

According to one student at Clark Middle School, "Life would not be complete without a great smoothie."

Best practice tip:

Be sure all ingredients are fresh and experiment in small batches. Some colorful fruit and vegetable combinations can yield strange colors and textures.



Healthy Snack Days

Location

Henryville Elementary School
West Clark Community Schools
Henryville
www.wclark.k12.in.us
812.294.4806



Food Tasting

Icons Present:



What we did:

Henryville Elementary School offered several healthy snack days during the month of May. On the day the snack was offered the physical education teacher went into each classroom and explained the importance of healthy food choices. The students were then able to taste samples from a variety of snacks including grapes, apples, and oranges.

Best practice tip:

Have options for students with allergies. It is good idea to offer a variety of options for snacks in case a student has an allergy.

Rockville Jr. High School held a similar event called “Healthy Snack Fridays” during the month of April and offered yogurt cups with granola, grapes, and trail mix with yogurt bites.



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Pizza Muffins

Location

Bloomfield Elementary School
Bloomfield School District
Bloomfield
www.bsd.k12.in.us
812.384.4271



Food Tasting

Icons Present:



What we did:

The child development class assisted the fourth grade students in preparing pizza muffins. The pizza muffins consisted of whole wheat English Muffins topped with pizza sauce and mozzarella cheese. They discussed the nutritional information of the ingredients as they made the recipe. The fourth grade students enjoyed working with the high school students in the Family and Consumer Science kitchens. Many of the students had never prepared a food item with a recipe. It was a good learning experience for both the younger and older students.

Best practice tip:

Have recipes clearly printed out along with pictures of the final product. This helps with visualization and comprehension. Use this opportunity to describe whole wheat and how it can be used in a variety of recipes.



Dairy Challenge

Location

Monrovia Middle School
Monroe-Gregg School District
Monrovia
www.m-gsd.org
317.996.2352



Food Tasting

Icons Present:



What we did:

The Dairy Challenge was offered to middle school students to entice them to choose yogurt as a breakfast item or a quick snack item. The cafeteria staff assembled 380 yogurt parfaits. They consisted of vanilla yogurt, fresh raspberries, fresh blueberries and low-fat granola. Three tables, covered with red, white, and blue themed tablecloths, were set up throughout the middle school hallways. Parfaits were placed on the tablecloths along with spoons and napkins. Each table was staffed by a teacher and a cafeteria person and they encouraged students to take a parfait. Announcements were made by the principal reminding students to take a yogurt parfait. The principal also shared the benefits of consuming foods from the Dairy Group, and about the importance of eating breakfast as it relates to the learning process.

Best practice tip:

Assess the needs of your target audience. Many youth fill their afternoon with extracurricular activities and need ideas for quick and accessible healthy snacks. Skipping breakfast can be another habit so equipping them with quick breakfast ideas will help ensure they eat breakfast.



Summer Snack Attack

Location

Wood Memorial Jr. High School
East Gibson School Corporation
Oakland City
www.egsc.k12.in.us
812.749.4715



Food Tasting

Icons Present:



1-2

MED

What we did:

The Wood Memorial Jr. High School wellness team offered several tastings from the Dairy Group in May. The first tasting included smoothies. On another day at the start of study hall, the wellness team delivered a message along with string cheese to each student. The final snack offered was crackers and low-fat cheese cubes. The wellness team distributed bookmarks and pencils donated by the local health department that reinforced the healthy nutrition messages. They also shared ideas for healthy snacking over the summer.

Best practice tip:

Enlisting the wellness team to help serve snacks made quick work of the snack distribution.



Apple Cart Taste Testing

Clark Middle School
Lake Central School Corporation
St. John
www.lcsc.us
219.614.3799

Location



Food Tasting

Icons Present:



1-2 MED

What we did:

The apple cart taste testing was held the end of October. Food services ordered all of the necessary items, cut the apples, and loaded up the carts each day to enter the classrooms. Prior to the event, advertising was conducted through school. Throughout the week, more advertising messages were posted in the hallway to promote the program and build excitement. During the day of the event, students were given a survey to complete after tasting the different variety of apples. Students were informed about the importance of eating fruit daily, the history of the apples, and how apples make a quick, inexpensive and great tasting snack. Students were also given a fun worksheet to complete to conclude the event.

The activity was successful in a variety of ways. The students were very eager, excited, and willing to try ALL of the apples presented. The students had fun debating and discussing their favorites as well. The activity allowed students to observe how quickly and easily it was to cut up apples in small pieces and bring to school or eat as a snack. Many students took this information and excitement home to their parents and changed some of their snacking habits at home!

Best practice tip:

Since there are so many types of apples, apples are an easy way to introduce students to specific food variations. A good vegetable exercise could be Bell peppers. Incorporate science standards (plant dissection and identification) or math standards (students vote on the most popular variety and graph results).



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Fruity Fridays

Location

Wes-Del Middle School
Wes-Del Community School Corporation
Gaston
www.wes-del.k12.in.us
765.358.3349



Food Tasting

Icons Present:



What we did:

Students participating in the walking club were able to try a new type of fresh fruit every Friday. The students looked forward each week to learning what new fruit they would be trying after their walk.



Best practice tip:

Think about a creative name for your event that communicates the purpose of the event. It doesn't get much simpler than "Fruity Fridays"!

Hummus Tasting

Location

North Vernon Elementary School
Jennings County School Corporation
North Vernon
www.jcsc.org
812.346.4903



Food Tasting

Icons Present:



What we did:

Cafeteria staff prepared homemade hummus based on the recipe shared at the *Game On!* training. Each classroom was given two pints of hummus and for each student, a package of wheat crackers. Very few students refused to eat it. Students were asked to answer survey questions regarding taste, texture and if they would eat it again.

Many teachers and students had never heard of or tasted hummus before. Sixty-seven percent of students really liked it (32%) or thought it was OK (35%). Only 33% of those tasting did not like it. Thirty percent said they would definitely eat it again and 35% said they might eat it again.

Best practice tip:

Eating more dried beans and peas is part of the 2010 Dietary Guidelines for Americans. Showcasing chickpeas as the ingredient in making hummus makes a great introduction to this food category.



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Oatmeal Breakfast Bar

Location

Monrovia Middle School
Monroe-Gregg School District
Monrovia
www.m-gsd.org
317.996.2352



Food Tasting

Icons Present:



1-2 MED

What we did:

Students were challenged to increase the amount of whole grains in their diets. Students were given a ½ cup portion of cooked oatmeal in a bowl, and then allowed to go through a topping bar. Toppings included blueberries, raspberries, mini chocolate chips, peanut butter, dates, pecans, bananas, brown sugar and maple syrup. After clean up, students were allowed to pick “oatmeal-to-go” bars to take home. Approximately 300 students and staff participated in the two-day event. Since this tasting was offered students have asked for this for school breakfast option!



Best practice tip:

This is a great way to teach about whole grains. Post pictures of other whole grains and put several spoonfuls of different types of grains in clear glass jars. Label the jars accordingly. Then tape food labels with grain ingredients circled next to the jars (including products you have available in your cafeteria).

Whole Grains Challenge

Crestview Elementary School
MSD of Lawrence Township
Indianapolis
www.itschools.org
317.964.4200

Location



Food Tasting

Icons Present:



What we did:

To teach the importance of consuming whole grain foods, the entire student body had the opportunity to taste test Spanish rice and whole grain rotini. Students voted on which items they would like to see on the school menu. Many students had never tasted Spanish rice or whole grain pasta. Approximately 85% of students wanted both items to be added to the lunch menu. Positive comments were received from staff as well.

Best practice tip:

Plan preparation carefully since various pastas and grains have different cooking times.



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Nutrition Education Activities



Healthy Wall of Food

Location

Attica Elementary School
Attica Consolidated School Corporation
Attica
www.attica.k12.in.us
765.762.7000



Icons Present:



What we did:

At the beginning of October letters were sent home with students along with a brick made out of construction paper. The letter explained that students were to write the name of a healthy food they liked to eat on the brick. The bricks were then to be returned to the students' teachers. The teachers had a discussion with each of their classrooms about the foods listed on the bricks. The bricks were taken to the cafeteria where they were added to the "Healthy Wall of Food". During the school's fall carnival the cafeteria manager and food service director hosted a booth in front of the wall where they distributed nutritional flyers, copies of MyPyramid (MyPlate), and stickers to students. Approximately 65% of students participated in the activity. Students were excited to see their bricks on the wall.

One mother stated she has always disliked eating vegetables and now she tried many different ones to show her daughter they are a good thing.

Best practice tip:

If additional floor space and volunteers are available, add a brick vs soda can demonstration. Have students build short towers using real bricks (representing "nutrient dense" foods) and empty soda cans (representing low nutrient, "empty-calorie" foods). With a tennis ball, students will knock down the weaker tower. Talk about how the Healthy Wall of Food was built using good nutrition principles.



Building a Nutritious Snack

Location

William Tell Elementary School
Tell City-Troy Township School Corporation
Tell City
www.tellcity.k12.in.us
812.547.9727



Nutrition
Education Activity

Icons Present:



What we did:

The kindergarten class gathered in the café. They learned about making healthy choices and discussed how making good choices can help keep your body and mind healthy. Various healthy foods were displayed and discussed so students could see what they looked like and touch them. Each student received a zip lock bag with samples of the snacks. The students were very attentive and enjoyed the snack.

Best practice tip:

It is important to offer age-appropriate nutrition messages to students. For example, younger students benefit from using their senses to explore foods. Older youth might benefit more from learning how certain foods can improve your performance on the athletic field.



Tracking Healthy Food Choices Using MyPyramid (MyPlate)

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000



Nutrition
Education Activity

Icons Present:



What we did:

Each Monday during the month of November students took home a weekly tracker form and tracked their “energy in” (food choices from MyPyramid) and “energy out” (move 60 minutes daily). The tracker was turned in on the following Monday. Students did this for four consecutive weeks. Morning announcements included health tips, activity ideas, and suggestions for eating from MyPyramid. They also offered a food demonstration in the cafeteria which included apple cinnamon breakfast quesadillas and a superhero apple-cranberry smoothie. They included apples in each recipe because they were in season. Students learned about the benefits of purchasing produce in season. Each student was given an apple to take home for a snack.

Best practice tip:

By having the students track their foods it made them aware of their food choices over a period of time. At the end of each week they could review their tracker and identify where they made good choices and where they could use improvement.



What is it?

Bellmont Middle School
North Adams Community Schools
Decatur
www.nadams.k12.in.us
260.724.3137

Location



Nutrition
Education Activity

Icons Present:



1-2

LOW

What we did:

A display table of carved fruits and whole fruits was set up in the cafeteria during lunch in order to introduce 5th grade students to various fruits. The fruits were also placed on student tables throughout the cafeteria. A microphone was set up next to the display table in order to have a discussion with the students. A fruit was held up and the students were first asked to identify the fruit. They looked at the whole fruit and then it was cut open to display the center.



Questions were asked about similarities between fruits in terms of size of seeds, pits in the centers, skin on the outside, etc. The students enjoyed experimenting with mango, papaya, kiwi, and pomegranates. Students enjoyed this activity because it was interactive. The true success of the lesson was proven the next day. Mixed fresh cut fruit from our lesson was offered the next day at lunch as a "choice item". The mixed fruit competed with three flavors of 100% juice, four flavors of apple sauce cups, strawberry cups, canned pineapple, carrot sticks, refried beans, and lettuce. 55% of the 123 students chose the fresh cut fruit.

Best practice:

Cafeterias can be a noisy place to offer nutrition education activities, but Belmont was well prepared and brought a microphone for this activity.

Dried Beans and Legumes MyPyramid (MyPlate) Lesson

Fishers Elementary School
Hamilton Southeastern Schools
Fishers
www.hse.k12.in.us
317.594.4160

Location



Nutrition
Education Activity

Icons Present:



1 LOW



What we did:

Ninety fourth graders participated in a 45-minute lesson in the cafeteria on MyPyramid (MyPlate). The discussion involved how protein foods, including dried beans, fit into the pyramid. Chickpeas (also called garbanzo beans) were used in a food demonstration to make hummus. The hummus was served with a variety of vegetables. Students were able to taste a chick pea/garbanzo bean and were given other recipe ideas for this legume. The students completed a 15 bean activity requiring the identification of different dried beans.

Best practice tip:

Offer nutrition education opportunities that are age appropriate. "I could have continued for another half hour, but at that point I would have lost student interest," reported one teacher.



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After School Cooking Class And Fitness Challenge

Yorktown Middle School
Yorktown Community Schools
Yorktown
www.yorktown.k12.in.us
765-759-2260

Location



Nutrition
Education Activity

Icons Present:



What we did:

Fifth and sixth grade students were invited to participate in this 2 ½ hour event. The first 24 students from each grade level to turn in permission slips participated in the April cooking class and fitness challenge.

Prior to the event, the high school Nutrition and Wellness teacher, middle school Library Aide, and Director of Food Services, washed and prepared ingredients for the cooking class. On the day of the event students rode a designated bus to the high school. The corporation Librarian/Wellness Director and Director of Food Services greeted students at the door. Students were then led to the library where they were instructed to draw their favorite fruit and vegetable.



Before the students were released to the cooking class and physical fitness challenge, the importance of proper hand washing was discussed and the students were divided into two groups - one reported to the nutrition/wellness classroom to begin the cooking class while the other made their way to the fitness challenge.

The high school Cross Country Coach and his wife supervised the fitness challenge. Students stated they had fun participating in the challenges and interacting with high school students.

The cooking class was a huge hit! The students were seated at one of five tables with an adult. The ingredients to prepare a recipe were laid out on the table. After the adult demonstrated how to prepare the recipe the students were directed to the "kitchen" lab area where they prepared the recipe. The students rotated to each kitchen until all of the recipes were prepared. The students made and sampled the following recipes: easy pizza, peanut butter and banana burrito, black and red ants on a log, pasta salad, cubed cheese porcupines, and fruit smoothies.

Best practice tip:

Teachers, coaches, and volunteers were integral to the success of this event.

Fun fact:

The favorite recipe was the peanut butter and banana burrito.

Nutrition Education and Food Demonstrations in the Classroom

Location

Rockville Jr.
High School
Rockville School Corporation
Rockville
www.rockville.k12.in.us
765-569-5686



Nutrition
Education Activity

Icons Present:



What we did:

Rockville Jr. High School partnered with Purdue Extension to offer ideas for preparing healthier versions of favorite foods to 7th and 8th grade students as part of their health class. Food demonstrations were a key to students' acceptance of the recipes.

Best practices tip:

Forming community partnerships can assist your school in achieving their wellness goals. "Having partnerships, like Purdue Extension, is a must now in schools. It brings the community into our schools, which helps the students and teachers," expressed the school nurse.



TV Food Network Visits Eads School

Location

James B. Eads Elementary School
School Town of Munster
Munster
www.munster.k12.in.us
219.836.8635



Nutrition
Education Activity

Icons Present:



What we did:

Bi-weekly TV food demonstrations were conducted over a two-month period. A professional chef (or special person dressed as a chef) introduced a food/food group to the entire school during morning announcements via a school television broadcast. Students learned how the food was made and where it was grown. Tasting stations staffed by PTO volunteers were set up in the cafeteria during lunch for all students to taste if they desired. The food demonstrations included:

- (1) Tropical fruits: mango, papaya, kiwi
- (2) Hummus with vegetables and whole grain crackers
- (3) Vegetables in a glass (juiced)
- (4) Dairy: mini yogurt/fruit parfaits and yogurt tubes

Best practice tip:

Offering activities at multiple venues provides the opportunity to hear nutrition messages multiple times. Eads Elementary showcased the TV Food Network demonstrations during their Fun Fair Night. Food samples and nutritional information sheets were offered to parents and students who attended.



Nutrition Scavenger Hunt and Yoga

Location

Orchard Park Elementary School
Carmel Clay Schools
Indianapolis
www.ccs.k12.in.us
317.848.1918



Nutrition
Education Activity

Icons Present:



What we did:

Students in Kindergarten thru 5th grade went on a scavenger hunt for different categories of foods or food groups. They were given clues for each category as follows:

- Water
- Garbanzo beans (Protein)
- Pomegranate (Fruit)
- Cornflakes (Grains)
- Bread with olive oil (Fats/Oils)
- Sugar snap peas (Vegetables)
- Cheese sticks (Dairy)
- Potato chip (High calorie/high fat)

Students in kindergarten and first grade had different clues than the 2nd, 3rd, 4th and 5th graders. When the students arrived at the room where their food was displayed, they had the opportunity to taste the food. Following the scavenger hunt students proceeded to the gym and cafeteria to do yoga. The various grade levels participated in age-appropriate yoga exercises led by a community yoga instructor.

Best practice tip:

Teachers will feel more invested in the activity if they have a role. “Teachers made promotional signs for the activity, helped make the scavenger hunt clues, set up the rooms, and escorted the students from room to room,” shared the school nurse.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Tray Liners: High Five to Hit Five

Location

Riverside Jr. High School
Hamilton Southeastern School
Fishers
www.hse.k12.in.us
317.915.4280



Nutrition
Education Activity

Icons Present:



What we did:

Riverside Jr. High School created a tray liner to be used at various times throughout the school year to remind students to fill their plate with food from all the food groups. If they did so, they received an “I got my Game On!” rubber bracelet to show they received a “high five for all five” (selecting a variety of foods from the food groups).



Best practice tip:

Involve the students. Riverside Jr. High School plans to have the students design the tray liners next year.

Think Your Drink

James B. Eads Elementary School
School Town of Munster
Munster
www.munster.k12.in.us
219.836.8635

Location



Icons Present:



What we did:

During a designated school day in spring, students in Kindergarten thru 2nd grade visited the gym (one class at a time) for a 40 minute activity. Students heard a simple talk about the importance of exercise and rehydration after exercise. Then the students did a few warm up stretches and participated in an obstacle course. After being rehydrated with water they completed another set of exercises and rehydrated again. PTO and community volunteers organized and participated in this activity.

Eads Elementary conducted a similar event with the 3rd thru 5th grade students in the fall. The high school football players were able to assist with this activity and served as role models for the younger students.

Best practice tip:

Communicate with parents. A letter was sent home to parents/caregivers before and after the activity. Parents were to remind their children to dress appropriately for a gym exercise on the day of the activity. Parents received a handout about proper hydration, especially during the summer months.

Benjamin Franklin Middle School (Valparaiso) offered a similar event. Track coaches continued to reinforce the “think your drink” message throughout the track season by including information in communications sent home to parents and given to athletes.



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
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.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

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
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.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Outdoor Physical Activity/Fitness Events



Game On! Health and Wellness Field Day

Location

Fishers Elementary School
Hamilton Southeastern Schools
Fishers
www.hse.k12.in.us
317.594.4160



Outdoor Physical Activity/Fitness Event

Icons Present:



2 HIGH

What we did:

Five stations were set up for the students to rotate between. Each grade level participated for 1 ¼ hours (15 minutes per station).

Stations included:

1. *Game On!* challenge course: pass and score with nutrition (throw footballs into hanging hoops), jump for the food groups (jump ropes), energy in/energy out (flat ladder), all foods fit (sit-ups, push-ups, burpees, mountain climbers, jumping, and stretches), and training camp (tunnels, scooters).
2. Nutrition station: students enjoyed a snack of low fat chocolate frozen yogurt while they learned about reading food labels.
3. Dance station: Teachers led their classes in various dances like the chicken dance and hokey pokey. Students learned how dancing is a good way to exercise and have fun moving.
4. Dental health station: A local dentist talked to the students about general dental health and how good nutrition can maintain strong healthy teeth.
5. Physical well being station: A representative from Peyton Manning Children's Hospital played educational games with students. First the students spun a wheel and were asked a question about a part of the body or an organ. The representative gave them further information about the importance of the body part or how it works. Then students rolled two cloth dice. One die had numbers on it and the other had an exercise. The students had to do that exercise the number of times shown on the first die.

This event involved the assistance from all teachers and staff. The wellness committee organized the stations and set up the event. School volunteers were a huge asset.

Best practice tip:

Adapt stations for a field day event that work with your school's budget, time constraints, staff size, and community involvement.

Rockville Elementary School and Rockville Jr. High School in Rockville both held field days. The elementary school offered activities such as a three-legged sack race, egg/spoon race, water balloon toss, hoola hoop contest, soft ball throw, tug of war, and volleyball. Students were provided with water bottles and snacks including yogurt, apples, grapes, and a whole grain trail mix. The Jr. High School offered activities such as kickball, sploosh (water game), fun football, volleyball, and tug of war. At the end of the event the student wellness ambassadors discussed the importance of being physically active and eating healthy foods as part of a presentation to the student body. The students also received water during the event and sampled yogurt, string cheese, and a variety of whole grain fruit bars.

James B. Eads Elementary School (Munster) started a friendly school competition by recording times/distances for some of their field day events. Students enjoyed seeing if they could break school records.

Thomas Jefferson Elementary (Jeffersonville) organized their half-day field day so that students participated in a variety of 10-minute activities including limbo, hula hoop to music, over under sponge race (students line up and carry a wet sponge over and under each teammate; first team to carry the sponge over/under all teammates wins), potato sack races, and dodge ball with water sponges.

Shoals Elementary School (Shoals) also offered a nutrition and physical activity event. Their field day included a "health haven" station which offered students samples of fresh orange slices, a wrap, 100% juice, carrot sticks, and a whole grain bar. Students had to match the food with its respective food group and then discuss the importance of eating a variety of healthful foods daily. Their physical activity stations included a scooter board relay, basketball shot contest, and obstacle course.



Decathlon

Location

Covington Elementary School
Covington Community Schools
Covington
www.covington.k12.in.us
765.793.2254



Outdoor Physical
Activity/Fitness Event

Icons Present:



What we did:

The Covington Decathlon was a 2 ½ hour physical activity for grades 4 and 5. All classes, along with their teacher, participated in different events led by the physical education teacher, music teacher, and the elementary administrators. The classroom teachers placed their students in at least two events. The decathlon was a competitive event. Scores were assigned based on how students placed in their events, like a track meet.

The PTO provided six members to help run the events which included:

- 100m dash
- 200m dash
- 400m dash
- 1600m run
- 4 x 100m relay (used batons to pass after students ran 100m dash)
- Hula Hoop Relay
- Three-legged race
- Softball throw
- Frisbee toss and catch
- Team Tug of War (used a double elimination bracket to determine winner)

Any type of scoring could be used for these events. Example: 1st = 10 pts. , 2nd = 8 pts, 3rd = 6 pts, and so on. Depending on the size of your classes you could run different heats and take best times or just have one race and record the finish places.

Best practice tip:

When planning outdoor events, always have a back-up plan or back-up date. In Indiana, the weather can be unpredictable. Thankfully, the weather was perfect for Covington's decathlon and they did not have to reschedule due to weather concerns.



Triathlon

Location

William Tell Elementary School
Tell City-Troy Township School Corporation
Tell City
www.tellcity.k12.in.us
812.547.9727



Outdoor Physical
Activity/Fitness Event

Icons Present:



What we did:

Students assembled in the back of the school building. At the designated time, they ran around to the front of the building, then down the road to the library. At the library, they got on their bikes and continued down the same road to the high school where they swam a lap in the pool.

One-hundred and twenty students pre-registered for the event. Registration was also held the morning of the event at 8:00 am. At 9:00 the first wave of 5th-6th grade students began, at 9:15 the 3rd-4th began, at 9:30 the 1st & 2nd grade students began. The actual event was over by 10:00 and students then had a pool party until 11:00. Students wore their suits under their clothes and after swimming their lap, they were given a red drawstring bag with a "William Tell Elementary Triathlon" towel, donated bottled water, and a sack lunch. The PTO also had fruit for the students to enjoy while they were waiting for the pool party to begin. Tell City High School students served as lifeguards during the swimming part of the Triathlon and stayed during the swim party.

The triathlon was definitely a community event involving the mayor, Tell City Police Department, parents and local community organizations. These individuals helped supervise the intersections and provide water to the participants. Teachers and high school students assisted wherever needed. Every student who participated in the event was encouraged throughout the events.

Best practice tips:

Partner with local businesses and organizations in the community to provide incentives. William Tell received sponsorship and support from several business as well as their PTO.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Kentucky Derby Track and Field Day

Location

Bloomfield Elementary School
Bloomfield School District
Bloomfield
www.bsd.k12.in.us
812.384.4271



Outdoor Physical
Activity/Fitness Event

Icons Present:



What we did:

Grades 1-3 participated in the morning and grades 4-6 in the afternoon. Three stations were set up for this event; one grade level per station. Classes in each grade level competed against each other.

Station 1: Track events such as the 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash. The students ran in each event and won ribbons for each heat.

Station 2: Infield track events included water-the-horse relay, lasso the teacher, and horse pull events. Water the horse – Students from opposing teams used a sponge to soak up water from a bucket at the beginning of the relay line. They ran with the wet sponge to a bottle placed a certain distance away from the bucket and squeezed out all the water from the sponge. They ran back to the beginning of the relay line and passed the sponge off to their teammate. The team that completed the relay first with the most amount of water in the bottle won the event.

Lasso the teacher - Students tossed a foam ring for their teacher to catch on their outstretched arms. Teachers were to remain standing in a hula hoop during this event.

Horse pull – A tug of war competition between each class.

Station 3: Classes used the tennis courts to complete the sugar cube relay, horseshoe relay, and obstacle jump relay.

- **Sugar cube relay** - Students carried three sugar cubes with a spoon from one sideline of the tennis court to the next, stacked them in a tower, picked the cubes up, and raced back to the next student in line until all students had finished the relay.
- **Horseshoe relay** – Students took off both shoes and put them in a large pile. The students go one at a time from their relay lines and find both shoes, put them on, tie them, and run back and tag the next student in line until the relay is finished.
- **Obstacle jump relay** – Students jump over a hurdle, jump back over the hurdle and tag the next person in the relay line until all teammates have completed the event.

As students completed the stations, they rehydrated with a drink and were given the choice of an apple or banana to eat.

Best practice tip:

Plan events that coincide with other seasonal or cultural events. Bloomfield Elementary hosted this event in May, which is when the Kentucky Derby is held.



Coyote Dash 3K Walk/Run

Location

Clark Middle School
Lake Central School Corporation
St. John
www.lcsc.us
219.365.9203



Outdoor Physical
Activity/Fitness Event

Icons Present:



What we did:

The planning for the Coyote Dash started at the beginning of the school year. Clark Middle School wanted to create a program that could be sustainable and that students would enjoy and be motivated to succeed. The dash was an all school activity with excitement building up to and including the day of the event. The actual event took place in two segments – a 3K run for students who signed up and a 3K walk for the whole school and staff.

During the walk and run there were stations with water and fruit set up throughout the course.

Best practice tip:

Don't underestimate the importance of administrative, teacher, staff, student, parent, and community buy-in when hosting wellness events. Clark Middle School reports the success of this event was largely attributed to buy-in from administration, teachers, staff, and students. All students and staff participated in at least 40 minutes of activity during the school day and many students/faculty members accomplished goals. They learned the enjoyment of being physically, mentally, and socially active.



Scooter 500 and Amazing Race

Location

Wes-Del Middle School
Wes-Del Community School Corporation
Gaston
www.wes-del.k12.in.us
765.358.3349



Outdoor Physical
Activity/Fitness Event

Icons Present:



What we did:

Students had the option of participating either in the Scooter 500 or the Amazing Race. For the Scooter 500, students signed up to be a team of four. They drew to find out what fruit or vegetable their team represented. Before the race they had 10 minutes to decorate their scooter according to their assigned fruit or vegetable. During the race, the pace car (gator) took the first racer around the track one time before the race began. Each participant raced one lap around the track before handing off to the next racer on the team. Each participant went a total of 5 laps. Water and Gatorade was provided to the participants during the race. After the race, the winning team kissed the row of bricks and they were presented with medals. The event ended with students sampling food from the various food groups. Parents assisted with the food preparation the day before the event.

For the Amazing Race, the students participating in this activity signed up in teams of six. Five stations were set up around the outside of the track. Each team member went to one of the 5 stations. The first person had to run one lap around the track and then to the second station where they had to do ten crunches before handing off the baton to the second team member. The second team member ran to the third station and hula hooped ten times before handing the baton to the third team member. This team member ran to the fourth station and did ten jumping jacks before handing off the baton to the fourth team member. Team member four ran to the fifth station and jumped rope ten times before handing off the baton to the fifth team member. Team member five had to run one lap around the track and across the finish line. At the conclusion the students sampled food from the food group stations.

Best practice tip:

While it is good to offer students options for physical activities, these events were very different in nature. Many students wanted to participate in both events. In the future, Wes-Del plans to offer the Scooter 500 and Amazing Race on different days.



Family Events



Get Movin' Night

Location

West Central Elementary School
West Central School Corporation
Francesville
www.wcsc.k12.in.us
219.567.9741



Family Event

Icons Present:



1 MED

What we did:

Families arrived at the school and were greeted by high school students dressed up in fruit and vegetable costumes. Families were able to sample foods such as baked chips, fresh apples, bananas, oranges, whole grain granola bars, and water. While they were eating, two Family Nutrition Program Assistants from the Pulaski County Extension Service shared a short video clip on the importance of physical activity. This led to a discussion about eating healthy and staying physically active.

Following the presentation everyone moved to the school gym for some movin' fun. A disc jockey played music to encourage movement and to help with some of the games. Activities such as relays, balloon popping with a partner, and a sack race were offered. Parents and grandparents were encouraged to participate with the youth. Throughout the evening drawings were held for small prizes donated by the PTO. The evening concluded with a cool down stretch.

Celebrate success:

A 'Keep Movin' Challenge' was introduced during the Get Movin' Night. The challenge was presented to all K-5th graders and their family members. Each student received nine tracker cards (one for each week of the challenge). The goal was to participate in a minimum of 30 minutes of physical activity a day for adults and 60 minutes a day for youth. Each family member was asked to write down their minutes for a whole week and turn the tracker card in on the following Monday. Each week every person who met that goal received an entry ticket to put into the drawing for physical activity prizes. If you met the goal all nine weeks you received an extra entry ticket.

In April, West Central Elementary held a recognition celebration with prizes, dairy snacks, and drinks. Swimming was open to everyone as well. Upon arrival at the event, each child that participated in the challenge received a playground ball personalized with their name. Prizes were awarded and everyone enjoyed celebrating the steps they had taken over the last nine weeks to become healthier.

Best practice tip:

Planning a date to host an evening family event can be difficult. To attract the highest participation, check to see what other events in the community might be occurring on the date you are considering. If there are major activities you might consider another date.

Benjamin Franklin Middle School (Valparaiso) expressed the challenge of finding a date/time that would work for families while the high school facilities were available. One of the varsity football coaches instructed students and parents on the proper techniques of weightlifting and helped participants use the weightlifting equipment. Securing space for 3-on-3 basketball, volleyball, and dodge ball was another challenge. The swimming pool opened for diving, laps, and general recreation. A suggestion was to possibly offer this event on a Sunday afternoon.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Family Fitness Night

Location

Indian Trail Elementary School
La Porte Community School Corporation
La Porte
www.lpcsc.k12.in.us
219.369.9016



Family Event

Icons Present:



What we did:

One evening a family fun night was held and adults and students were invited for kickboxing and hip-hop dance routine lessons in 30 minute sessions. Both were led by a trained instructor. Throughout the evening, 50's and 60's music was played and students, parents, and staff dressed according to the 'sock hop' theme. Hula hoop and basketball free-throw contests were announced.

Trays of vegetables with pea pods, broccoli, cauliflower, celery, red peppers and yellow peppers were available for all to enjoy throughout the 2 1/2 hour event. A low fat ranch dip was also available. Students and adults were encouraged to try the different vegetables. The entire night was filled with the love of exercise.

Best practice tip:

Theme activities add a different twist to family fun nights. Families enjoyed dressing up for the Indian Trail sock hop.

Jefferson Intermediate Traditional School (South Bend) offered a "Families at Play" event in which the gym was opened to students and parents to spend quality time together engaged in physical activity.



Family Fun Carnival Taste Testing

Location

Rockville Elementary School
Rockville School Corporation
Rockville
www.rockville.k12.in.us
765.569.5363



Family Event

Icons Present:



What we did:

Healthy food samplings from the various food groups were the focus of this event. The cafeteria turned into a healthy food carnival with decorations of balloons and table cloths. Healthy food posters were placed on the walls and students and staff dressed up like clowns. Items available for sampling included trail mix, a variety of low-fat cheeses, 100% juice, apple slices, grapes, carrots, and celery. Educational information about healthy eating habits and recipes were given to parents. Parents, student wellness ambassadors, teachers, staff, and Purdue Extension collaborated to host this event.

Best practice tip:

Students love to dress up which made this event especially appealing.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Supercharge Your Saturday... Get Fit For Free (Spring)

Location

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



Family Event

Icons Present:



What we did:

This event was planned for a Saturday and offered a variety of activities to families between 10:30 am and 12:30 pm. ZUMBA[®] routines (fitness involving Latin inspired dance) were held in the cafetorium. An obstacle course was set up in the gym. The high school track was available for walking. Local firefighters set up activity stations including black out maze and hose drag, get in and out of a fire suit, and drag a real firefighter. A local restaurant provided a meal for all families and volunteers that participated.

Best practice tip:

When asking local organization for assistance with health fairs or family fun nights, ask if the organization is willing to host an actual activity versus just an information booth. The fitness activities offered by the firefighters were a huge hit!

Offering a variety of activities will help attendees find a least one activity they want to try during your event. Thomas Jefferson Elementary (Jeffersonville) held a fitness extravaganza which offered classes on: basic tumbling; ZUMBA[®]; yoga; jazzercise; sports training; karate; Wii gaming; turbo kicking; “body pump”; and a nutrition station. Participants were exposed to many activities they had never tried before.



Free Family Swim Night

Location

West Central Elementary School
West Central School Corporation
Francesville
www.wcsc.k12.in.us
219.567.9741



Family Event

Icons Present:



What we did:

On the third Thursday of every month, West Central Elementary opened the school's pool to the public for a free night of swimming and activities. They held relays using kayaks, canoes, and other swimming items. Approximately 30 to 40 participated each month. Lifeguards and junior lifeguards donated their services. This was a great event for families since they were able to enjoy a family activity at no cost.

Best practice tip:

Making use of existing facilities at the school (e.g. pool or track) can provide your school a way to offer low-cost or no-cost activities to families.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Icons Present:



What we did:

The PTO helped plan an event for parents allowing them to attend different mini courses taught by area experts; fitness and nutrition being one option. The course was taught by two YMCA staff members along with the physical education teacher. Volunteers participated in physical activities with students and childcare was provided. In addition to the mini courses, participants could sample healthy foods at the event including hummus with crackers and pita, vegetables with cucumber dip, and a strawberry granola parfait.

Best practice tip:

If you want parents to attend an activity it is advisable to have free child care available.



Community Events



Arts on the River: Getting Fit with Fitness and Healthy Recipes

Palate Your Plate Food Pyramid Buffet

Location

Riverside Jr. High School
Hamilton Southeastern Schools
Fishers
www.hse.k12.in.us
317.915.4280

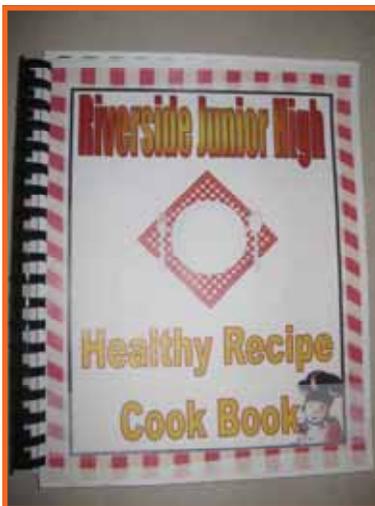


Icons Present:



What we did:

Every year Riverside Jr. High holds an event called “Arts on the River (AoR)”. This event showcases various student “arts” such as music, band, orchestra, and art. This year, wellness components were added by inviting local fitness instructors to teach four physical activity “art forms” including body combat (series of martial arts), ZUMBA® routines, boot camp, and body jam (hip hop & traditional dance). These classes were set up in 20 minute segments. Everyone was allowed to participate. Prior to the event students developed a healthy recipe book that was available to anyone who requested it.



In Hawk Hall (Café), foodservice personnel hosted a final food challenge called “Palate Your Plate Food Pyramid Buffet”. It was the PTO’s idea to give the name this title to reflect the art theme of the evening. Different buffet tables were set up for each of the food groups of the MyPyramid (this can easily be adapted for MyPlate). The table cloths and balloons on the tables coincided with the food pyramid colors. The VEGETABLE table served carrots, celery, cucumbers, cherry tomatoes and dill dip. The FRUIT table offered strawberries, grapes, and pineapple. The DAIRY table served frozen yogurt and strawberry yogurt. The GRAINS table offered whole grain wheat rolls and wheat bagels. The PROTEIN table offered sunflower seeds and hummus served with whole grain crackers. A combination item, a spinach/cranberry/raspberry vinaigrette salad, was also featured.

Best practice tip:

Partner with an existing event within the community to add physical activity and nutrition into the event.



Race To Play

Yorktown Middle School (and Yorktown Elementary School)
Yorktown Community Schools
Yorktown
www.yorktown.k12.in.us
765.759.2660

Location



Community Event

Icons Present:



What we did:

The “Race to Play” event was the idea of two fifth grade teachers from Yorktown Elementary School. This Saturday event was held in the spring and included a 5K, 15K, and a Kid Fun Run. The event was not only promoted through flyers and emails to parents, but to the community via a local radio station and through announcements in the local newspaper. The Yorktown Police Department assisted with traffic and safety issues. Yorktown Volunteer Fire Department first responders were on hand to assist with medical needs. A large time clock and other donations were received from a variety of community businesses.

Awards were given to the top overall male, top overall female, and the top 3 finishers in each group. The fun run participants received a draw string bag, tiger cup and healthy snacks including bananas, apples, and whole grain bars. The corporation’s Wellness Council paid \$5.00 of the entry fee for all corporation employees in order to encourage participation.

Best practice tip:

Events like races and walks can be offered as fitness fundraisers. For example, any profits from Yorktown’s Race to Play event were to be used to purchase new playground equipment for Yorktown Elementary.

Benjamin Franklin Middle School (Valparaiso) held a walk-a-thon in which students were encouraged to form teams consisting of family and friends. Money raised was used to support school wellness efforts.



Senior Games

Location

Yorktown Middle School
Yorktown Community Schools
Yorktown
www.yorktown.k12.in.us
765.759.2260



Community Event

Icons Present:



1 MED

What we did:

Forty-eight 8th grade students assisted with the *Senior Games*, an annual community event sponsored for seniors by a local community organization. Track and field events included running, a softball throw and long jump. The students measured the distance for the softball throw and the long jump. They timed the running events as well. The students distributed medals to the first through third place finishers. Following the event, the seniors and student volunteers sat on the bleachers together and enjoyed boxed lunches prepared by the food services department. The nutritious lunches provided the number of calories and carbohydrates for each food item.

Best practice tip:

By partnering with a community organization with a strong presence, publicity efforts can be maximized. In addition, the organization can assist with promotional costs associated with the event.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Health Fair (Including Taste Testing & Fitness Walk)

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000



Community Event

Icons Present:



What we did:

Over 350 people from the community participated in a health fair with taste testing and healthy snack demonstrations. It was held after school from 4-7 pm on school grounds, including the gymnasium and outdoor parking lot adjacent to the town walking trail. The health fair combined this event with a fitness walk, which the students trained for in the four weeks prior to the event.

Health fair tasting booths included:

Papaya, mango, sugar snap peas, and edamame
Students voted (red/dislike or green/like) for each food they tasted. Each food they tasted earned them a punch on their punch card for a bike raffle.

Additional activities (A) and informational booths (B) to promote wellness included:

Purdue Extension demonstrated healthy food snacks every 45 minutes

- (A) Dunk-A-Doc was set up outside
- (A) Boys Scouts set up a rope bridge and obstacle course for students outside
- (B) Local hospital offered free screenings for BMI, non-fasting cholesterol and blood sugar, plus bone density screenings for adults
- (B) Local eye doctor-eye care for kids & raffled off sunglasses
- (B) Local dentist-dental care & gave out free toothbrushes
- (B) Local police-bicycle safety & distributed free bike helmets



Wakarusa Elementary was pleased with the turnout for their first health fair with nineteen teachers/staff volunteering to help work the event. All were excited about the participation of their students. Students were exposed to new fruits and veggies and liked most of them. Health screenings were completed on over 80 people and given the success, the hospital plans to do it again next year. Local media covered the event on air as well as in print.

Many positive comments were reported. "Thanks for having the family walk. We enjoyed doing this as a family." "My son came home and asked for a healthy snack because he said he wants to eat healthier. Thanks for doing this program."

Best practice tip:

Health fairs require many hands to plan and implement. Start well in advance to recruit parents, teachers, and community members to assist with this worthwhile activity. Specifically plan for volunteers to help with set up and tear down after the event.



Variations or other helpful tips for health fairs:

Thomas Jefferson Elementary (Jeffersonville) combined a family fitness walk with a health fair, but offered the event from 10:30 am to 5 pm on a school day to offer parents a variety of times to attend. They also partnered with community partners some of which were the American Heart Association, Red Cross, YMCA, Lymphoma & Leukemia Society, and local hospital and organ donor center.

William Tell Elementary (Tell City) offered a family health fair in conjunction with a book fair. The PTO sponsored the book fair and the wellness committee organized the health fair. Approximately 30 organizations attended and provided pertinent information as well as health/wellness activities to involve participants. Activities included a rock climbing wall, using the elliptical and upright bike, Tae Kwan Do, and line dancing.



Rockville Jr. High School (Rockville) hosted a fitness/health fair in the spring. Sponsored by Purdue Extension and a local hospital, five stations/ booths were set up in the gym. These included asthma education, diabetes education, stretching exercises, what kinds of shoes to select for participating in various physical activities, blood pressure screenings, and a booth with food demonstrations and healthy snack tasting .

North Vernon Elementary (North Vernon) hosted a health fair during the school day from 9:00 am to 2:45 pm. They worked closely with several local organizations including a college nursing department, dietetic association, and dentist. High school teachers joined these groups and together they all helped to design the activity stations. Twenty-six stations were organized in color-coded sections of both gyms. Each grade level of students rotated throughout the stations during a 45-minute time period. Each student carried a map of the stations and earned a sticker to mark the stations that they visited. Some of the stations were:

- Handwashing/**Glo Germ™**—students rubbed **Glo Germ™** powder on their hands, washed, then used a black light to see how many “germs” were still on their hands
- Fishing for Nutrition – students played a matching game to choose healthy snacks
- Heart rate after exercise – students jumped on rebounders/mini trampolines for 3 minutes, then measured heart rate and recorded
- Sugar in popular beverages – students ranked several beverages in order of least to greatest sugar content, then measured out the sugar cubes to show just how much sugar each beverage contained
- Lung capacity – students breathed through narrow straws to simulate restricted breathing caused by lung disorders
- Climbing wall – students made their way across the climbing wall
- Portion Distortion – suggested serving sizes of chips/cereals were shown and compared to what is often eaten



School Clubs



Fitness Club and Breakfast Snack

Location

Riverside Jr. High School
Hamilton Southeastern School
Fishers
www.hse.k12.in.us
317.594.4160



School Clubs

Icons Present:



1 LOW

What we did:

This event was held over a two month period and was scheduled every Tuesday & Thursday (girls) or Wednesday & Friday (boys). One to two wellness educators set up the gym with stations for students to improve cardiovascular endurance, muscular strength & endurance, and flexibility. Students participated in a teacher-guided “training session” for 20 minutes. The theme was “Getting Ready for Spring Break”. Educators challenged students with new stations each day. They incorporated medicine balls, towels for weightless lifting, group stretching, yoga, relay races, running, and jumping rope to promote the benefits of physical fitness. Following the workout the students were offered a healthy whole grain breakfast snack and water.

Best practice tip:

Setting personal fitness goals with a deadline helps keep students motivated. The deadline for the Riverside Jr. High School’s Fitness Club was spring break. Students were given activity sheets to stay active over spring break as well.

Fishers Elementary School (Fishers) also offered a fitness club opportunity for students. This was a new club offered at the school. The enthusiasm displayed by the cafeteria manager and fitness club leader, was inspirational to the students. Several parents and students contacted the café manager with the great news that they received higher Presidential Fitness Test awards than in previous years.

Monrovia Middle School (Monrovia) set aside time with the students to discuss goal setting. The Food Service Director for the school district went to each classroom and spoke with the students about what a goal is and the difference between short and long term goals in relation to nutrition and physical activity. The students practiced setting goals. After goals were set, the principal and several teachers chose goals to be read during morning announcements. Students were excited about the opportunity to have their goals shared with their classmates.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Walking Club

Location

Jefferson Intermediate Traditional School
South Bend Community School Corporation
South Bend
www.sbcsc.k12.in.us
574.283.8700



School Clubs

Icons Present:



1 LOW

What we did:

Everyone morning before school during the month of September students arrived at the track to walk laps. The number of laps walked each day was documented. At the end of the month the laps were tallied during a celebration which included a healthy breakfast. At least 30 students participated each day (about 18 were regular attendees). Three parents attended regularly and one teacher served as leader for the club. At the end of the month the walkers had walked over 250 miles. Club members developed a sense of belonging and friendships were established.

Best practice tip:

An early morning walking club is a good activity for students who arrive at school early or who have time after the busses drop them off.

Variations or other helpful tips for walking clubs:

Monrovia Middle School (Monrovia) started an “All Star Walking Club” that met from 7:20-7:40 am each Tuesday during the month of October. A personal invitation to a student to join the club was often enough motivation a student needed to try out the club.

William Tell Elementary School (Tell City) held a “Health for the Holidays” walking club by grade level between Thanksgiving and Christmas. Each grade level was encouraged to walk with the morning walking club and/ or with the after school program. The walking club had always been successful but the number of participants was decreasing. To re-energize the club, the school thought a challenge between grade levels might spark enthusiasm. The after school program participants walk for 20-30 minutes and are supervised by high school students. When students walked, they signed their name on a shoe charm and put it in their grade level’s prize bucket. At the end of the week, the shoes were counted and the grade level with the most participation received a prize. Cafeteria staff treated the winners to a healthy whole grain snack and beverage.

Franklin Middle School (Franklin) participated in a county wide event called “Walks Across Johnson County”. Students, staff, and parents committed to walking 16 miles during the month of October. Miles were logged during and after school. Approximately 770 students and staff were engaged in this activity. The physical education teacher in charge shared her thoughts on the event. “Walking is an easy activity that just about everyone can do. It’s also a lifelong activity. You don’t have to be an athlete to walk.”



Up and Running Club

Location

Crestview Elementary School
MSD of Lawrence Township
Indianapolis
www.ltschools.org
317.964.4200



School Clubs

Icons Present:



1 LOW



What we did:

Students were encouraged to participate in an after school running program two times a week from the end of October to the beginning of December. Students trained for a 5K race called the Jingle Bell Run held in December. Approximately 22 students participated in this club and teachers served as mentors. Students learned much more than how to train for a 5K. They learned about goal setting and then experienced what it was like to achieve a goal. Students learned how participating in running can provide cardiovascular benefits.

Best practice tip:

Encourage teachers to serve as mentors for activities they are passionate about. This will inspire students and motivate them as well.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

ReCharge!

Location

Franklin Community Middle School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8400



School Clubs

Icons Present:



What we did:

ReCharge! Energizing After-School is a program designed for students in grades 2 to 6 to learn about and practice good nutrition and physical activity habits. The program was developed in collaboration with the National Football League and Action for Healthy Kids. The *ReCharge!* kit includes lesson plans, equipment, information for families and more.

Franklin Community Middle School (Franklin) offered the program every Tuesday and Thursday for 12 weeks to a group of 25-30 students. On Tuesdays the students engaged in physical activity. Some of the activities were wall climbing, step aerobics, and relay games. On Thursdays students prepared a nutritious snack. After preparing the snack, students completed a handout to reinforce the concepts they had just learned.

Best practice tip:

Action for Healthy Kids and USDA Team Nutrition have developed physical activity and nutrition-based programs that don't require a lot of planning by teachers and that are not costly to implement.



Before School Events



Ready-to-Ride Night (After School) Ride Your Bike to School (Before School)

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000



Before School Events

Icons Present:



What we did:

'Ready to ride night' was a family bicycling event that was held after school from 4-6pm. Families came out to ride their bikes together around the school's outdoor walking path. Any student who successfully completed 10 laps (5 miles) was rewarded with a bike charm. In addition, participants were able to "Recycle your Bicycle". The concept was to give students the opportunity to 'recycle' their outgrown bike and give it to someone who may not own a bike. In return, they could possibly find an age-appropriate bike of their own. Any bicycles left after the event were donated to a local charity that provides items to underprivileged families. As the night concluded and families completed their bicycle rides, every individual was given string cheese as a reminder of the importance of dairy products and the benefits of building strong bones. Meanwhile, posters were created using photos of staff and students actively engaged in physical activities. These posters included a "Get Fit" message and were displayed around the building.

A local police officer gave a presentation on bicycle safety. He visited each grade level and discussed helmets, hand signals, riding with a buddy, and wearing bright colors.

Having completed 'Ready to Ride Night', students were prepared for the next event. 'Ride Your Bike to School' was held at 7:00 am before the start of school. After gathering in a local church parking lot, parents, students, and teachers rode to the school together with a police escort. Two teachers walked with a small group of students that did not have (or couldn't bring) bikes. After arriving at school, everyone met in the cafeteria to enjoy a "make your own" yogurt parfait breakfast prior to school beginning. This event was a huge success with approximately 600 parents, students, and staff all participating!

Best practice tip:

Plan for the unexpected. Wakarusa was prepared when students showed up for the ride with no bikes. Students were still able to participate by walking to school with a group of teachers.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Before School Challenge

Location

West Central Elementary School
West Central School Corporation
Francesville
www.west-central.k12.in.us
219.567.9741



Before School Events

Icons Present:



1 LOW

What we did:

Each student received a challenge tracker card on colored cardstock with five suggested activities on it: 10-20 jumping jacks, 5-10 sit ups, 10-20 toe touches, 5-10 pushups, and jog in place for one minute. A letter was attached to the tracker explaining to parents that students were to perform as many of the activities as they could each day before they left for school. When the students completed the activity the parents were to check the activity off on the tracker. At the end of the challenge the students returned the tracker to their teacher. The three classes with the highest participation (based on percentage) won fitness equipment such as balls, jump ropes, and hula hoops to be used in their classrooms. The challenge took place over a two week time period.

Best practice tip:

Allow parents to serve as good role models for this activity by encouraging parents to participate in this challenge with their students.



Walk with the Principal

Location

Waterloo Elementary School
DeKalb Co. Central United Schools
Waterloo
www.dekalb.k12.in.us
260.920.1016



Before School Events

Icons Present:



1 MED

What we did:

Students were invited to participate in a walk with the principal before the start of the school day. Teachers, administrators, community members, and parents were involved in this outdoor activity. Before the walk started there was a brief presentation on the importance of lifelong physical activity and nutrition. During the walk, students handed a football to each other utilizing their team building skills. At the end of the activity, each student was given a yogurt snack to reinforce how physical activity and nutrition work together to prepare the body for learning. A local hospital and library provided support and supervision for this event.



Best practice tip:

Coordinate walk to school events to begin when you will have sunlight to guide your way. Starting the walk while it is still dark can be a safety concern for motorists and walkers.

Variations or other helpful tips for walk to school events:

William Tell Elementary School (Tell City) coordinated their walk with "International Walk to School in the USA Day". The high school graphics art class made a banner for students to carry as they walked. The police department supervised intersections as well as the roads to keep the walkers safe. Upon arrival at the school, the mayor talked about the importance of physical activity and good nutrition.

Covington Elementary School (Covington) hosted a walk event. Even students that rode the bus to school were able to participate. Busses dropped the students off a short distance before the school at a designated location and staff walked with the students the rest of the way to the school.



Clark Middle School (St. John) held a school-wide walk during school. Students and staff were dismissed during the day to participate in the wellness walk. Students, faculty, and staff completed a 1.5 mile walking course outside of the school. With support from staff and the middle school cross country team the course was set up, supervised, and completed by ALL students. The walk provided the spark for several teachers to join a walking club and instilled a sense of accomplishment in many students.

Shelbyville Middle School (Shelbyville) hosted a mile walk with the principal and invited school board members. Following the walk, an oatmeal bar was set up for students and their families. The oatmeal bar included hot oatmeal and various toppings. A fresh fruit cup, juice, milk and coffee were also offered. A power point presentation and discussion followed on the benefits of whole grain, appropriate serving sizes and ways to fit whole grains in your diet.

Benjamin Franklin Middle School (Valparaiso) held a walk to school event. The mayor addressed the students at the start of the event and reminded them of the importance of being physically active. When the students, parents, and staff arrived at the school they participated in a yogurt parfait bar. Teachers were especially appreciative of the event and reported they were more productive in their first hour class. They also felt the students who participated in the walk were more productive and focused than the students who didn't participate.

Students at Custer Baker Intermediate School (Franklin) participated, on a school day, in a half mile walk on the school track during an early class period. Following the walk the students were nourished with a carton of milk.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Indoor Physical Activity/Fitness Events



After School Game Challenge

Location

Monrovia Middle School
Monroe-Gregg School District
Monrovia
www.m-gsd.org
317.996.2352



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

Students gathered in the school gym after school and were divided into four groups. There were two games set up and eight teachers were assigned to assist. Game one was 'energy in vs. energy out' and game two was 'search and rescue to make a healthy breakfast'. Students were given instructions and a review of the concept of energy in vs. energy out. When the games started, so did the FUN!!! After about 20 minutes, groups switched activities so each student was able to play both games. At the end of the event students were asked to sit in the bleachers and water was distributed. Students, middle school teachers and high school cadet student teachers all had fun!!!

Best practice tip:

Teachers can be your best promoters. The sixth grade teachers at Monrovia Middle School promoted this event in their classrooms and their students were the most enthusiastic about attending the event.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

How Far Can We Go?

Location

James B. Eads Elementary School
School Town of Munster
Munster
www.munster.k12.in.us
219.836.8635



Indoor Physical
Activity/Fitness Events

Icons Present:



1 LOW

What we did:

Twenty-five pedometers were purchased, one for each classroom. Eventually each child in the classroom wore the pedometer for a full day. Each classroom tracked the day's steps and recorded all steps from each student. The classroom turned in their weekly log to one 5th grade class for steps to miles calculations.

A previously purchased USA map was secured on the wall in the school's commons area. Each week the 5th grade class calculated the miles traveled by all students with the question: *Can we walk to Disneyland in California or to Disney World in Florida by Spring Break?* Periodic announcements would praise a classroom for adding more steps into their day and communicate which state their imaginary walking had taken them. Just before spring break the school celebrated: **We made it to Disneyland California !!**

Best practice tip:

Physical activity can be combined with other academic achievement. The 5th grade class was able to incorporate this activity into mathematics.



Staff/Student Volleyball Competition

Location

Franklin Community Middle School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8400



Indoor Physical
Activity/Fitness Events

Icons Present:



1 HIGH

What we did:

Franklin Community Middle School hosted an all-school month-long volleyball tournament which culminated with a playoff match between the winning 7th and 8th grade student teams followed by a match between the 7th and 8th grade teachers. The winners of these matches played each other. EVERY student had the opportunity to play in at least one match throughout the tournament. During the playoff matches the school band played while the rest of the student body cheered for their classmates. The school superintendent, a representative of the county parks department and a former Franklin College basketball player also played in one of the matches. The local newspaper featured the event in an article. Following the event, all students were given the opportunity to taste a low-fat dairy frozen snack. The school plans to make this an annual event.

Best practice tip:

Offer events that engage all students no matter their physical abilities. Students from teams that were eliminated early on in the tournament still had the chance to support their classmates during the playoff match, whether it was on the sidelines cheering or playing in the band.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Speed and Agility Circuit/Food Tasting

Location

Covington Elementary School
Covington Community Schools
Covington
www.covington.k12.in.us
765.793.2254



Indoor Physical
Activity/Fitness Events

Icons Present:



2 MED

What we did:

A circuit course was offered four times throughout the month of February. Staff members and high school students provided supervision at each station (jump rope, agility ladder, dot drill mat, line jumps, plyometrics, and fitness steps). Students completed an activity, rested 10 seconds and repeated the activity for a total of six rounds before moving to the next station. Once the physical activity was completed the students tasted various kinds of cheese, whole grain crackers, hummus, pineapple, and grapes. Bottled water was also provided.

Best practice tip:

Document your success. Students who participated in the circuit and food tasting were asked to fill out a questionnaire. Responses were positive and indicated they would participate in the event if it was offered again.

Students at Shoals Elementary School (Shoals) participated in a “journey around junk food” circuit that emphasized choosing healthy snacks while avoiding less healthy snacks. They also listened to a presentation on dairy foods, assembled fruit and yogurt parfaits, and prepared spinach mozzarella wraps. One second grader commented, “I didn’t think I would like the spinach wraps, but I did! I made them for my family and they loved them too!”



March Madness Challenge

Location

Custer Baker Intermediate School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8600



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

Each team in the NCAA tournament was assigned a physical activity challenge. Students would perform the challenge assigned to the winning team. Students had to do the challenge at least once each day until the next game was played. For instance, when Purdue won the students would do 25 jumping jacks, if Florida State won student would do 20 toe touches, if Vanderbilt won the students would shoot baskets for 10 minutes, etc. This activity went on through the month of March in conjunction with the March Madness tournament.

Best practice tip:

Tie events into activities students are already following. This was a particularly successful event since basketball is such a popular sport in Indiana. Because it was ongoing and the students love basketball and tournament time, keeping up with the teams, games and wins was something they already did. Incorporating the challenges became easy and no one lost interest because they all wanted to follow through to the final winner.



Sink or Swim... Stay Afloat With Proper Nutrition and Exercise

Location

Shelbyville Middle School
Shelbyville Central Schools
Shelbyville
www.shelbycs.org
317.392.2505



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

This was a two-part event for 6th graders. Students stayed after school one day for a special open swim in the pool. A healthy snack was offered after the swim. The following morning a Purdue Extension Educator spoke during a convocation on low fat dairy foods called "3-A-Day to a Healthier You". Breakfast was provided to the entire student body.



Best practice:

Coordinate with janitorial staff when events are offered in which extra support might be needed. Since the breakfast was available to all students this required more manpower and coordination than usual.

A to Z Challenge And Homemade Pizza Party

Location

Jefferson Intermediate Traditional School
South Bend Community School Corporation
South Bend
www.sbcsc.k12.in.us
574.283.8700



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

The A to Z challenge was a physical activity challenge in which students were challenged to do a physical activity that corresponds with each letter of the alphabet. As an example, A would be for aerobics class, B for basketball, etc. Students had to document the type of activity, the time when they participated in the activity, the location, and then have an adult witness and sign off on it. Participants had a month to complete the challenge, and those who completed the challenge participated in homemade pizza party. During the pizza party students made their own “pies” and were encouraged to try different toppings like chicken, black beans, mushrooms, and vegetables.

Best practice tip:

Keep the length of the activity appropriate for the age group. One month was the perfect amount of time for this activity. Students were challenged, but did not lose interest in participating.



Daily Morning Exercise/Stretches

Location

North Vernon Elementary School
Jennings County School Corporation
North Vernon
www.jcsc.org
812.346.4903



Indoor Physical
Activity/Fitness Events

Icons Present:

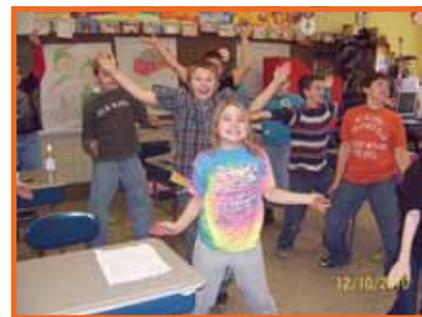


What we did:

In addition to the usual daily announcements of birthdays, citizenship pointers and pledges, each week in November North Vernon Elementary School featured a “healthy mind and body guru”. The “gurus” were the principal, custodian, and cooks. Student announcers explained the benefits of each exercise/stretch and the “guru” demonstrated, while the students and teachers followed their example within the classrooms. 720 students and teachers participated in this activity. Students especially enjoyed watching to see who the next “guru” would be.

Best practice tip:

Offering an activity first thing in the morning may help students to increase their focus and performance during the rest of the school day.



Variations or other helpful tips for walk to school events:

Custer Baker Intermediate School (Franklin) offered one week of “morning wake up” exercises and stretches during daily announcements. The physical education teacher led students in the stretches. The school planned an exercise routine that would not take a lot of space, since students were participating in their classrooms while standing next to their desks.

Clark Middle School (St. John) offered an activity called “Minute Monday and Fitness Friday”. During morning announcements, students were led in fun fitness activities that lasted 1-3 minutes. The ideas for fitness activities were solicited from local gym instructors, personal trainers, and yoga instructors.

Benjamin Franklin Middle School (Valparaiso) held 5 minute classroom workouts during an advisory time period between Thanksgiving and Christmas. Strength building and stretching exercises from USDA’s (Team Nutrition) *Empowering Youth* curriculum, was selected for the workouts. The idea to offer the workouts and the exercises were introduced at a student council meeting. Student Council representatives were instructed on proper exercise technique and served as Exercise Captains. They led their fellow classmates in the exercises each day. Teachers reported that the students participating in the exercises were more focused.

Monrovia Middle School (Monrovia) implemented a morning wellness routine the week before winter break. The principal led the school in stretches and shared a brief wellness tip. Even the support staff participated in the exercises!

James B. Eads Elementary School (Munster) held a classroom physical education challenge for four weeks on non-physical education days. Teachers implemented short cardiovascular and endurance exercises at the student’s desk or in the classroom area. By offering the activities on non-physical education days the concept of participating in daily physical activity was reinforced.



Get Your GAME Face ON

Location

Rockville Jr. High School
Rockville School Corporation
Rockville
www.rockville.k12.in.us
765.569.5686



Indoor Physical
Activity/Fitness Events

Icons Present:



1 HIGH

What we did:

The entire month of November was devoted to this activity. It took place during activity periods for 7th & 8th grade classes. Activity period for 7th grade was on Thursdays from 12:10pm to 12:45pm and Fridays for 8th grade from 12:10pm to 12:45pm.

The Wellness Ambassadors (made up of 7th and 8th graders) came up with the events for the activity periods. They met with the school nurse once a week starting in September and ending in November to plan the activities.

The 1st week of November was the volleyball challenge located in the high school gym. Before the volleyball challenge, students were split up into four groups with 2 volleyball teams and 2 nets. Then the teams rotated into the top 2 winning teams. It was a huge success and every student that was capable of playing did. The Wellness Ambassadors helped with score keeping and did a great job setting up the nets.

The 2nd week they offered a dodge ball challenge similar to the format of the volleyball challenge. The boys seemed to enjoy participating in this activity more so than the girls.

The 3rd week they offered four different challenges in the high school gym. The activities included hoola hoop Houdini, duck duck goose, and knock out (which utilized a basketball and basketball hoop, and volleyball). The Wellness Ambassadors coordinated every challenge and suggested turning music on in the gym. The music was a good idea as students responded positively to this addition. Even the teachers that were present in the gym were laughing and having great time watching the students.

Best practice tip:

Allow students the opportunity to serve in leadership roles and they will have a strong positive influence over their peers. The Wellness Ambassadors at Rockville play a strong role in implementing the wellness initiatives at the school.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Healthy Hearts

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000



Activity/Fitness Events

Icons Present:



1-2 MED

What we did:

Throughout the month of February, Wakarusa Elementary School's focus was on healthy hearts. Educating students on heart health was achieved by tasting nutritious recipes and jumping rope. Students were introduced to many different activities designed to build and maintain a healthy heart, including numerous ways of jumping rope. The American Heart Association provided a wealth of information on cardiovascular health and much of this information was discussed and shared with students, staff and the community through P.E. classes, daily announcements, e-mails and newsletters. The students tried three different recipes featuring whole grains. The taste tests were organized by the school nurse and included cucumber on whole wheat mini-bread, fruit topped English muffins, and hummus on whole wheat crackers. Parents were e-mailed the recipes prior to the testing days.

Best practice tip:

Collaboration efforts with a local chapter of a national organization can bring local attention to larger effort.



ZUMBA® and Apple Tasting

Location

Orchard Park Elementary School
Carmel Clay Schools
Indianapolis
www.ccs.k12.in.us
317.848.1918



Indoor Physical
Activity/Fitness Events

Icons Present:



1

MED

What we did:

ZUMBA® was introduced to students via a live broadcast from the media center into each classroom. Several students were called down from their classrooms to help the instructor perform the moves. From the classroom, cheers were heard when a classmate's name was called to assist the instructor. In their own classrooms, teachers also enjoyed participating in the hour-long dance activity. High school and college students came with the ZUMBA® instructor to assist students in the classrooms with the dance moves. Many students had never heard of ZUMBA® and had fun trying this new activity.

Best practice:

Use technology to your advantage. By broadcasting the activity through the classroom televisions, the students did not have to leave their classrooms to participate.



Engaging Professional Sports Teams & Music Celebrities in School Programs



Jump With Jill

Location

Orchard Park Elementary School
Carmel Clay Schools
Indianapolis
www.ccs.k12.in.us
317.848.1918



Engaging Professional
Sports Teams
& Music Celebrities

Icons Present:



2 MED



What we did:

Jill Jayne, MS, RD, conducted a school-wide rock and roll convocation about nutrition for the elementary students. She shared messages on the importance of exercise, eating breakfast, drinking more water, getting enough calcium, and examining the nutrition information on food packages more closely. After the program all students received a Clementine as a nutritious snack. Several schools joined together for this event which made it affordable.

Jill Jayne, is the country's only Rockstar Nutritionist. She is a leading expert in creating and delivering interactive media about health to kids and families. Jayne creates interactive programming that fuses health education with music.

Best practices tip:

Create the buzz prior to the program. Students and staff were introduced to the program songs prior to the event and were able to sing along during the actual program.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Get Fever Fit

Location

Franklin Community Middle School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8400



Engaging Professional
Sports Teams
& Music Celebrities

Icons Present:



2 MED



What we did:

The Indiana Fever, a professional women's basketball team, offered to bring their *Get Fever Fit* program to the school. Students and staff rotated through three different stations. The 8th grade students practiced basketball and conditioning drills under the direction of an Indiana Fever player. The 7th grade students were led in activities by the Indiana Fever mascot, Freddy Fever. At the next station, students were led in strength drills by members of the US Army. At the 3rd station, students learned about nutrition in a game-type format. Both students and staff had no problem breaking a sweat.

Best practice tips:

Programs offered during school often require changes in schedules and routines to accommodate the program. Providing staff with as much information as possible about the upcoming program is necessary to the success and flow of the event. Teachers were given an overview of this activity at a staff meeting.

Boomer's Boot Camp

Location

North Vernon Elementary School
Jennings County School Corporation
North Vernon
www.jcsc.org
812.346.4903



Engaging Professional
Sports Teams
& Music Celebrities

Icons Present:



What we did:

Indiana Pacers' Mascot, Boomer, led students and teachers in a fun, interactive session of learning and fitness. Boomer explored proper food choices and exercise techniques while playing popular music that engaged attendees to "seriously move!" Each grade level (4-6) had their own session with Boomer. He moved throughout the crowd and randomly handed out prizes for those actively engaged.

Best practice tip:

Remember to thank your community partners or guests for their participation in your events. Several classes at North Vernon Elementary wrote letters to Boomer sharing their excitement and appreciation of the program.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS