

**Nutrition and Physical Education at Your School:
Here's How to Get Started**

Each school has the potential to create a healthy school nutrition and physical activity environment. The following lists demonstrate how schools can encourage healthy eating and physical activity at six venues: school, classroom, cafeteria, home, community and media. As your school completes the following activities, place a check in the box and make sure to report all of your successes to the UofA Arizona Nutrition Network (AZNN) staff. We would like to recognize your efforts and utilize your school as a model for others in the network.

Nutrition Options:

Sign up to be a USDA Team Nutrition School download the sign up form at: <http://teamnnutrition.usda.gov/Join/enrollmentform.pdf> and fax the form to 703-305-2549. Or mail it to: Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302. You will receive a resource kit (while supplies last) of materials to help you plan and carry out activities for your students and their families.

Encourage teachers and staff to order grade appropriate nutrition and physical activity materials from the AZNN Nutrition and Physical Activity Lesson Resources <http://www.dairycouncilofaz.org/catalog/default.asp?page=catalog-main> and <http://tn.ntis.gov/> and <http://nutritionexplorations.org/>

Keep a set of nutrition and physical activity materials as references for school use, training, and idea planning.

Place posters promoting nutrition and physical activity around the campus. Great sites for posters: The AZNN incentive items form and www.mypyramid.gov . posters <http://nutritionexplorations.org/pdf/sfs/foodgroupstoencourage.pdf>, <http://www.infinetwellnessolutions.com/esposters.html>

Model nutrition lessons at staff meetings.

Encourage teachers and staff to stop using food as a reward. (eg, candy, soda, pizza or ice cream parties)

Integrate nutrition education into a required health education course for secondary schools and into each elementary year's course work.

Prohibit advertisements for foods and beverages of low nutritional value on campus.

Help your school to offer fresh fruit and vegetables daily for students and staff.

Observe the AZNN Monthly Nutrition Themes and Lessons and plan different events for each month of the year. For example: Celebrate International Eat an Apple Day and Johnny Appleseed's Birthday in September by providing samples of various kinds of apples or asking students bring an apple to school for a snack.

Sign-up and promote participation in the USDA's Child Nutrition Programs: School Breakfast Program, National School Lunch Program and snacks, and Special Milk Program available through <http://www.fns.usda.gov/cnd/> .

Distribute the monthly AZNN newsletters to your faculty and staff.

~ Invite your food service professionals to join in on linking classroom learning with the cafeteria. Visit:

<http://www.nutritionexplorations.org/pdf/sfs/ClassroomNutritionLearning.pdf>

Other: _____

Other: _____

Other: _____

Physical Activity Options:

Start off the year with an Olympic theme centered on healthy bodies. Register for free teaching materials at <http://www.usoc.org/content/index/1333>

Support a monthly "Walk-to-School" Day (<http://www.walktoschool.org/>).

Plan a staff physical activity and wellness activity at your school

Conduct "Classy Moves" exercise break for all students during the school day.

Schedule a Food, Fun, and Fitness Event or Mountain on the Move event at your school for celebrations for perfect attendance, school spirit, or special events. Contact Jen Martinez at jmm3@email.arizona.edu and fill out the form.

Take a walking fieldtrip in your community.

Provide information to parents and students about physical fitness opportunities at school or in the community (check out the Activate Tucson Website: <http://www.activatetucson.org/site/c.jkIRL9MWJvE/b.2469633/>)

Create physical activity clubs that provide students with the opportunity to carry on active lifestyles into adulthood. e.g.: walking clubs, dance classes, karate, etc.

Ensure that students receive a minimum of 150 minutes of physical education/activity every week for elementary and 225 minutes per week for middle/high school.

Encourage physical education in equal priority with other academic subjects. This would reflect a comparable pupil enrollment in each course.

Offer Intramural activities during the day that include lifetime physical activities

Enlist peer mentors at your school to organize planned physical activities at your school

Place an ACTIVITY Zone in the classroom where students can be physically active. Offer planned activities such as the Food, Fun, and Nutrition Activities during lunch

Make an "Activity Trail" around the perimeter of the school with various physical activity challenges to perform

Other Options:

Place activity stations in the cafeteria or where students line up for lunch to perform while in line.

Organize a Wellness Team at your school to organize quarterly/monthly events.

Other: _____

Other: _____

Conduct a School Health Assessment with your school using one of the following tools: 1) The School Health Index – CDC <http://apps.nccd.cdc.gov/shi> or 2) Changing the Scene – USDA www.fns.usda.gov/tn/Healthy/changing.html.

8/3/2009