

SCHOOL WELLNESS POLICIES

Winter Newsletter 2015

National School Breakfast Week

National School Breakfast Week (NSBW) is March 2-6, 2015. Celebrate NSBW 2015 with the theme of "Make the Grade with School Breakfast." It highlights how eating a nutritious breakfast helps students achieve success in the classroom and beyond. Get started planning your celebration with SNA's (School Nutrition Association) [free tools and resources](#).

Recognizing NSBW in your school district or in your cafeteria helps you:

- Increase student participation for your program
- Spread the message to parents that you're serving healthy and tasty breakfast at school
- Earn media coverage from local papers, blogs, and TV stations
- Connect with teachers and administrators at your school or in your district to spread the word that school meals are healthy

Make the
Grade
with **SCHOOL BREAKFAST**

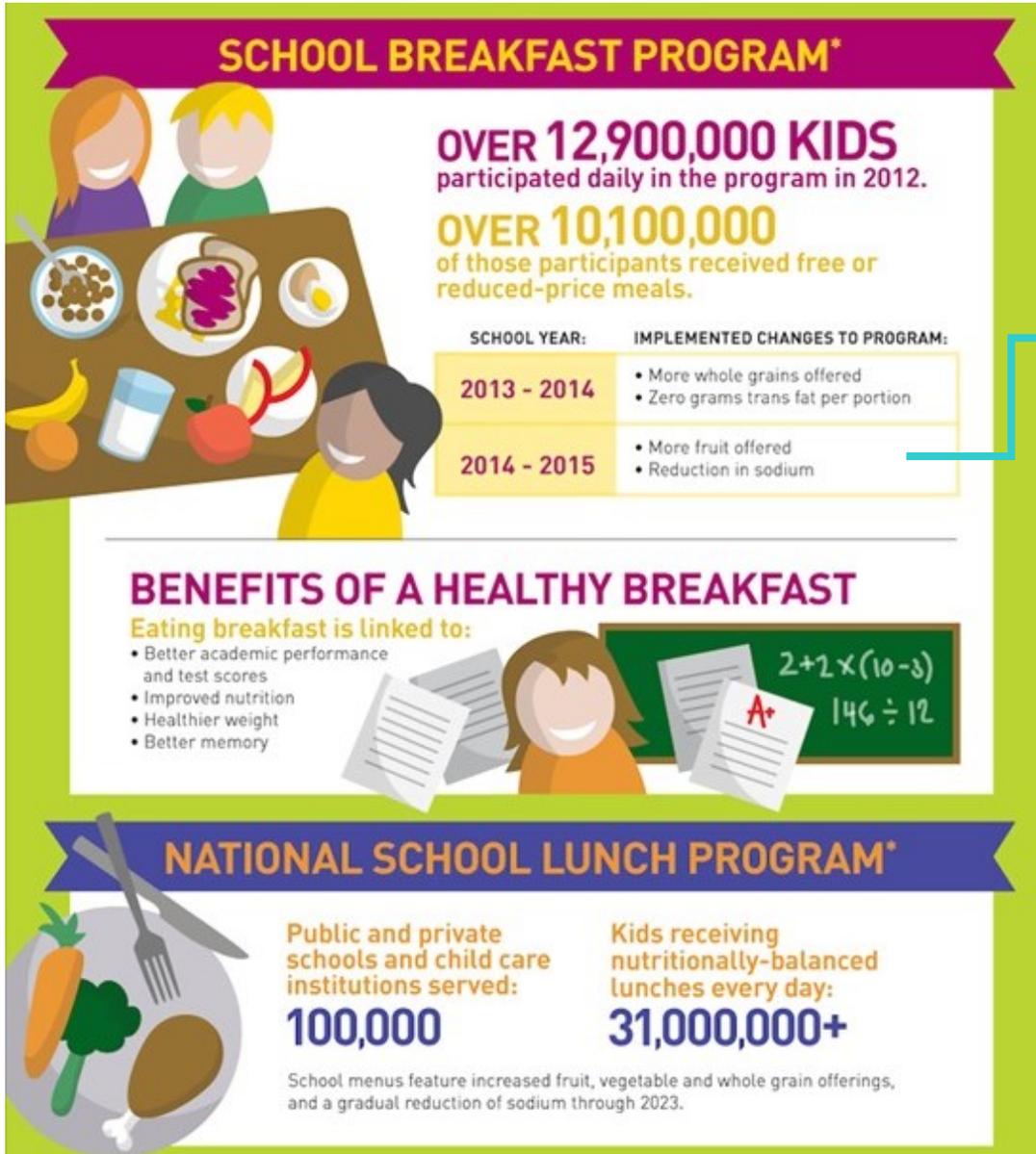


Inside this issue:

Healthy Schools Raise Healthy Students	2
Fundraisers: Best Practices	2
How to Host Health and Wellness School Events	3
Tips for Teachers: Promoting Healthy Eating & Physical Activity in the Classroom	3

Healthy Schools Raise Healthy Students

The Healthy, Hunger-Free Kids Act establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide and prepare them to be productive students. —Source: Academy of Nutrition and Dietetics



More fruit offered
Reduction in sodium

To enlarge the infographic, click [HERE](#).

Fundraisers: Best Practices

Learn new ideas for successful fundraising ideas: http://www.fns.usda.gov/sites/default/files/cn/bestpractices_fundraisers.pdf

How to host health and wellness school events

Use any of these five event templates to start organizing your own health and wellness event...

[Family Fitness Night](#)

[Health Fair](#)

[School Garden](#)

[Taste Test](#)

[Recess](#)

Use these flyers to promote your health and wellness event and recruit volunteers...

[Family Fitness Night](#)

[Health Fair](#)

[School Garden](#)

[Taste Test](#)

[Recess](#)

[General Flyer](#)

Tips for Teachers: Promoting Healthy Eating & Physical Activity in the Classroom

CDC Healthy Schools

The Right Place for a Healthy Start



Simple changes in the classroom can make a big impact on preventing childhood obesity. CDC's new resource, [Tips for Teachers: Promoting Healthy Eating and Physical Activity in the Classroom](#), is full of easy ways teachers can promote a healthy classroom.

[Tips for Teachers](#) was developed from science-based recommendations from CDC's [School Health Guidelines to Promote Healthy Eating and Physical Activity](#).

Tips for Teachers includes clear action steps, resources, and information for:

- Access to drinking water
- Student rewards that support health
- Healthier celebrations and fundraisers
- Physical activity in the classroom
- Recess
- Not using physical activity as punishment
- Health education
- Student weight concerns and stigma
- School physical activity programs
- Being a healthy role model
- School wellness activities

REMINDERS

- Did you miss DOE's Wellness Policy trainings last summer? No worries. Posted on our [webpage](#) is a 15 minute webinar that discusses the new requirements.
- The DOE, along with the ISDH, will be hosting regional school wellness policy trainings again this summer. Be on the look out for more information coming soon!
- Save the Date: Indiana School Health Network Annual Conference will be June 16th—17th at the Marriott North. For more information, visit: <http://www.inschoolhealth.org/>.
- To help meet the USDA School Wellness Policy evaluation requirement, below are a few tools your school may use to evaluate their policy...
 1. [WellSAT](#)
 2. [Action for Healthy Kids' Wellness Tool](#)



Visit DOE's Wellness Policy Homepage at:

www.doe.in.gov/nutrition/school-wellness-policy

CONTACT INFO

Maggie Schabel, Wellness Specialist
Indiana Department of Education
Office of School & Community Nutrition
mstephon@doe.in.gov