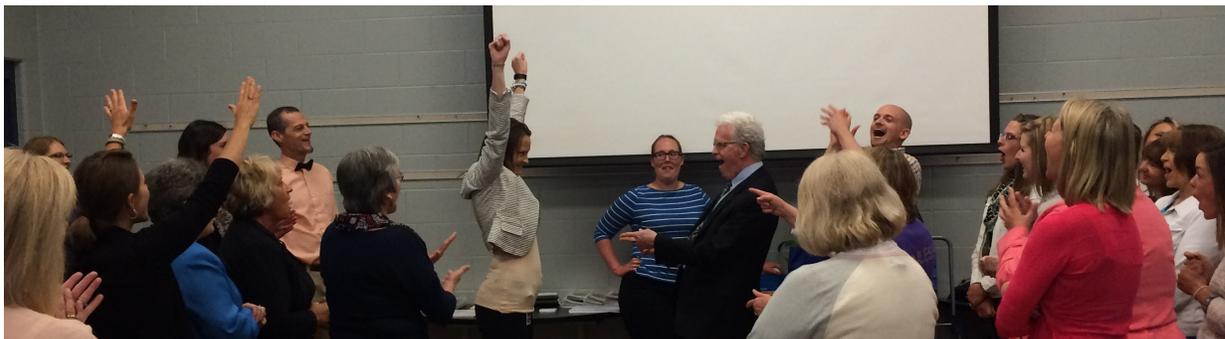


SCHOOL WELLNESS POLICIES

Fall Newsletter 2015

Wellness Policy Summits



Evidence indicates that physical activity and improved nutrition in schools can increase focus and attention, decrease discipline problems, improve attendance, boost academic achievement, and improve the health of students. Furthermore, teachers and other school employees are role models for students.

School employees who are interested in their own health are more likely to promote healthy behaviors and

practices to students, who are then more likely to engage in health-promoting activities themselves.

School wellness plays a role in every part of the school environment, from the lunchroom to the classroom to the playground to the front office.

To help schools better understand how to implement school wellness policies and how to "be the change", the IDOE, in partnership with the Indiana

State Department of Health, Action for Healthy Kids, American Dairy Association of Indiana, and the IN Healthy Weight Initiative, hosted eight regional trainings.

For more information on school wellness policy requirements and resources, visit [DOE's webpage](#).

Pictured above is a moment captured during the ice breaker game at the West Noble School Wellness Summit.

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August is Kids Eat Right Month!

To highlight the role everyone plays in ensuring a healthy future for our nation's children, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™ each August. Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists to help families shop smart, cook healthy and eat right.

Check out details on how you can help celebrate on the Kids Eat Right [webpage](#).

Kids Eat Right Infographics:

[Get to Know Kids Eat Right](#)

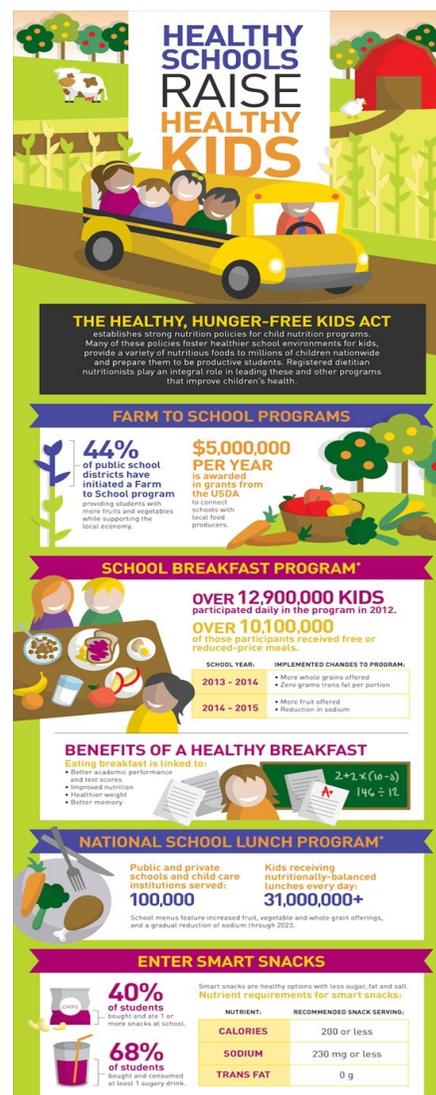
[Nutrition Guidance for Healthy Children Ages 2 - 11](#)

[Kid Friendly Kitchen Tasks](#)

[Sports Fueling for Kids](#)

[Healthy Schools Raise Healthy Kids](#)

[Getting to Know the Foundation](#)



Healthy FUNdraisers: Go Local & Get

School fundraisers using locally grown food and products can be a healthier alternative to typical fundraisers focusing on sales of candy, cookie dough, or pastries.

These fundraisers not only teach kids about local agriculture but also support local products and the local economy.

- In-season fresh fruit and vegetables
- Seedlings, perennial plants, and fresh-cut bouquets
- Autumn pumpkins, squash, gourds, Indian corn
- Christmas trees, wreaths
- Holiday gift baskets
- Local farm passes
- Soy candles



Food Day 2015

Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food. This year's theme is kale.

Join schools across Indiana and take part in "You [heart] Kale".

This year...

- Local farmers will be growing kale for Food Day celebrations.
- Students will watch kale grow in school gardens.
- Students will participate in taste tests to determine their favorite kale recipes.

On Food Day, the cafeteria will prepare their favorite kale recipe using kale from a farmer, a produce distributor, or the school garden.

Join schools across Indiana and take part in "You ♥ Kale".

- Determine where to source your kale (local farmer, wholesale distributor, school garden)
- Build partnerships with the Indiana Farm to School Network, your local Purdue Extension office, teachers, parents, school nutrition services, and local farmers
- Make plans for a fall garden

Food Day is at the end of October, but Indiana schools can celebrate Food Day any day during the month of October.

The Indiana Farm to School Network, along with the Indiana Department of Education, is



promoting food day in the month of October. To learn more about Food Day and how your school can get involved, visit: <http://www.doe.in.gov/nutrition/2015-kale>.

Tell us how your school plans to celebrate! Email Maggie (mschabel@doe.in.gov) with your story.

New Resources!

The Alliance for a Healthier Generation has provided some helpful resources.

Their Model Wellness Policy provides a template that can help you ensure compliance with Wellness Policy regulations.

The Smart Snacks Toolkit is a one stop shop for bringing your food service in line with USDA standards.

Staff Fitness Cards encourage your staff to take a time out for fitness throughout the day and Student Fitness Break cards keep staff and students moving.

These helpful graphics can help you brand your 2015-16 school year by letting everyone know that your schools are working towards a healthier environment.



Is your wellness policy ready for the new school year? Check out these fact sheets to help you be successful!

- Is there a school wellness committee in place for the new school year? If not, check out [Creative Ways to Advertise & Generate Interest in Your School's Local Wellness Policy](#).
- Looking for healthy birthday and celebration ideas to make the new school year a healthy one? View Action for Healthy Kids handout [HERE](#) to promote a healthy lifestyle and create excitement around nutritious choices at school.

You have put time, energy, and effort into helping your school be a healthier environment for kids to learn and grow! Maybe you have noticed a difference in student behavior. Maybe you've seen the Brain Breaks that started in 1-2 classrooms spread into every room on campus. Maybe you've seen students choosing fresh fruit options at lunch. All of your hard work has likely already made wonders.

Now, let's make sure these great changes and programs stick. One way is to turn these healthy practices into district policies. A wellness policy is required in every district or local education agency that participates in the National School Lunch Program or other federal Child Nutrition programs for all schools under its jurisdiction (USDA). Create change this new school year!



Visit DOE's Wellness Policy Homepage at:

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

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